

contact

Serving 8 Wing/CFB Trenton • 8^e Escadre/BFC Trenton • www.thecontactnewspaper.cfbtrenton.com

POSTING CUTBACKS?

Now, More Than Ever, You Need Quinte's Top Producing Team!*

DAVID WEIR* BA, CD

Call/Text: 613-392-7777

www.davidweir.com

Top 1% of All Royal LePage Realtors® in Canada since 2005!*



*Based on gross commission from sales

INSIDE

Coalition training and a big win for 436 (T) Sqn in Little Rock



Not just an exercise, GREEN FLAG is one component of a larger joint training scenario

Story on page 5

What's new for the 8 Wing Band in 2017?



First stood up in 1939, the 8 Wing Band is the oldest Air Force band in Canada

Story on page 6

Maple in the County hits Sweet 16 anniversary



Sweetest product also happens to be the first harvest in Prince Edward County each year

Story on page 8

Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

International Women's Day celebrated at CFB Trenton

This year's theme was 'Change begins with you, change begins with all of us'

By Ross Lees

It's one of those days that 8 Wing Commander Colonel (Col.) Colin Keiver wishes didn't have to be recognized.

He wishes men and women were looked upon as equals in all aspects of life and that was the end of it. Instead, the United Nations has to declare an International Women's Day to try and achieve equal status world-wide for women.

"I've never been quite certain what to say at this thing," he told a gathering at a lunch and learn at the Yukon Galley Wednesday. "There is a part of me that is sad that the Department of National Defence (DND) feels they need to stand up and have a special day to celebrate women, which makes up 50 per cent of our population in Canada. That's a travesty, quite frankly. The reality is it's the right thing to do because they are an equal part of our society."

While admitting that, he added that because women give the DND so much, he tries very hard not to put things into male and female boxes although he felt in this case, it was the right thing to do as they do in any organization.

Continued on page 7



Former National Hockey League hockey player Shawn Antoski was the keynote speaker at the International Women's Day event at 8 Wing/Canadian Forces Base (CFB) Trenton Wednesday. Photo by Ross Lees

Sixth annual CFB Trenton Pond Hockey tournament raises stellar \$62,000

Thirty teams played 95 games in near ideal weather conditions and two powerful guest speakers contributed to this year's overall success

By Ross Lees

If the seventh annual CFB Trenton Pond Hockey Classic continues to grow and improve, it will truly be something to behold next year.

Having raised \$62,000 this year with 30 teams playing 95 games throughout the weekend, on three regulation pond hockey rinks; with the Puck Drop dinner that sold out in advance and sponsor-

ship up behind title sponsors Scotia Bank and Scotia Wealth Management; and the two guest speakers proving a stellar draw for the dinner, the addition of nearly perfect weather proved a potent mix in the eyes of organizer Captain (Capt.) Jeff Moorhouse of 436 (Transport) Squadron.

"I'm thrilled that everything was up this year and then to raise \$62,000...," Capt. Moorhouse noted. "We

had a goal of \$50,000 which, honestly, I thought at first might be a bit lofty, but not only did we meet our goal of \$50,000 we exceeded it by another \$12,000 which is incredible."

Capt. Moorhouse looked forward to raising the bar as far as participation of the Ottawa and Belleville Senators for next year, noting the live auction this year was going to

Continued on page 10

WEST END
DENTAL CENTRE

613-392-2563

499 Dundas St. W, Trenton
www.westenddentaltrenton.com



NOW ACCEPTING NEW PATIENTS

Family, Implant & Cosmetic Dentistry
Conscious Sedation | Prompt Emergency Service
Personalized Payment Terms (0% financing)
Senior's Discount on Hygiene Treatment
Orthodontist & Denturist on Staff
Electronic Claims Submissions
EVENINGS & SATURDAY APPOINTMENTS AVAILABLE



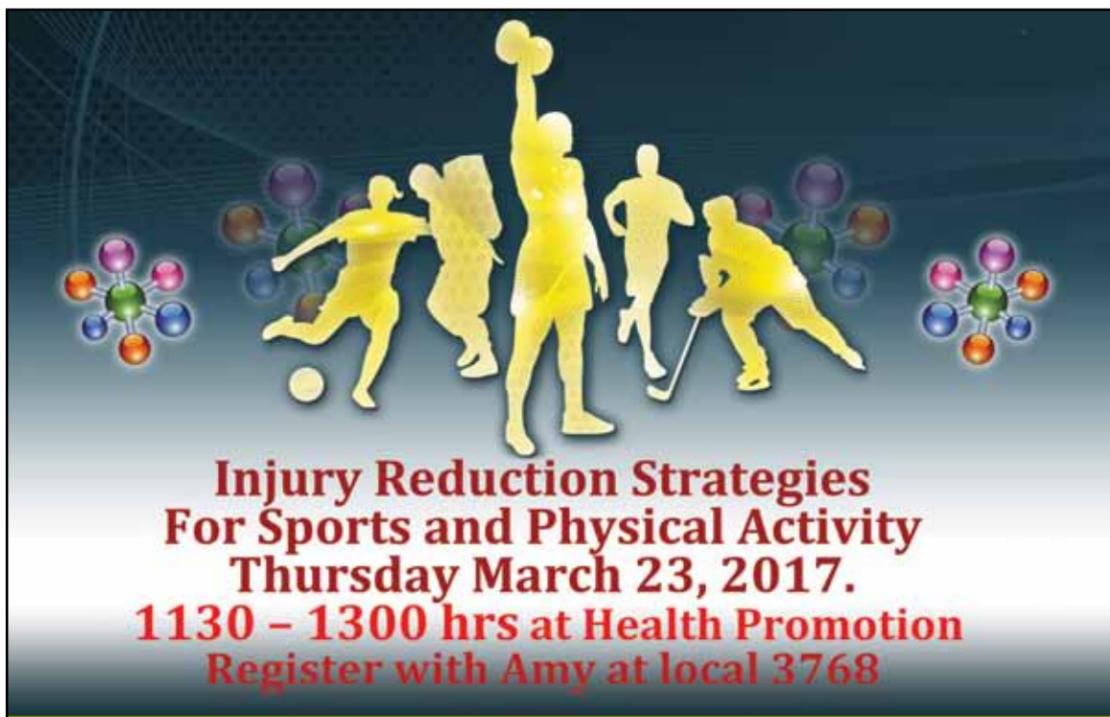
There is always a reason to smile!

Fitness & Health

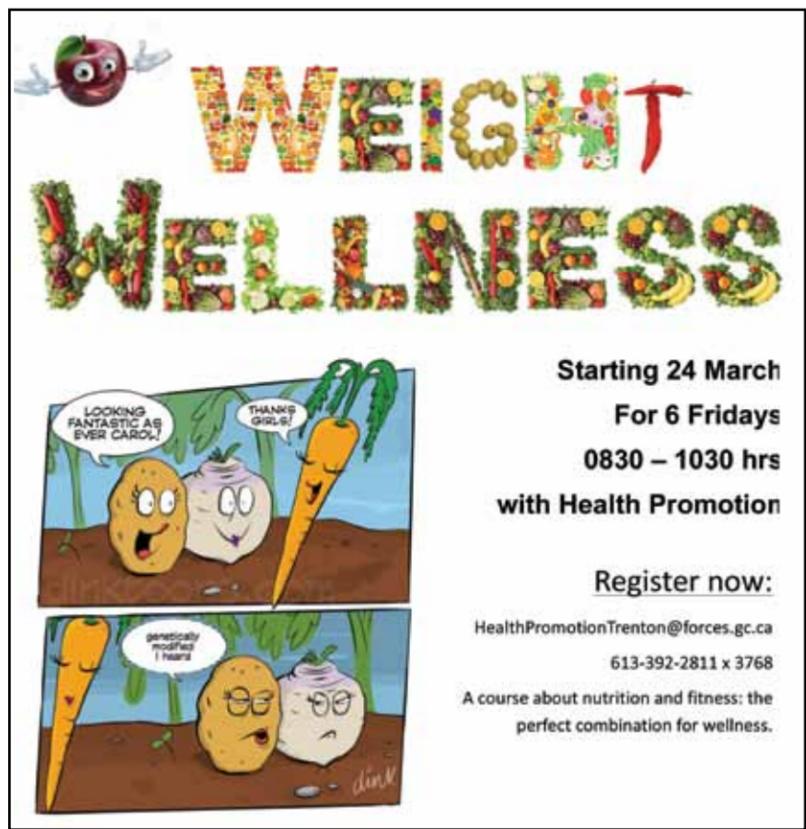
Health Promotion Courses:

MARCH	23 March	Injury Reduction	APRIL	5/6 April	Alcohol, Other Drugs, Gambling and Gaming
	24 March	Weight Wellness		11/12 April	Mental Fitness and Suicide Awareness
	27 March	Nutrition Week		20 April	Managing Angry Moments
	28 March	Nutrition Myths & Facts Lunch & Learn			
	30 March	Stress: Take Charge!			

hp.cfbtrenton.com 613-392-2811 x3768



Injury Reduction Strategies For Sports and Physical Activity
Thursday March 23, 2017.
1130 – 1300 hrs at Health Promotion
Register with Amy at local 3768

WEIGHT WELLNESS

Starting 24 March
 For 6 Fridays
 0830 – 1030 hrs
 with Health Promotion

Register now:
HealthPromotionTrenton@forces.gc.ca
 613-392-2811 x 3768

A course about nutrition and fitness: the perfect combination for wellness.



