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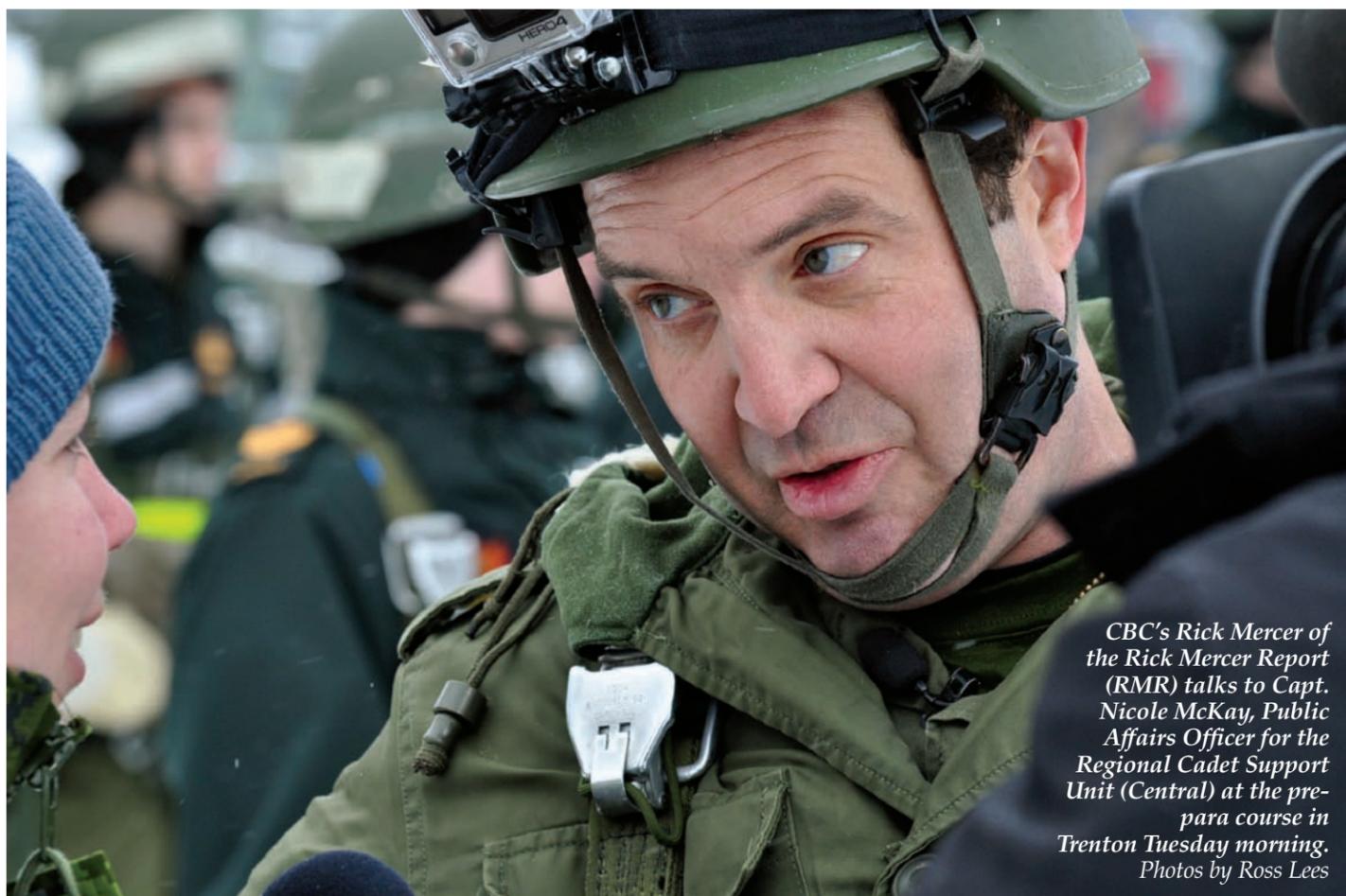
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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Rick Mercer Report visits CFB Trenton



CBC's Rick Mercer of the Rick Mercer Report (RMR) talks to Capt. Nicole McKay, Public Affairs Officer for the Regional Cadet Support Unit (Central) at the pre-para course in Trenton Tuesday morning. Photos by Ross Lees

Comedic icon relaxes the challenging cadet course with his humour and presence

By Ross Lees

It was a pre-parachute (pre-para) course that will have much more than the usual significance for its young participants.