We count on you.
Now count on us.

Start enjoying **FREE** Banking!

New exclusive offers for the Canadian Defence Community.²

- **FREE banking** with the Performance Plan¹
- **FREE unlimited Interac e-Transfer^{®†}** transactions
- **BMO Employee Pricing** on a wide range of mortgage options^{3,4}
- **No annual fee** with the BMO[®] Support Our Troops Mastercard^{®*5}



Visit bmo.com/cdcboffer for full details.
Sign up today.

BMO  We're here to help.[™]

 **CDCB SBCDC**
A program of CDM's Un programme de SBMC

¹The monthly Plan fee is waived. You are responsible for all transaction, service and product fees not included in your Bank Plan. ²Proof of CDCB eligibility is required. Offers may be changed or withdrawn at any time without notice. ³Applications and the amount you can borrow are subject to meeting BMO's usual credit criteria. ⁴Some conditions may apply. These special offers are not available for the 5-year or 10-year BMO Smart Fixed Mortgage or a Homeowner ReadLine[®]. ⁵No annual fees apply for primary or authorized cardholder cards. Ongoing annual fees and all other applicable fees are subject to change. Visit your branch; call the Customer Contact Centre at 1-800-263-2263, or visit bmo.com/creditcards for current rates and fees.

[†]Interac e-Transfer is a registered trademark of Interac Inc. Used under license. ^{™*®}Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. Used under license.

International Women's Day keynote speaker discusses leadership

Already great multi-taskers, women often don't see themselves as leaders

By Ross Lees

Retired Lieutenant-Colonel (Lt.-Col.) Karen McCrimmon, a Member of Parliament and a former Commanding Officer of 429 Transport (T) Squadron, is certainly a good role model for women in Canada and around the world.

She was the keynote speaker at the International Women's Day event at the National Air Force Museum of Canada and she used a description of leadership from former United States President John Quincy Adams to define leadership.

"If by your actions, you inspire others to dream more, to learn more, to do more and to become more, you are a leader," she said, noting that it is essential that more women become leaders, that they see themselves as leaders.

Already great multi-taskers, McCrimmon said women often don't see themselves as leaders even though they work hard as wives, professionals, members of the community and members of families.

"When you're a mother, that's probably the most significant leadership role there is," she said.

McCrimmon has broken down barriers in her life in the military. She was the first woman air navigator to earn that qualification and in 1988 when she was promoted to the rank of Lt.-Col. and appointed Commanding Officer of 429 (T) Squadron, she became the first woman to command a Canadian Armed Forces (CAF) flying squadron.

Having been a leader, she said leaders always build.

"If what you're experiencing demeans people, or belittles people, or diminishes people, then it's not leadership. Leadership always builds – it builds relationships, it builds trust, it builds teamwork, it builds confidence, it builds a common future," she said.

Often women who don't recognize their leadership traits, she added, even though they are leaders in many aspects of their everyday jobs.

"We need young leaders,

young people, young women to see themselves as leaders and bring that diversity of experience and diversity of thought and insight. It's been my experience that when we're sitting around boardroom tables, we get the best decisions when there's diversity around that table – age, gender, culture, language; that's when we get the best decisions because they're inclusive," she said.

When she became the Commanding Officer of 429 (T) Squadron, she said the appointment made her the manager of the squadron. It gave her management powers like disciplinary powers, human resources powers and financial power.

"But the only way I was going to be the leader of 429 Squadron was when I had earned the trust of the people on that floor. It is the organization that assigns the manager, but it's the team who decides whether you're a leader or not," she noted.

She said the difference between management and leadership is that management comes from the top down, while leadership comes from the bottom up.

"I think management is about what gets done – policies, programs, schedules, flying hours, whatever it is, that's management. Leadership is about how it gets done. Is it done with integrity, is it done with honesty, is it done with inclusivity, is it done with trust and respect and dignity?"

Good leaders listen, she also stated, quoting Jimi Hendrix to make her point. "Knowledge speaks, wisdom listens."

In the process of listening, people learn and that also helps make a good leader, she said. And good leaders are never afraid to ask questions.

Leaders also worry about their team and earn the trust of that team. That trust is perhaps the most important ingredient of becoming a leader, she said, especially as you establish the relationship with your team.

Lt.-Col. Cathy Blue, the Champion of the Defence Women's Advisory Organization at 8 Wing, said an International Women's Day is still required because it is "... important to be bold in our changes to move forward to equality."

She said the global day celebrates the social, economic, cultural and political achievements of women, a day deemed by the United Nations to recognize women's achievements without regard to divisions, whether national, linguistic, cultural, economic or political. She said the day was a chance to look back but also to look ahead to the untapped potential and opportunities that await future generations.

8 Wing Commander Colonel (Col.) Colin Keiver noted there is still a great deal of work to be done to establish equality.



Karen McCrimmon, the keynote speaker at the International Women's Day event Wednesday night held at the National Air Force Museum of Canada, was an animated speaker about the potential for women to fill leadership roles in military and civilian life. Photo by Ross Lees

"It boils down to respecting the dignity of others regardless of who they are, what they wear or what religion they practice or even what sex they are," he said, thinking of his own 17-year-old daughter about to leave home to go to university in the fall.

"I would like to think that she will go out into the world and be judged based on who she is and what she does, that it will be based on merit, accomplishments and achievements and it won't be based on an arbitrary attachment – the fact that she's a woman as compared to a man," he noted.

Wednesday's International Women's Day event featured presentations from the Trenton Military Family Resource Centre (MFRC) about the many services and programs they offer in an ever-evolving effort to respond to the needs of military members and their families.

Personnel Support Programs (PSP) also made a presentation about their efforts to keep military and civilian personnel healthy and fit both mentally and physically as they progressed through their careers.



Retired Lieutenant-Colonel Karen McCrimmon, a Member of Parliament and a former commanding officer of 429 (T) Squadron, takes a moment after her keynote address Wednesday night to admire this hawk used to keep the runways at CFB Trenton safe. Photo by Ross Lees



Priscilla Tremblay, and employment and education assistant with MFRC, made a presentation at the luncheon and evening International Women's Day events about the many services and programs the MFRC offers in an ever-evolving effort to respond to the needs of military members and their families. Photo by Ross Lees

HAMILTON'S CLOCK & JEWELLERY

Your "GO TO" Business for Expert Clock and Watch Repairs



Batteries changed on Site

Pick Up & Delivery Available

Located at
49 Greenway Circle, Brighton



FOR APPOINTMENT CALL:
Darwin Hamilton: 613-475-3243

Email: hamiltons007@gmail.com

Visit us on Facebook 

Website: www.hamiltonsclockandjewellery.com EST 1978 - FREE ESTIMATES - ONE YEAR GUARANTEE

It's all about... March Break Fun

MARCH 14-17



Tuesday

Dr. Seuss Day

In partnership with


Dress as your favourite Dr. Seuss character!
1pm • Ages 3 & up

Wednesday

The Magic Family

Showtimes:
11am & 1pm
All ages welcome



Thursday

Little Ray's Reptile Zoo

Showtimes:
Noon & 2pm
All ages welcome



Friday

Gleaners Shamrocks on the Wall

Fun Irish entertainment, colouring contest and silent auction



Full event details at
Guest Services and
quintemall.com



quintemall.com
North Front & Hwy 401 . Exit 543A
Belleville . 613-968-3571

The women of CFS Alert



By Second Lieutenant
Valérie L. Rousseau

The women at Canadian Forces Station (CFS) Alert took a minute for a picture in honour of International Women's Day. There are currently 13 civilian and military women proudly serving at the Station.

Caption Women of Alert: Back row: Master Warrant Officer (MWO) Chantale Audet (Administration Officer), Angela Lentz (Nasittuq, Housekeeper), Second Lieutenant (2Lt.) Valérie Rousseau (Project Officer), Rebecca Cameron (Nasittuq, Maintenance Clerk). Front row: Corporal Cpl. Katelin Turner (Floater Technician), Master Seaman (MS.) Tammy Campbell (Mess Manager), Master Corporal (MCpl.) Bridget Cucksey (Information Systems Technician), Lesley Sinclair (Nasittuq, Cook), and Cpl. Lesley Hollohan (Chief Clerk). Absent from picture: Criss Carson (Environment and Climate Change Canada, Site Manager), Laura McFarlan (Environment and Climate Change Canada, Upper Air Technician), Melody Fraser (Global Atmosphere Watch (GAW) Observatory Operator), and Brenda Rowbotham (Nasittuq, Administration Clerk).