Open to all Army cadets in Ontario and the Atlantic provinces, this course determines

which cadets will be selected for the Basic Parachutist Course during the summer.

This particular course held at Canadian Forces Base (CFB) Trenton had a "special recruit" this week, as Rick Mercer and Canadian Broadcasting Corporation's the Rick Mercer Report accompanied the cadets as they visited the mock tower with the Canadian Army Advanced Warfare Centre (CAAWC).

The challenging course was made a lot more relaxed by the humour and presence of this Canadian comedic icon.

"It was fun. I like watching his show with my parents. Having the cameras and Rick there made me jump out of the tower faster than I would have," noted Cadet Master Warrant Officer Nick Novina.

All Army cadets can apply for this course and cadets are nominated both by their Commanding Officer and the Regional Cadet Support Unit (headquarters) before attending the course. These recommendations take the cadet's conduct, standing in the community, physical fitness and leadership ability into consid-

eration. Each cadet selected to participate must have an individual fitness program to meet the demanding standards of the course.

The course consists of physical fitness activities and test, and culminates with a jump challenge from a 32-foot tower.

The current Chief of the Defence Staff, General (Gen.) Jonathan Vance and Commander of the Canadian Army, Lieutenant-General (Lt.-Gen.) Paul Wynnyk, both earned their coveted "jump wings" during

Continued on page 8

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Trenton MFRC Invisible Ribbon Gala preparing vibrant celebration of 25th anniversary

'Colourful' will be an understatement for this gala featuring entertainers the Orangeman Group

By Ross Lees

The Trenton Military Family Resource Centre's (MFRC) 13th annual Invisible Ribbon Gala is aiming to be the gala of galas this year.

In celebrating the 25th anniversary of their incorporation in October of 1992, this year's themed gala – 90s to Now – will take a look at their humble beginnings and how they have advanced through the years, according to MFRC Communications and Development Coordinator Devon Taylor.

Major (Maj.) Leo Phillips, the Invisible Ribbon Gala committee chairman, noted they really wanted to do something different this year.

"When people walk away this year, we want them to be able to say they celebrated with us, rather than just come out and be donors," he said. "It's all about celebration, about putting the fun back into fundraising. We want people to come out and have fun, be charitable and walk away at the end of the day saying 'This was one of the best galas I've attended in the area.'"

The committee organizing this event on May 13 is putting a lot of effort into making this a special celebration, from vibrant and colourful decorations and setting to colourful entertainment – the Orangeman Group.



Some members of the Trenton MFRC Invisible Ribbon Gala committee are preparing for a vibrant, entertaining celebration of their 25th anniversary at the 13th annual Invisible Ribbon Gala on May 13. Front row, left to right are Tamara Kleinschmidt, executive director, Stefanie Wolf, MFRC Special Events Coordinator, and Wendy Synnott, Volunteer Coordinator. In the back row, left to right, are Rabia Stobbart, Youth Services and Personal Development Coordinator, Maj. Leo Phillips, Invisible Ribbon Gala Committee Chairman, and Devon Taylor, MFRC Communications and Development Coordinator. Other members of the committee not shown in this photograph include Jennifer Keiver, volunteer, Hélène Cadotte-Gagnon, Welcome and Transition Coordinator, André Gagnon, volunteer, John Williams, Honourary Colonel, Linda Blanchette, Board Chair.

"We're excited to have the Orangeman Group," said Taylor. "They're very interactive, they get people up and dancing to their 80s and 90s music they play. They get people out of their chairs."

A professional auctioneer will be on hand this year to keep the auction hopping, according to Maj. Phillips.

Gala tickets are \$150 each and those buying their tickets prior to April 1 have the opportunity to win the price of two tickets back from a draw. Tickets are on sale now and can be purchased through the MFRC website (trentonmfr.ca) and the gala website (invisibleribbon.ca) or by dropping in at or calling the MFRC reception. VIP table

packages can also be purchased for \$1,500 per table.

Those wishing to attend this gala and help support the Trenton MFRC programs and services at the new Belleville and Frankford sites should purchase their tickets early, as they sold out three weeks prior to the event last year.

Catering of this event is done by Occasions by the Bay and the event is still accepting sponsorships and donations of money and auction items. An online auction is also being conducted this year for those who want to support the event but cannot attend.