Photo by Private Sean Keating

The Contact Newspaper

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

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

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

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

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

Metroland Media Staff:

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

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

News and Feature Content: Ross Lees 613-392-2811 ext: 3976

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.

ARTICLES AND PHOTOS

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

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

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

Letters to the Editor:

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

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.



The Contact ~Wing Headquarters
Building Annex, 8Wing / CFB Trenton
PO Box 1000, Station Forces,
ASTRA, ON, K0K 3W0



Exercise Green Flag

Coalition training and a big win for 436 (T) Sqn in Little Rock

By Captain Jay Marrin, 436 Transport Squadron

Seventy-one personnel from across 8 Wing travelled to Little Rock, Arkansas and Alexandria, Louisiana to take part in Exercise GREEN FLAG 17-04 (GFLR) from Feb. 7 to 19.

Hosted by the United States Air Force's (USAF) 34th Combat Training Squadron (CTS), GFLR encompassed approximately 4,300 personnel from six USAF bases, the US Army, US Marine Corps, British Army, and the Royal Canadian Air Force (RCAF).

GFLR is one of the USAF Air Mobility Command's largest rotational exercises and it is a scenario-based, highly dynamic coalition event. Lieutenant-Colonel (Lt.-Col.) Zan Sproles, Exercise Director for the 34th CTS described how GFLR interplays with a larger training objective.

"GFLR is not just an exercise, it is just

one component of a larger joint training scenario. The overall joint training scenario is conducted by the US Army's Joint Readiness Training Center, and their objective is to validate a Rotational Training Unit's ability to achieve their assigned mission in defense of national objectives," he said.

The importance of training with allies in our current times cannot be understated.

"Unilateral operations, whether combat or non-combat, are something of the past; joint and coalition operations are now the standard. The benefit of inviting international partners to our exercises allows us to work out our different operational constraints and interoperability issues while in a training venue," he noted.

USAF Colonel (Col.) Charles Brown, the 19th Airlift Wing Commander stated, "No two exercises are the same and that helps the mobility enterprise by continuing to challenge their warfighting skills while providing real-world experiences with partners they may not be able to get with home-station training."

Missions included personnel and cargo airdrops, formation flying, austere landings, low-level tactical flying, and engine running operations to on-load and off-load cargo. These missions took place 24 hours a day and with night vision goggles being utilized for all night operations.

"This is the only joint training scenario in the United



Corporal (Cpl.) Julien Simard, Loadmaster from 436 (T) Squadron performs his pre-flight checks on a CC-130J Hercules on Feb. 10, at Little Rock Air Force Base, AR

U.S. Air Force photo by Senior Airman Mercedes Taylor

States that combines land, air mobility, and combat air forces in a relevant, rigorous, multi-echelon training that develops and enhances joint readiness," Lt.-Col. Sproles continued.

In total, 436 Transport (T) Squadron airdropped 215 paratroopers and 38,000 pounds of cargo during the exercise, an additional 155,000 pounds of cargo was transported between the respective staging bases and austere landing strips.

The event also tested the survival, resistance, evasion, and escape (SERE) skills with unannounced SERE events taking place throughout the exercise.

"We took a group of pilots, expecting to do airdrops, and took them off their schedule and deep into the woods. We put their previous training and skills to the test and evaluated them," stated USAF Staff Sergeant (SSgt.) Jonathan Peavey.

Participants were graded on all aspects of the operations from maintenance and air movements support, to intelligence gathering and aircrew performance.

Major (Maj.) Gerry Fraser, 436 (T) Squadron's Deputy Commanding Officer (CO), was also the Detachment CO and he was proud of the team's performance.

"Developing aircrews and all support personnel to operate more effectively with our allies is one of the things we look forward to when we participate in Green Flag," He said.

With the support of the maintenance, intelligence, air movements, operations cell, and other support assets, 436 (T) Squadron's four flying crews performed exceptionally well. They took home the top two awards from the competition; the Top Cat Award for the top performing crew and the An Lóc Memorial Award for best airdrop, named in honour of a 1972 Vietnam battle where air-borne supplies played a vital role in turning the tides of the war.

One of the Loadmaster crews also received recognition for having the highest grade for their performance and the four crews ranked first through fourth out of the 14 aircrews that participated.



The RCAF's 436 (T) Squadron participated in survival, evasion, resistance and escape training Feb. 10, near Alexandria, La. Aircrew members must be able to survive on their own in any environment under any condition in the event their aircraft goes down.

U.S. Air Force photo and caption by Senior Airman Stephanie Serrano



RCAF aircraft maintenance technicians from the 436 (T) Squadron secure a static line before flight on a CC-130J Hercules on Feb. 10, at Little Rock Air Force Base, Ark. The RCAF prepared to airdrop U.S. Army personnel from the 509th Infantry Regiment for a mission during Green Flag Little Rock 17-04.

U.S. Air Force photo and caption by Senior Airman Mercedes Taylor

Advertisement for White's Tax Service, featuring a photo of Jeff White and listing services like Income Tax Preparation & Electronic Bookkeeping. Includes a 15% Military Discount and contact information for 196 Front St., Downtown Belleville.

Advertisement for Smitty's Warehouse Operation, 'The Only Place To Go' for new or good used appliances. Features 'Best Quality', 'Best Price', 'Best Selection', 'Best Guarantee', and 'Best Service' badges. Contact info: 613-969-0287.

Advertisement for Belleville Dental Care, featuring a family photo and text: 'OVER 35 YEARS SERVING 4 GENERATIONS'. Lists services like 3D X-RAYS, GENERAL DENTISTRY, ORAL SURGERY, IMPLANTS, VENEERS, & MORE. Contact: 613-969-8800 | 135 VICTORIA AVE. | BELLEVILLE.DENTAL.CA

What's new for the 8 Wing Band in 2017?

By Cpl. Leslie Amador

When I mention to others that my secondary duty is being part of the band, most of my co-workers think that just means playing at mess dinners on occasions. As a proud new member of the 8 Wing Band, I am writing to say we do so much more!

The 8 Wing Band is the oldest Air Force Band in Canada. It was first stood up in 1939 as a voluntary band. That marks 2017 as its 78th year running. The band is comprised of retired members, serving members (which volunteer) and community players. We have a concert band, jazz ensemble and a parade band. 2016 was a significant year for the band, and 2017 is looking to be even more active.

Something that the band has only been

doing since June of 2016 is marching. The band last marched with full brass and wind in 1986. Walking and playing at the same time was a first for many in the group, even for those with drill experience. With practice and teamwork, on June 17, 2016 the 8 Wing Band marched for the first time in 30 years in the Freedom of the City Parade, in Trenton. We went on to march in parades for a memorial ceremony later that month and Remembrance Day. This is a wonderful new undertaking, as music is such an integral part of any parade. This year we will be continuing the renewed tradition and attending many parades, including change of commands ceremonies.

Along with standing up the parade band, four new Drum Majors were trained on a week-long course; two were for the 8 Wing Band and two were for



Prime Minister Justin Trudeau inspects the 8 Wing Band, Jan. 12, 2017.

Photo by 8 Wing Imaging



The 8 Wing Band marched past the Trenton Cenotaph on Remembrance Day 2016.

Photo by 8 Wing Imaging

the 8 Wing Pipes and Drums. I am hopeful that there will be more Drum Major courses in the future so I can take part in one myself.

In our most recent parade event, we stood beside the Honour Guard to welcome our Prime Minister when he stayed in Trenton last January. It was a frigid evening, and to play an instrument we couldn't wear gloves, so of course, my hands ached for a few hours after and my clarinet reed used that night is no more. Despite the conditions, being able to put on a performance for such an occasion was an honour.

The band is not unacquainted with playing in the cold. Last Spring, our first outdoor concert in Frankford was met with unseasonal temperatures just above zero, along with a strong wind and rain showers. Everyone there was chilled to the bone, but we did not cancel or end our concert early. I have learned from both these experiences that this band has a very strong bond and, in true military spirit, is dedicated to their duty as musicians despite any extenuating circumstances.

Only recently have I had the opportunity to be with the band during a Mess



8 Wing Band Drum Major candidates after training on the parade square, Sept. 16, 2016.

Photo by Vanessa Hayes

Dinner. Now that I have sat on the outside looking in, I honestly cannot decide who had more fun; the diners or the musicians. However, as a musician what I can say is that, getting applause after a piece is always a really great moment. It means we are making the evening better for everyone. As such, I look forward to playing in many more dinners this year.

On another note, the band also does community concerts. The music we play is of a higher calibre than the pop tunes reserved for mess dinners and is absolutely worth viewing with your family. Last year, our most notable one was a joint effort with The Quinte Symphony called Tribute to the Brave, which was in honour of Mr. Hugh O'Neil and our veterans during Remembrance Week. So far, we have two planned for this spring: May 6 at The Regent Theatre in Picton, Ont. and May 31 at the Eastminster United Church in Belleville.

2017 is already looking to be a great year for music in Trenton. Though I am still new to the band and to 8 Wing in general, I say with confidence that 8 Wing is very lucky to have such a great group of people willing to meet every Thursday and make music together. I know I am grateful to be a part of it myself.

The 8 Wing Band is currently accepting new members on brass, woodwind and percussion instruments. Previous playing experience is required, however all inquiries are welcome. For more information about the 8 Wing Band, please contact the Bandmaster, Warrant Officer Chris Webster at 613-392-2811 ext. 3510 or by email: Christopher.Webster@forces.gc.ca

10% Military Discount!
Cleaning & Polishing Only \$99



Family Dental Centre

Personalized & Comfortable

Call Today for Your FREE Consultation and Necessary X-Ray!

Same-Day Emergencies & On-Site Denture Lab!

Early Morning, Late Evening & Saturday Appointments!

Implants • Sedation Dentistry • Invisalign®

Day Care from 10am-4pm!

Three Locations to Better Serve You!

Frankford 613-398-8888
Belleville 613-961-7050
Cobourg 905-372-7400

www.FamilyDentalCentre.com



HEATING & AIR CONDITIONING INC.
"Fireplace Showroom"

Specializing
in your Home Comfort

REDUCE YOUR ENERGY COSTS

WITH AN AMANA HI-EFF NATURAL GAS OR PROPANE FURNACE



Built better than it has to be with a lifetime unit replacement warranty plus 10 years parts & labour.

plus

\$250.00
O.P.A. rebate

Heating & Air Conditioning

Amana

LASTS & LASTS & LASTS

OLD MAN WINTER IS HERE !!!!

Schedule your furnace tune-up
NOW ONLY \$99 Plus hst

Call or visit us today for your
FREE No Obligation quote
"You'll Be Glad You Did!"

122 Parks Dr. Belleville 613-966-8848

Locally owned and Operated to Serve You Better Since 1995

International Women's Day celebrated at CFB Trenton

Continued from page 1

"It's important that we celebrate their accomplishments and their achievements as part of the defence team, so all I'll say is to the women who are here, thank you so much for keeping us men on the straight and narrow, for keeping us honest, and for the gentlemen here, thanks for supporting them. It means a lot to the entire defence team," he stated.

The theme for this year's program was "Change begins with you, change begins with all of us." 8 Wing Champion for the Defence Women's Advisory Organization, Wing Logistics and Engineering Officer Lieutenant-Colonel (Lt.-Col.) Cathy Blue noted that change began with a change of format this year.

The day was kicked off with group yoga on Baker Island followed by a lunch and learn at noon with keynote speaker Shawn Antoski, a former National Hockey League (NHL) player. Lt.-Col. Blue said the Canadian Armed Forces (CAF) embraces this day by focusing on and recognizing the accomplishments of female soldiers, aviators, sailors and civilian personnel while celebrating the social, economic, cultural and political achievements of women.

Lt.-Col. Blue noted it might seem odd that they had chosen a "guy" as their guest speaker this year, but she said it was all about change.

"We're working on embracing change, realizing that change in the CAF and DND must involve everyone equally. Men and women both are involved in ensuring we are ready and open to what's happening with potential, no matter your gender. We have to be willing to push through our

challenges and create better space for all," she noted.

Antoski related his experiences as a professional hockey player to those of women around the world struggling to establish themselves in a world at first trying to suppress women.

He said his career came from humble beginnings as a late starter, a 12-year-old who began to play hockey. Five years later, he was playing junior hockey in North Bay and was a first round draft pick of the Vancouver Canucks at the age of 19.

To stay in an NHL lineup, Antoski said he often had to sacrifice his body; a severe car accident where he suffered a compressed skull fracture and other serious injuries ultimately ended his career.

Always thinking he could bounce back, he never did and he spiraled into deep depression before finally getting help and gradually pulling himself back together.

In relating his struggle to that of women, Antoski said "We need to understand, to engage more and communicate far more than we do." He said that did not mean social media communication, but "face-to-face talking back and forth so that we all know what is going on."

"The part I really struggle with is how do I make this interactive? Ladies, I need to hear from you. If I'm part of the problem, I need to know from you what I can do to be better," he said.

Lt.-Col. Blue said she would like to see the military get better at managing the dynamics of women being members of the CAF while raising a family and maintaining a career and also supporting a husband's career.



8 Wing Commander Col. Colin Keiver wished there was no need to hold an International Women's Day but recognized the necessity for it. Photo by Ross Lees

Antoski's final message was the link in the process, he felt.

"In order for things to move forward, we've got to support each other. If we try to do this solo, you might as well pick a wall and keep ramming your head against it," he stated.

During his struggles to regain his life, Antoski formed an organization called Fear Nothing and he hoped eventually to grow it into the broader community of

North America and try to create the resources to respond to the need he sees out there daily.

Wednesday's International Women's Day event featured presentations from the Trenton Military Family Resource Centre (MFRC) about the many services and programs they offer in an ever-evolving

effort to respond to the needs of military members and their families.

Personnel Support Programs (PSP) also made a presentation about their efforts to keep military personnel healthy and fit both mentally and physically as they progressed through their careers.



Lisa Refause of Personnel Support Programs spoke of the need to keep military personnel physically and mentally fit and healthy as they advanced through their careers.

Photo by Ross Lees

**Posted?
Relocating?
Transferred?**

Do you need a referral to your new location?

Need a REALTOR® that's registered with Brookfield Relocation Services?

Call Us!

Remax Quinte Ltd. Brokerage
447 Dundas St. W TRENTON
613.392.6594 1.800.567.0776

Hormann.ca
Frank & Joanne
Sales Rep. Broker

HILLCREST ANIMAL HOSPITAL

**Dr. Mike Steen
Dr. Fiona Gilchrist
Dr. Adrianna Sage
Dr. Maarje Armstong**

Tel: 613-394-4811 • Fax: 613-394-6239
17532 Hwy #2, RR#4 Trenton, ON K8V 5P7
Food Room
Tel: 613-394-2953
www.hillcrestanimalhospital.ca

**Save up to 35%*
when you combine
your Home and
Auto insurance**

Get the coverage you need AND save more.
Ask us how today.

Home Auto Life Investments Group Business Farm Travel

the co-operators
A Better Place For You™

Paul Moran
Financial Advisor
Paul Moran Insurance Group Inc
17538B Highway 2 | Trenton
613-392-3501 | www.cooperators.ca/Paul-Moran

Not all products available in all provinces. *Discounts vary. See your Insurance/Financial Advisor for details.

Maple in the County hits Sweet 16 anniversary

Sweetest product also happens to be the first harvest in Prince Edward County each year

By Ross Lees

It just doesn't get any sweeter than this! Maple in the County is celebrating its Sweet 16 anniversary this year with by far the sweetest harvest of the year – one people travel far and wide to sample.

Prince Edward County anniversary, the Hubbs Mayor Robert Quaiff, who Sugarbush also will celebrate the 40th anniversary of the Masonic Lake Lodge 215 pancake breakfast at the gathering this event enhances the profile of the County with its tasty bounty. Kicking off the tourist season on March 25-26 in Prince Edward County, 12 local sugar bushes will feature the sweet by-products of maple syrup in an annual event anticipated by locals and tourists alike. "Each operation has its own unique charm and spin for Maple in the County," noted Rob Peck, of Sugarbush Vineyards,



Many of the owners of local sugar bushes join in celebrating the Sweet 16 anniversary of Maple in the County at the media day on March 3 at the Hubbs Sugar Bush. Photos by Ross Lees

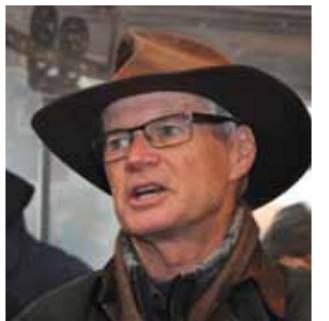


Pancakes and breakfast sausages are the stars of the breakfasts served at the sugar bushes throughout Maple in the County.

at the media event. "We have some of the older operations like Fosterholm Farms that started in 1924 and are the largest producer at around 7,000 taps. Vander's Maple Syrup started in 1910 and is the oldest producer locally."

In addition, the sweet celebration will introduce three new producers this year – Loha Farms, Roblins Maple Syrup and Justin's Maple Syrup to enhance the county-wide celebration. Apart from pancake breakfasts at Hubbs, Fosterholm, Loha Farms, Walt's Sugar Shack, and

Waupoos Estate Winery and Sugar Bush, there are tours and demonstrations of the various operations, wagon rides, lumberjack shows, and, of course, the ever popular maple products to sample. A full list of participating sugar bushes, activities and events is online at mapleinthecounty.ca Look for the iconic "Maple Map" available throughout Prince Edward County and in local newspapers. 424 Transport (T) Squadron will help kick off the celebration with an appearance in their high profile yellow helicopter while



Lyle Vanclief represented Masonic Lake Lodge 215, which has been holding pancakes breakfasts at the Hubbs Sugar Bush for 40 years.