As usual, this event will feature some very exciting live auction items featuring more experiential packages this year, according to Taylor.

The Gala Ambassador program is being reprised again this year and an exciting and influential guest speaker is being lined up, although that news will have to wait for a later date.

Stefanie Wolf, the MFRC Special Events Coordinator, promises a vibrant setting at the National Air Force Museum of Canada, the site of this annual event whose title sponsor is again Scotia Bank.

The Trenton MFRC is thrilled to have Scotia Bank back as the main sponsor, noted both Taylor and Trenton MFRC Executive Director Tamara Kleinschmidt.

"They're an amazing partner, they really are," said Kleinschmidt. "Their support of military families in this community is really genuine. It's such a comfortable relationship. We couldn't be more thrilled to be working with them."

So while they are intent of raising funds at this gala, the Trenton MFRC also wants it to be fun and entertaining experience for everyone who attends.

"We're raising money for a serious cause – military families are at the core of our message – but we want to be able to celebrate it in a different way and raise awareness about it in a celebratory way," said Taylor.

Photo by Ross Lees

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CFS Alert's Sunrise ceremony

By Second Lieutenant
Valérie L. Rousseau

The High Arctic is known for having 24 hour daylight and darkness throughout the year, but morale on Station has been high as members were noticing the skies getting brighter every day over the last few weeks.

On Monday, Feb. 27, the members of Canadian Forces Station (CFS) Alert braved the cold to celebrate the official sunrise with a ceremony at the end of the runway.

The Station members enjoyed a bonfire, hot chocolate, cookies, roasted marshmallows, as well as cultural displays highlighting the significance of the occasion to the indigenous people.



Group picture of all members who participated in the morning's celebration. Photos by Private Sean Keating



Members enjoyed the bonfire while others took part in a friendly match of tug-of-war.



Corporal Alain-Patrik Poirier was well dressed for the weather.



Master Warrant Officer Chantale Audet (left), office of primary interest (OPI) for the ceremony, with Corporal Lesley Hollohan (right) staying warm by the fire.



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Igloo Express open for charity at CFS Alert

By Second Lieutenant Valérie L. Rousseau

The Canadian Forces Station (CFS) Alert Fire Department and the Emergency Medical Team joined forces to open the Igloo Express Pizza Delivery service on Feb. 25.

The Commanding Officer (CO), Major (Maj.) Erik Rozema-Seaton, and the Station Warrant Officer (SWO), Master Warrant Officer (MWO) Barry Crocker, were very busy taking orders as the phone was ringing non-stop during the short business hours. All proceeds from the evening were donated to the Canadian Cancer Society. The event raised \$713 and with 75 members on Station, this was considered a very successful and delicious fundraiser.



SWO MWO Barry Crocker and CO Maj. Erik Rozema-Seaton taking orders.



Preparing the pizza for delivery are Cpl. Alan Morimoto, Cpl. Nicolas Vaillancourt-Poulin, and Food Service Officer (FSO) Alan Mott.



(Above) Dedicated pizza makers Cpl. Katelin Turner, Cpl. Darel Alberts, Cpl. Benoit Bolduc, and Aviator (Av.) Sheldon Lesperance.

Photos by Private Sean Keating



(Left) Two very happy customers from Environment and Climate Change Canada, Melody Fraser (left) and Laura MacFarlan (right).



The friendly delivery service was a hit! From left to right: Master Corporal (MCpl.) Bridget Cucksey, Master Seaman (MS.) Tammy Campbell, and Corporal (Cpl.) Alain-Patrik Poirier.

The Contact Newspaper

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

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

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

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The CONTACT 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: Orinda 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.

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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.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

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

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MFRC Belleville rapidly taking shape

Ultra-modern, spacious facility expected to be up and running in July

By Ross Lees

The Belleville Military Family Resource Centre (MFRC) is expected to be up and running in July, according to Trenton MFRC executive director Tamara Kleinschmidt.

Still under construction, the spacious and well-lit site at 610 Dundas St. East has Kleinschmidt smiling with anticipation as it begins to take shape.

"We can actually visualize the spaces and they are larger than I expected," she noted.

"They are going to be great offices for counselling, for interacting with families. The multi-purpose space looks great and the light from the windows is amazing. That's what impresses me the most about the site is that it's going to be very bright - high ceilings and lots of sunshine."