Prince Edward County Mayor Robert Quaiff stokes the fires at the Hubbs Sugar Bush on media day while Ron Hubbs of Sweetwater Cabin/Hubbs Sugarbush looks on.



Posted to OTTAWA?

- Brookfield Relocation Specialist
- Bilingual / Bilingue
- Retired Service member
- I've been on 4 HHT's myself
- I understand your sense of urgency
- Reply within 1 hr - **GUARANTEED**
- **CERTIFIED NEGOTIATION EXPERT**
- Several Satisfied Military clients

Testimonials:

www.salazarproperties.ca/testimonials

Joe Salazar CD1
Sales Representative
Dir: 613-218-6714
Off: 613-695-2525
Email: JoesHomes@me.com
Web: SalazarProperties.ca

SO THAT WE MAY BE FREE.

FOR EVERY WAR, THERE ARE MANY WHO BRAVELY AND PROUDLY LEAVE THEIR LOVED ONES BEHIND TO PROTECT THE FREEDOMS THAT WE AS CANADIANS ARE AFFORDED.

IT IS THESE BRAVE FEW WE HONOUR.

weaver REINVENT TRADITION
www.weaverfuneralhomes.com

Trenton East 29 Bay Street 613-394-2433	Trenton West 170 Dundas St. W. 613-392-3579
--	--

'Be One of a Million!' Contest

By Canadian Forces Morale and Welfare Services

As its 20th Anniversary celebrations come to a close, Canadian Forces Morale and Welfare Services is launching one final activity in March: the "Be One of a Million" contest.

Don't have your COne Card yet? Or you have a COne Card but know other Canadian Armed Forces (CAF) Community members who don't? Well then, this contest is for you!

During the month of March, all new eligible COne Card registrants, as well as the people who

referred them, have a chance to win a prize valued at \$7,000:

One \$3,000.00 (CAD) Air Canada gift card (Terms and Conditions of Air Canada gift card apply)

Two travel vouchers, each valued at \$2,000.00 (USD), from Government Vacation Rewards and Our Vacation Centre - Resort Vacation for a total of \$4,000.00 (USD) (Terms and Conditions of Our Vacation Centre apply)

Here's how to enter:

Between March 1st and March 31st, sign up for your COne Card at www.cf1fc.ca and you'll be automatically entered for a chance to win. Don't forget to sign up other

family members (new registrants need to be 21 years of age or older to be entered in the contest). See contest rules and regulations at www.cf1fc.ca.

Already have your COne card?

Spread the word to those who don't. Reach out to other eligible CAF Community members and invite them to register for their COne Card between March 1st and March 31st at www.cf1fc.ca and increase your chances of winning.

In order to be entered in the contest, new registrants need to enter your name and email address (as referrer) in the final stage of their registration process.



For every referral that registers, you will receive an extra ballot. For more details, please refer to the contest rules and regulations at www.cf1fc.ca. Good luck!

Concours Faites partie du million!

Par Les Services de bien-être et moral des Forces canadiennes (SBMFC)

Lors que les célébrations de leur 20e anniversaire tirent à leur fin, les Services de bien-être et moral des Forces armées canadiennes (FAC) lancent une dernière activité en mars, soit un concours intitulé « Faites partie du million! »

Vous n'avez pas encore de carte UneFC? Vous avez la vôtre, mais connaissez des membres de la communauté des FAC qui n'ont pas encore la leur? Et bien, ce concours est pour vous!

Au cours du mois de mars, toutes les personnes admissibles qui feront une demande de carte UneFC, ainsi que celles qui les auront invitées à le faire, courront la chance de remporter un prix d'une valeur totale de 7 000 \$:

Une carte-cadeau d'Air Canada d'une valeur de 3 000 \$ CA (consulter les conditions générales relatives à la carte-cadeau Air Canada);

Deux bons de voyage d'une valeur de 2 000 \$ US chacun de Government Vacation Rewards et de Our Vacation Center - Resort Vacation (consulter les conditions de Our Vacation Center), soit une valeur totale de 4 000 \$ US.

Voici comment participer :

Du 1er au 31 mars, demandez votre carte UneFC au www.cf1fc.ca et obtenez automatiquement une participation au concours. N'oubliez pas de faire une demande pour les autres membres de votre famille (les nouveaux demandeurs doivent être âgés d'au moins 21 ans pour être inscrits au concours). Veuillez consulter les règlements du concours au www.cf1fc.ca.

Vous avez déjà votre carte UneFC?

Faites passer le mot à votre entourage! Faites connaître la carte UneFC à d'autres membres admissibles de la communauté des FAC et invitez-les à en faire la demande au www.cf1fc.ca entre le 1er et le 31 mars. Chaque recommandation vous donnera droit à une participation supplémentaire.

Pour que la recommandation soit prise en compte, les nouveaux demandeurs doivent fournir votre nom et votre adresse électronique dans la section à cet effet à la fin du processus d'inscription. Ainsi, chaque fois qu'un nouveau demandeur donnera votre nom, vous aurez une chance de plus de gagner.

Pour plus de détails, consultez les règlements du concours au www.cf1fc.ca. Bonne chance!



Employee Assistance Program

Referral agents

- Drew Craig (Chairperson) 3930
- Karen Brake 7911
- Nathalie Serre 7413
- Rhonda Loomes 7588
- James Leblanc 3053



Dr. R. Younes Dental Care

Family, Cosmetic & Implant Dental Centre

Your Make Me Smile Dental Centre

Your complete dentistry in one office backed by a warm & caring team | **Now Accepting New Patients**

Extended Office Hours
Monday to Thursday
8am - 7pm
Friday 8 - 4pm

- **LED** Latest Technology in Same Day Dentistry
- **Now Available For Crowns, Bridges & Veneers**
- Oral Conscious Sedation
- Orthodontics (Including "Clear Braces" The Invisible Way to Straighten Your Teeth)
- Laser Dentistry
- **Implants & Full-mouth Reconstruction** (Teeth In A Day)
- Tooth Coloured Fillings
- **ZOOM!** One Hour Whitening
- Dentures
- Preventive, Gum Disease Therapy
- Root Canal Therapy
- **Same Day Emergency Service**
- **New Receding Gum Technique™ P.S.T.**

96 Division St., Trenton
www.youmakemesmile.ca **613-208-0817**

Direct: 613.438.5588
Email: shussey68@gmail.com
www.SandraHussey.ca
Pre-Qualified Buyers
IRP DND APPROVED

Sandra Hussey

Sales Rep

<p style="background-color: #0070C0; color: white; padding: 2px;">DESIGN YOUR DREAM HOME 16 FAIRLAWN ROAD</p> <p style="font-size: x-small;">All brick/stone bungalow on a super-sized lot 2kms to Walmart. MLS#QR1700104 • \$375,000</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">15 MINUTES FROM BELLEVILLE 687 WILLET ROAD</p> <p style="font-size: x-small;">4 bed/3 bath on 2.5 acres. Cathedral ceiling, open concept main floor. Private, bright lower level master with ensuite featuring jacuzzi tub and basement walkout. MLS#405310262 • \$340,000</p>
<p style="background-color: #0070C0; color: white; padding: 2px;">WATER VIEW 86 ELIZABETH ROAD</p> <p style="font-size: x-small;">Stunning 4 bed/3 brick bungalow on 1.3 acres overlooking Wellers Bay. MLS#550800135 • \$375,000</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">IN-LAW SUITE 694 HAMILTON ROAD</p> <p style="font-size: x-small;">1 1/2 storey home with complete in-law suite on 3 acres 10 minutes from CFB Trenton. MLS#403670062 • \$490,000</p>
<p style="background-color: #0070C0; color: white; padding: 2px;">THE HEART OF FRANKFORD 20 FINNEGAN DRIVE</p> <p style="font-size: x-small;">3 bed/2 bath 2 storey nestled on a tranquil lot. MLS#403510023 • \$205,000</p>	<p style="background-color: #0070C0; color: white; padding: 2px;">51 NORTHUMBERLAND BOULEVARD</p> <p style="font-size: x-small;">4 bed/4 bath 2 storey home walking distance to all amenities. MLS#403760036 • \$270,000</p>

BE FUSSY CALL HUSSEY! 613-438-5588

Sixth annual CFB Trenton Pond Hockey tournament raises stellar \$62,000

Continued from page 1

be tough to beat in the future after Ottawa and Belleville Senators owner Eugene Melnyk donated box seats in his own box following an emotional speech by Linda Blanchette, who spoke about being the spouse of a veteran with post-traumatic stress disorder (PTSD).

"It was a treat to have a spokesman of Mr. Melnyk's stature here and without Scotia Bank and Scotia Wealth Management, we wouldn't be where we are today," he stated.

In the six years the tournament has been run, over \$200,000 has now been raised and Capt. Moorhouse said credit goes to many areas, including the municipality of Quinte West and Mayor Jim Harrison, the community partners and sponsors, the Base and Wing Commanders like Colonel (Col.) Colin Keiver for their unwavering support, and 436 (T) Sqn. Commander Officer (CO) Lieutenant-Colonel (Lt.-Col.) Spencer Selhi.

Mother Nature, after

closing down the tournament early last year, came in for some words of praise this year from Capt. Moorhouse.

"We were as close as we are going to get to perfect tournament weekend weather, which was great! We had three rinks with our Olympia ice resurfacer and 95 games played, all outdoors, so that's how great the weather was," he said.

Not someone to rest on his laurels, Capt. Moorhouse has already planned a major change to improve the tournament and perhaps increase team participation for next year.

At the request of many players, the tournament next year will feature both a competitive and non-competitive division, as some teams just want to take part in the tournament, have fun and support their fundraising initiatives, according to Capt. Moorhouse.

"We now have enough teams to do that - a healthy number of teams for both divisions, since it has been



Capt. Jeff Moorhouse, organizer of the CFB Trenton Pond Hockey tournament since its inception and in the pond hockey sweater, proudly displays the \$62,000 cheque raised this year. The money is divided equally between The Trenton Memorial Hospital (TMH) Foundation and Wounded Warriors Canada. Photo by Ross Lees



The success of this year's event was based on increases everywhere, from dinner tickets to more teams, great weather and overall support; both within and from outside the military community. Two great guest speakers also contributed, Ottawa and Belleville Senators owner Mr. Eugene Melnyk, who donated box seats (in his own box) following an emotional speech by Linda Blanchette, who spoke about being the spouse of a veteran with PTSD.

Contact file photo by Ross Lees

requested by a lot of players who just want to play hockey and have fun, as opposed to winning," he said.

That format will allow a couple of women's teams, who wanted to participate last year but decided not to because of the competitive atmosphere, to sample the tournament and perhaps establish a female base for the future.

"Hopefully one day we will have enough involvement of women players that we can actually move to a potentially all women's division as well," Capt. Moorhouse mused.

DISCOVER BELLEVILLE'S BETTER RENTAL VALUES!

Inquire About Our Leasing Incentives

- ✓ Laminate and ceramic flooring with sheers*
- ✓ Close to shopping malls
- ✓ Large walk-in closets*
- ✓ Heat & Hydro included*
- ✓ Footsteps to transit stop
- ✓ Heated outdoor pools
- ✓ Large doors to balcony or terrace
- ✓ Park-like picnic area with barbeque
- ✓ No pets preferred

*On selected units

Rental Office Hours

Monday - Thursday
9 am - 5 pm
Fridays 9 am - 4 pm

Saturday & Evening Apartment viewing by appointment only.



613-966-1512

201 Palmer Road, Belleville, ON

SHELTER CANADIAN PROPERTIES LIMITED

belleville2@scpl.com
www.scpl.com

Mortgage ADVICE on the FLY... I'm your GUY!



Kevin Buhr

Home Financing Advisor

Cell: 613-242-5486

kevin.buhr@scotiabank.com





TRENTON Military Family Resource Centre



**TOGETHER
WE ARE
STRONGER**

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre

New Programs at the Trenton MFRC

Visit our website - www.trentonmfr.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes au CRFM de Trenton

Visitez notre site internet - www.trentonmfr.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

Car Smarts: The Secrets of Auto Financing

Thursday, April 6 from 6:30 p.m. to 8 p.m. Free Workshop at the MFRC. Register at MFRC reception. Learn from a local auto financing professional how to be prepared for making your next car deal! Learn the ins and outs of leasing versus financing and explore steps to quickly repair your credit!

Sagesse automobile: Les secrets de financement auto

Le jeudi 6 avril de 18h30 à 20h. Atelier gratuit au CRFM. Inscrivez-vous à la réception du CRFM. Un professionnel en financement automobile vous expliquera comment vous préparer pour votre prochaine acquisition d'un véhicule. Apprenez ce qu'il faut savoir sur la location versus l'achat et explorez les étapes pour rétablir rapidement votre crédit.

Chinese Take-out

Saturday, March 25. Learn how to make simple and delicious Asian style comfort food, in a safe and fun kitchen. The class will begin with a Food Safe demonstration by our certified instructor. Then the group will learn to prepare three dishes. Bring containers for some tasty take-homes! Sweet and sour pineapple pork; Chinese fried rice; Wonton soup. Time: 1 p.m. to 4 p.m. Location: 8 Wing Chapel kitchen. Cost: \$35. To register, please contact MFRC Reception at 613-965-3575.

Le Chinois pour apporter

Le samedi 25 mars. Apprenez à préparer de délicieux repas-réconfortants asiatiques, dans une cuisine sécuritaire et amusante. La classe commencera avec une démonstration sur la sécurité alimentaire par une instrutrice certifiée, Ensuite le groupe apprendra à préparer trois plats. Apportez des contenants pour rapporter à la maison de la nourriture restante. Le porc aigre-doux avec ananas; le riz frit chinois; la soupe wonton. Heure: de 13 h à 16 h. Endroit: La cuisine de la chapelle de l'Escadre.

Coût: 35\$. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575

Community Conversation - Veteran Family Program

Have you or your spouse medically released from the military? Or are you preparing to? You're invited to join us for a community conversation! We will give you an update on the Veteran Family Program from the last year and get your feedback on the way forward. Thursday, March 23, from 5:30 p.m. to 8 p.m. at the Trenton MFRC. Pizza and refreshments will be provided. Childcare provided upon request. RSVP by March 20 to kelly.b@trentonmfr.ca

Conversation communautaire - Programme pour les familles des vétérans

Est-ce que vous ou votre partenaire prend une libération médicale des FAC? Êtes-vous prêt pour ce changement? Nous vous invitons à une conversation communautaire! Vous recevrez une mise à jour, de la dernière année, du Programme pour les vété-

rans et leurs familles et prendrons vos commentaires pour le futur de celui-ci ; Le jeudi 23 mars; de 1730 h à 20 h; CRFM Trenton, MFRC. Pizza et collations seront servis. Garderie Fournie. RSVP d'ici le 20 mars à kelly.b@trentonmfr.ca

Yoga - Veteran Family Program

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.

Yoga - Programme pour les familles des vétérans

Get Yoga Studio offre des cours de yoga pour les conjoints du personnel militaire actif ou à la retraite! Quatre cours pour 20,00\$ à vendre à la réception du CRFM. Dates : 12 mars, 9 avril, 14 mai, 11 juin à 11h00. Pour s'inscrire contactez Kelly : kelly.b@trentonmfr.ca.

Healthy Cooking for One or Two

Open to military and veteran members and families. Join us for a three-week session to learn how to make simple and healthy meals for one or two people. March 9, 6 p.m. to 7:30 p.m. in class at the 8 Wing Chapel. March 21, 6 p.m. to 7:30 p.m. field trip. March 28, 6 p.m. to 7:30 p.m. kitchen time at 8 Wing Chapel. Register by March 7 at MFRC reception: 613-965-3575.

Cuisine santé pour une ou deux personne

Ouvert aux militaires et vétérans et leurs familles. Inscrivez-vous pour une session de trois semaines pour apprendre à préparer des repas simples et santé pour une ou deux personne. 9 mars, 18h00 à 19h30 - en classe à la chapelle

de l'escadre. 21 mars, 18h00 à 19h30 - sortie éducative. 28 mars, 18h00 à 19h30 - on cuisine à la chapelle de l'escadre. Inscriptions requises d'ici le 7 mars, contactez réception du CRFM : 613-965-3575.

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.

Dance with France

Mondays starting March 13. Level 1 from 7 p.m. to 8 p.m. Tango/Swing. Tuesdays starting March 14, level 2 from 6 p.m. to 7 p.m. Samba/Viennese Waltz Introduction. Level 3 from 7:15 p.m. to 8:15 p.m. Lindy Hop/Swing Choreography. Practice Sessions for Level 1,2, 3 will be held on April 3 and May 1 at 7 p.m. to 8:30 p.m. \$90 per couple 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.

Continued on page 14

Home of the Week

Your Building Renovation Experts



Plan No: 7-4-1003



The brick and wood accents on the exterior of this handsome one-and-one-half storey family home lend it a contemporary air that will make the structure a welcome addition to any neighbourhood.

The covered entry leads into a foyer with a display case on the left. Directly ahead is the great-room complex, with a den and the U-shaped stairway to the second-floor bedrooms to the right. Tucked behind the stairway are a coat closet and powder room.