This ultra-modern facility is expected to provide innovative approaches to child care in Belleville and throughout the Quinte area when two other sites in Frankford and Batawa are also completed later this year.

"This isn't just about meeting the needs of the military community, it's also about positioning ourselves as leaders in the community as far as child care programming. It's about the pursuit of excellence," Kleinschmidt stated.

As the facility itself takes shape, Kleinschmidt and her staff are in the process of amassing and sourcing furniture for the facility in Belleville.

"We have the furniture for the day care ordered from a Canadian supplier who makes impressive furniture and we're quite pleased with that. Everything is absolutely on budget," she added.

Kleinschmidt said the MFRC is very impressed with Task Force Engineering, the company managing, designing and building the project.

"They're doing an amazing job and have also come onboard as



The new MFRC Belleville site will be located at 610 Dundas St. East and is expected to be up and running by July.

Photos by Ross Lees



Trenton MFRC executive director Tamara Kleinschmidt is given a site tour of the new Belleville MFRC site.



Much of this new facility will be spacious and well-lit.

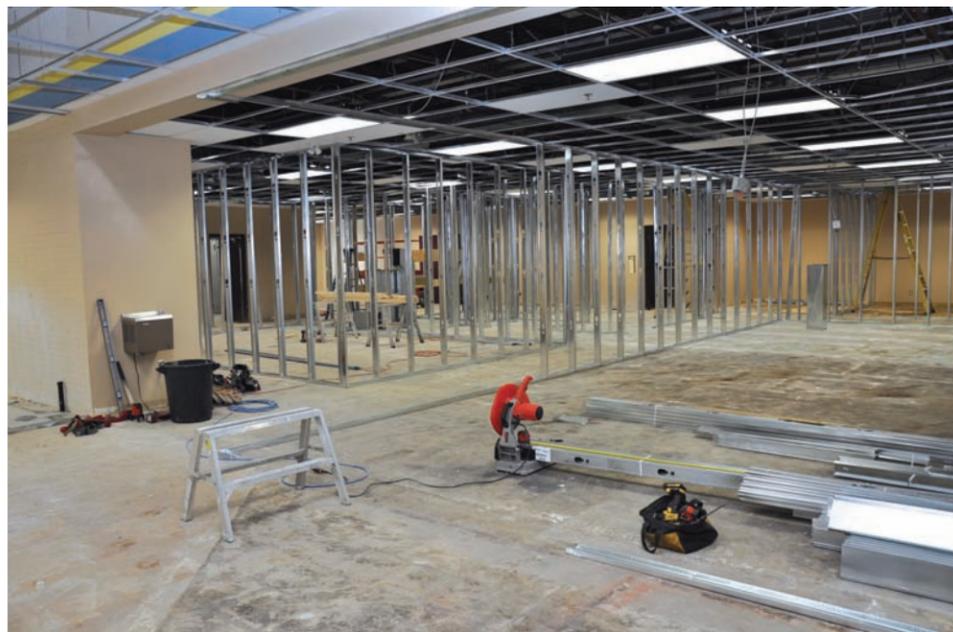
or businesses who want to come on board to support the site, the dollars will be going towards the equipment going inside the site," she said.

A wall of recognition at the site will recognize those sponsors and financial supporters who can get involved beginning with a \$100 sponsorship and work their way up to \$2,500. Those wishing to support this effort can do so by contacting devon.t@trentonmfr.ca or visit www.trentonmfr.ca/donate

Building, furnishing and operating this new site is not the only aim of the MFRC as they establish themselves in Belleville.

"Members of the community

"We're looking forward to coming, so we're truly expecting creating the same great ties in the businesses and community Belleville that we have here (in Quinte West)," Kleinschmidt stated. "The Belleville community so far has been incredibly well-



Walls are now going up to outline the spaces within the new facility.



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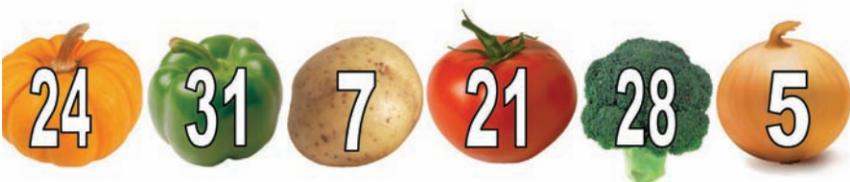


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United Way announces new executive director

Maritimer Kathy Murphy takes over the reins from Judi Gilbert

By Stephen Petrick

The United Way Hastings & Prince Edward has hired a new executive director.