The great room, with an extra-high ceiling, includes a gas fireplace, as well as large windows that look out to a

covered patio at the back of the home. Part of the ceiling in the dining area, which enjoys access to the patio, is extra-high.

The kitchen, separated from the dining area and great room by a prep island, includes a double-door pantry.

The laundry room, which contains a coat closet, has access to the double garage, and will serve as a mud room.

The master bedroom, featuring an extra-high ceiling, is located at the back of the home for privacy. The ensuite, in a bayed-out area, includes double sinks and a soaker tub, as well as a separate shower stall. The

walk-in closet is reached through the en-suite.

Upstairs are the three secondary bedrooms, well-separated for noise-proofing. All share a three-piece bathroom and a linen closet. Bedrooms No. 3 and 4 feature a built-in book case.

Exterior finishes include brick-faced pilasters, stucco with wood accents, painted trim and a decorative garage door.

This home measures 40 feet wide and 57 feet, six inches deep, for a total of 2,202 square feet.

"YOUR ONE STOP BUILDING CENTRE"

**COLE'S
TIMBER MART**

COMPLETE LINE OF BUILDING SUPPLIES
KITCHEN & BATH SHOWROOM
DELIVERY AVAILABLE
RENTAL CENTRE
www.colestimbermart.ca

47 Ontario St., Brighton
613-475-2810
1-888-265-3742

Tree Service

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone

613-392-7415



Community Events
generously sponsored by...

SMYLIE'S
OWNED & OPERATED BY
YOUR NEIGHBOURS

independent
YOUR INDEPENDENT GROCER

DRUGStore
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

**293 Dundas St. East,
Trenton • 613-392-0297**

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 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 18 – Quinte Branch of Ontario Genealogical Society

The Quinte Branch of Ontario Genealogical Society digital presentation "What shape is your DNA?" by Diahn Southard. Covering the latest methods of analysis and interpretation for the non-scientist genetic genealogist. Everyone welcome, bring a friend. Quinte West Public Library, 1 p.m. to 3 p.m. Visit www.roostweb.ancestry.com/~canqbogs

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 con-

cert 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.

3rd Annual ATESS VS 8 AMS Charity Hockey Game



March 24th at 1300hrs

Admission - Two non-perishable food items

Door Prize, 50/50, Chuck-A-Puck,

Chili and More!!!

**All proceeds will go to the Trenton Care and
Share Food Bank**

Come out and support your Squadron!

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.

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.

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-

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).

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
*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
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!

COMING to BAGOTVILLE?
We've got THE PLACE to STAY!



Hôtel La Saguenéenne

- > 118 rooms with refrigerator and microwave oven
- > Tropical salt-water swimming pool and spas
- > On-site restaurant
- > Walking distance from the shopping malls
- > Free long-distance calls to Canada and USA
- > Free wireless high-speed Internet
- > 15 minutes from Bagotville Airport

Rates from \$96 plus taxes per night for the Canadian Forces Community
CFAppreciation.ca

250, rue des Saguenéens, Saguenay, Québec, Canada, G7H 3A4
 418.545.8326 | 1.800.461.8390
www.lasaguenenne.com

The War Amps Key Tag Service



It works! Nearly 13,000 sets of lost keys are returned every year.

"Thank you for the safe return of my keys! My car fob would have cost \$265 to replace, so I am especially happy to have it back." – Joffre

Protect the valuables on your key ring with a War Amps key tag and help support programs for amputees.

Order key tags online.



The War Amps
 1-800-250-3030 • waramps.ca

Visit our website to make a donation or for information about leaving a gift in your will.
 Charitable Registration No.: 13196 9628 RR001

Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
 For Delivery Inquiries, please call **613-966-2034**
 Email: Sharon.LaCroix@metroland.com
www.thecontactnewspaper.cfbtrenton.com

A Appliances **A** Appliances **A** Articles for Sale **A** Articles for Sale

NEW & USED REFRIGERATORS

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees.

Fridges \$100 and up
NEW APPLIANCES at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

PAYS CASH

for good used appliances in working order, or not, but no junk please. VISA & MASTERCARD accepted. We have our own financing. Shop at our competitors & then come and see for yourself, quality at low prices.

Open 7 days a week & evenings. We deliver. We like Base people.

SMITTY'S APPLIANCES LTD.
613-969-0287

Belleville Volkswagen



2014 Tiguan Highline

R Line Package, Navigation
 Leather, Sunroof, 4 Motion
 In Excellent condition,
 73,000km

Email: Paul@bellevillevw.ca
 for additional details and to schedule a test drive.

613-966-3333

 239 North Front
 Belleville
www.bellevillevw.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

Be safety-conscious off-the-job too!



How safety-conscious are you when you are off-the-job?

You can do a lot to increase your safety by paying more attention to your attitude and habits. This applies whether you are relaxing at home, driving your car or participating in your favorite recreational activity.

Use the following checklist to do a personal safety inspection: **At home:**

- Do you keep all traffic pathways, inside and outside, clear of obstacles?
- Do you clean up spills immediately to avoid slips and falls?
- Does the stairway have a solid handrail? Do you always use it when climbing or descending the stairs?

• Do you have a night light in hallways and bathrooms to avoid tripping accidents after dark?

• Do you and your family regularly practice fire drills so that everyone knows what to do and where to meet outside?

• Do you keep your smoke detectors and fire extinguishers in good operating condition?

• Does everyone in the family know how to use the fire extinguishers?

In the garage or workshop:

• Are all toxic substances such as cleaning products, paints, herbicides and car products kept locked up and out of the reach of children?

• Are they all still in their original containers with instructions for safe handling and first aid procedures for accidental poisonings?

• Are all sharp, powered or other dangerous tools secured and out of the reach of children?

• Do you always use the correct tool for the job, avoiding makeshift replacements? Do you use a stepladder to reach awkward places instead of standing

on a kitchen chair?

In your car:

• Do you always make sure everyone is buckled up in their safety belts and shoulder harnesses before driving away?

• Do you keep your car in good mechanical repair to avoid breakdowns or accidents caused by faulty equipment?

• Do you walk around your vehicle before backing up?

• Do you observe all road warning signs and speed limits?

• Do you remain alert and aware as you are driving?

Out for fun:

• Do you wear the proper

Personal Protective Equipment (PPE), such as eye goggles, helmets, life jackets, shin-pads or gloves for your favorite sports?

• Do you use the proper equipment for each sport?

• Do you make sure your equipment is well-maintained and in good condition?

• Do you avoid using drugs or alcohol, especially when you are involved in activities which require your concentration and alertness?

Remember to practice safe habits both on and off the job. Safety awareness begins at home.

MFRC continued from page 11

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 Viennoise. Niveau 3: 19h15 à 20h15 - 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.

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 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 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.

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, March 30. 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 March 24 (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 30 mars. Heure : de 18h30 à 20h30. Où: Astra Lounge.

Inscription et paiement à la réception du CRFM par le 24 mars (aucun remboursement après ce date)

Wing Logistics and Engineering Picture of the Week



Pictured from left to right are Cpl. Curtis B.A. (8 WTISS), MCpl. Carl D'Amours (8 ACCS, 2 Wing Bagotville), Cpl. Alex Schmidt (8 ACCS Trenton) and Cpl. Kurtis Rashotte (8 WTISS). Seated in front is Cpl. Kevin Harper (8 ACCS, 2 Wing Bagotville).

WTISS deploys to Little Rock for GREEN FLAG

Members of 8 Wing Telecommunications and Information Services Squadron (WTISS)

deployed to Little Rock, Arkansas, USA for Exercise GREEN FLAG as part of a communications detachment. Headed by 8 ACCS Detachment Bagotville, members supported 436 Transport (T) Squadron air movements by establishing communications for mission planning.

Book your classified ad today! 613.966.2034



Supported by



A local sports team needs your help! The Quadzillas wheelchair rugby team has been practicing hard and putting in time in order to compete. We have grown as a team and competitors and will be hosting our first OWSA (Ontario Wheelchair Sports Association) wheelchair rugby tournament. Our tournament will be held on March 25 & 26 2017 at Quinte Secondary School (45 College St W, Belleville, ON K8P 2G3).

We will also be hosting on these dates and location an OWSA wheelchair sports referee certification program for our incredible volunteer refs. A team is only as strong as the communities surrounding it and in order to have a successful tournament and season we will need the support of our surrounding communities.

How you can support us

- Event/Team Sponsorship (In kind sponsorship)
- Event Hosting
- Volunteering (on and off the court)
- Monetary Donations (any amount will be greatly appreciated)
- Food & drink donations

The Qaudzilla's promise to keep working hard as the tournament approaches. We are hoping our great local communities can help us host a wheelchair rugby tournament we can truly be proud of and in return we will make our local communities proud of our effort in game and graciousness as hosts.

At the very least come out and support your local team the Quadzillas as they take on teams from Ontario and Quebec and get a chance to see current, former and future Paralympians!

Practices held at South-side gym CFB 8 Wing Trenton every Wednesday 6-9 pm

Dylan Lamoureux
613-438-2151
d.lamoureux6@hotmail.com

Michael Breske
613-921-0950
mbreske@cogeco.ca

Erika Schmutz (Coach/Paralympian)
289-404-2006
eschmutz@sympatico.ca

Lottie Jones Florist Ltd.



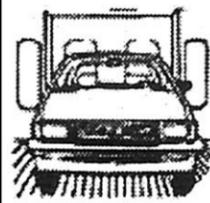
Family Owned and Operated
Since 1923

**Eleanor Barker
MaryAnne White**

44 Quinte Street
Trenton, ON K8V 3S9
Ph: 613-392-2537
www.lottiejonesfloristltd.com

CAMPBELL'S AUTO SHOP

327 COLEMAN STREET, BELLEVILLE



- COMPLETE COLLISION REPAIRS SINCE 1915
- ALL WORK GUARANTEED
- FREE ESTIMATES • PAINT ROOM
- CUSTOM JOB SPECIALISTS
- FRAMES • UNIBODY & RAIL
- ENVIRONMENTALLY FRIENDLY PAINTS

613-968-5791

E-mail: autoshop@bellnet.ca

Our Smiles speak for themselves



Looking for a new dental team?
Call us and receive

FREE TEETH WHITENING

(Limited Time offer with New Patient Exam and X-rays)

Our patients enjoy:

- ✓ Free sports guard for young athletes
- ✓ Watching TVs during treatment
- ✓ Complimentary coffees, teas and drinks
- ✓ Evening and weekend appointments
- ✓ Same day emergency appointments
- ✓ Video games for kids
- ✓ Sedation dentistry
- ✓ Awesome doctors and friendly team!



trenton family dental

Dr. Suresh Appan & Associates

new patients are always welcome!

73 division street
Trenton Ontario
Call us now at 613.394.3883
www.trentonfamilydental.com



Check us out at Trenton Family Dental for fun facts, contests and giveaways!



Up to **600** Vehicles In Stock

BayviewAuto.ca

Service Selection Finance

The Way Used Car Buying Should Be!

APPLY NOW!

Start before our "Spring Rush" Sales & Finance Opportunities

Bring in Resume or contact butch@bayviewauto.ca



16 DODGE CHALLENGER

29817 Auto, 5.7 V8 Hemi, RWD, coupe, fact remote start, alloys, pwr roof/seats, push btn start, leather, heat seats/steering, vent seats, 7,501 km

\$35,995
\$217
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 CHRYSLER 200 S

29797 Auto, 3.6 V6, keyless entry, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, heat seats, vent seats, AC, dual climate, 22,733 km

\$21,495
\$130
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 HONDA ACCORD EX

29622 Auto, 2.4 4cyl, coupe, fact remote start, alloys, pwr roof, push btn start, pwr seats, heat seats, AC, dual climate, MP3, sat radio, rev cam, park aid, Bluetooth, cruise, 1,802 km

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



13 ACURA ILX

29619 Auto 8spd, 2.0 4cyl, alloys, pwr roof, push btn start, leather, pwr seats, heat seats, AC, dual climate, MP3, sat radio, rev cam, park aid, Bluetooth, cruise, paddle shift, 57,646 km

\$16,995
\$129
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 LEXUS IS 200 F SPORT

29725 Auto, 2.0 4cyl turbo, RWD, keyless entry, alloys, pwr roof, push btn start, leather, pwr seats, heat seats, vent seats, dual climate, Bluetooth, cruise, paddle shift, 16,951 km

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



16 KIA FORTE

29820 Auto, 1.8 4cyl, keyless entry, alloys, pwr roof, tract ctrl, econo mode, heat seats, AC, MP3, sat radio, Bluetooth, pwr group, 49,603 km

\$14,495
\$88
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



14 MAZDA 3 GX

29678 Manual 6sp, 2.0 4cyl, hatchback, keyless entry, push btn start, AC, CD, MP3, Bluetooth, pwr group, 50,120 km

\$11,295
\$76
bi-weekly
84 mths @ 5.9%
0 DOWN + HST

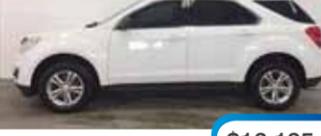


17 HYUNDAI SONATA

29703E Auto 2.4 4cyl GDI, alloys, pwr roof/seats, push btn start, heat seats/rear seats/steer, dual climate, rev cam, park aid, Bluetooth, cruise, 27,079 km

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

PREVIOUS DAILY RENTAL



13 CHEVROLET EQUINOX LS

29603 Auto, 2.4 4cyl ecotec, AWD, keyless entry, trailer hitch, alloys, econo mode, pwr seats/windows/locks/mirrors, AC, CD, MP3, OnStar, compass, ext temp gauge, 60,599 km

\$16,195
\$123
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 DODGE JOURNEY CROSSROAD

29801 Auto, 3.6 6cyl, 7pass, AWD, fact remote start, alloys, pwr roof, push btn start, leather, pwr seats, heat seats/mirrors/steer, 3 zone climate, 30,476 km

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

PREVIOUS DAILY RENTAL



17 HYUNDAI TUCSON

29739 Auto, 1.6 4cyl turbo, AWD, keyless entry, alloys, pwr seats, heat seats/rear seats/steer, dual climate, 29,723 km

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

PREVIOUS DAILY RENTAL



14 JEEP GRAND CHEROKEE SUMMIT

29575 Auto, 3.0 6cyl, diesel, 4x4, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, memory seat, heat seats/rear seats/mirrors/steer, vent seats, nav, rev cam, 57,160 km

\$38,495
\$258
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



17 HYUNDAI SANTA FE SPORT

29503 Auto, 2.4 4cyl GDI, AWD, alloys, pwr seats, heat seats/rear seats/steer, AC, dual climate, rev cam, park aid, Bluetooth, cruise, BSD, 17,434 km

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

PREVIOUS DAILY RENTAL



16 GMC TERRAIN SLE

29306EA Auto, 2.4 4cyl, AWD, keyless entry, alloys, econo mode, pwr seats, AC, MP3, sat radio, park aid, OnStar, pwr group, heat mirrors, cruise, steer ctrl, 7,560 km

\$24,995
\$151
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 CHEVROLET EQUINOX LT

29514 Auto, 2.4 4cyl ecotec, AWD, fact remote start, alloys, econo mode, pwr seats, heat seats/mirrors, AC, CD, MP3, sat radio, rev cam, park aid, OnStar, cruise, touch screen, 57,970 km

\$17,495
\$117
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



17 HYUNDAI SANTA FE SPORT

29558 Auto, 2.4 4cyl, AWD, keyless entry, alloys, pwr seats, heat seats/steer, AC, dual climate, MP3, sat radio, rev cam, park aid, Bluetooth, 17,894 km

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

PREVIOUS DAILY RENTAL



16 DODGE JOURNEY CROSSROAD

29726 Auto, 3.6 V6, 7pass, flex fuel, alloys, push btn start, leather, pwr seats, 3 zone climate, rev cam, park aid, U-connect, pwr group, heat mirrors, cruise, touch screen, 20,008 km

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



13 MERCEDES B250

29684 Auto, 2.0 4cyl, hatchback, keyless entry, alloys, econo mode, AC, CD, MP3, Bluetooth, pwr group, cruise, steer ctrl, paddle shift, attention assist, distance warn, 38,787 km

\$15,995
\$122
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 DODGE CARAVAN SXT

29729 Auto, 3.6 6cyl, keyless entry, flex fuel, alloys, econo mode, pwr seats, 3 zone climate, MP3, sat radio, DVD, rev cam, park aid, U-connect, 32,159 km

\$23,695
\$143
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 DODGE RAM 1500 SPORT

29478 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, trailer hitch, box liner, chrome step bars, alloys, pwr roof, leather, pwr seats, heat seats/steer, vent seats, dual climate, nav, 18,574 km

\$43,995
\$266
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 NISSAN TITAN XD SV

29644 Auto, 5.0 V8 cummins turbo, diesel, 4x4, crew cab, alloys, push btn start, pwr seats, heat seats/mirrors, dual climate, nav, rev cam, park aid, Bluetooth, cruise, 1,264 km

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



16 FORD TRANSIT T250

29097 Auto, 3.7 V6, 2 pass, RWD, keyless entry, airbags, tract ctrl, vinyl floor, leatherette, bucket seats, AC, AM-FM, rev cam, 35,073 km

\$26,995
\$163
bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



15 GMC SAVANA 2500

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

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

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

UP TO 600 CERTIFIED PRE-OWNED VEHICLES IN STOCK!
 HOURS: MON-THURS 8AM-8PM, FRI 8AM-6PM, SAT 9AM-5PM, SUN 10AM-4PM
 BAYVIEWAUTO.CA • 1.866.594.2262 • 6692 HWY 62 Belleville

7

Open Days a week!



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.