Maritimer Kathy Murphy will take over the role on Monday, March 20.

Hailing from Halifax, N.S., Murphy moved to Toronto five years ago and established a consultancy business that counted United Way of Toronto York Region among her clients.

She "provided leadership and business planning to a diverse array of its funded agencies," according to a statement issued by the local United Way Wednesday.

Prior to this, Murphy was president and CEO for the Centre for Entrepreneurship, Education and Development in Halifax, where, among other accomplishments, she secured \$3.5 million in funding to establish a host of social and economic community development programs.

She has managed sales, marketing and events for a number of Halifax-based organizations and has run two family-owned businesses in the hospitality sector.

"We are delighted that Ms. Murphy is joining our organization as its new Executive Director," said Brenda Pergantes, chair of the United Way's board.

"She has a track record of entrepreneurship, executive leadership and running a successful consultancy business.

"She will be leading a well-managed organization, working with a team of professional and passionate staff who are committed to meeting the organization's goals of continuing to bring measurable and permanent change for people throughout Hastings and Prince Edward counties."

Approximately 30 applicants from across the country applied for the executive director position.

"I am excited and honoured to join the United Way HPE's team and to continue the excellent work of the staff, board, campaign cabinet and volunteers and community agencies," said Murphy. "Today, more than ever it is important that we reach out in order to build stronger, more inclusive communities."

"My experience has been that the generous donations from United Way funders create immense opportunities for individuals and here in Hastings and Prince Edward counties, our agency partners are strengthening the communities they serve while building greater opportunity for everyone to achieve their potential."

In making the announcement, the board of directors acknowledged the significant contributions of its departing executive director, Judi Gilbert. Colleagues at the United Way are wishing her success as she embarks on the next phase of her career, in the private sector.

United Way, Hastings & Prince Edward is a fundraising organization that strives also to achieve meaningful, long-term improvements to the quality of life in its communities.

Every fall it launches an ambitious fundraising campaign on behalf of dozens of non-profit agencies in the two counties.

Last year, the United Way narrowly missed its goal of raising \$2,115,600. The campaign came in at \$1,962,000.

However, it's rare for the United Way to not meet its goal. The previous five campaigns were all successful.



Kathy Murphy is the new executive director for the United Way Hastings & Prince Edward

Submitted photo

Tailored approach to maintaining RCAF aircraft engines

The Government of Canada announced contracts for life-cycle support of engines for three Royal Canadian Air Force aircraft fleets on Feb. 3.

Mississauga's Magellan Aerospace won a \$45 million contract for the sustainment of CF-18 Hornet F404 engines, while Winnipeg's StandardAero won a \$45 million contract for the sustainment of T-56 engines used by the CP-140 Aurora and CC-130 Hercules (H model) aircraft.

The contracts are for an initial four years, with option years available to be earned until the respective fleets are retired.

These procurements are among the first to reflect a more adaptable, cost-effective approach to equipment maintenance and support under a modernization effort known as the Sustainment Initiative. This initiative ensures that support programs not only

deliver high levels of equipment readiness, but also remain flexible to respond to changing budgets and operational needs, and ensure economic benefit for Canada.

Sustainment Initiative principles, developed jointly by the Department of National Defence in collaboration with Public Services and Procurement Canada, and Industry, Science and Eco-

nomic Development Canada, applying a one-size-fits-all approach to contract development, procurement specialists will work together to tailor innovative sustainment solutions on a case-by-case basis.

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Rick Mercer Report visits CFB Trenton

Continued from page 1
 their time as Army Cadets in 1981. Parachuting has a long tradition within the Canadian army and within Army Cadet culture, with the first course tracing its roots back to the 1960s.

Cadets who participate in the application process for the Basic Parachutist course can immediately put the skills and knowledge they've gained to good use. The friends they make, healthy habits they form and personal achievement that comes with setting and achieving your goals will have a lifelong impact for all who participate, indicated Captain (Capt.) Nicole McKay, Public Affairs Officer for the Regional Cadet Support Unit (Central).

For these cadets, as their parachute harness is being tightened almost to the painful stage, they laugh to see the various faces Mer-

cer goes through as he asks questions, experiences the process himself, and then watches as a few cadets exit the tower before him.

And then getting interviewed by him was an experience in itself.

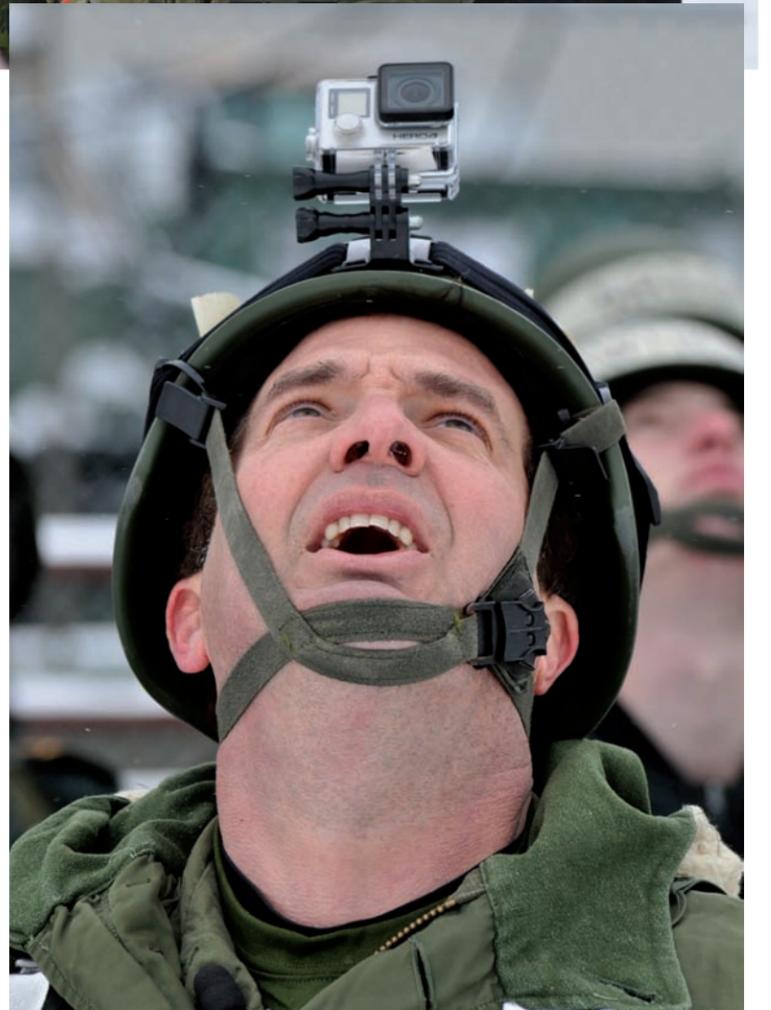
"I was nervous knowing that I was going to meet him. He asked all the questions, so it was really easy to work with him and have some fun," stated Cadet Sergeant Arielle Grakist.

"I am appreciative of Rick Mercer joining these Army Cadets as they participate in selections for the Basic Parachutist Course - Cadet Serial, in July," said Capt. McKay. "His sense of humour made it exciting for these youth to be engaged with him in conversation and helped them feel at ease."

The episode of the Rick Mercer Report will air on March 21.



Rick Mercer draws a laugh from Chief Warrant Officer Ken Pichie of the CAAWC while Capt. McKay looks on as cadets prepare for their jump from the mock tower.



Rick Mercer gets some pointers from this cadet prior to his jump from the mock tower.

Rick Mercer, ever conscious of the cameras on him, strikes a funny pose as he watches the first cadets exit the tower.

Photos by Ross Lees

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Mercer always finds something funny to say or do as he prepares to exit the tower himself.



The funny faces continue as he actually makes the jump.



Mercer does some ballet in the air as he hangs from the harness after his jump, much to the delight of almost everyone watching.



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March Break doesn't get any more interesting than this

RecPlex March Break Kidz Camp visited the Canadian Army Advanced Warfare Centre at CFB Trenton Wednesday

By Ross Lees

The RecPlex March Break Kidz Camp made March Break exciting for those kids who attended.

The high energy, fun-filled week included sports, crafts, water activities and team building.

One of the day trips was to the Canadian Army Advanced Warfare Centre (CAAWC) at CFB Trenton, where the kids were given the opportunity to climb the climbing wall and pack and try on a parachute.

It may also have turned into a great recruiting exercise.

Thirteen-year-old Alicia was very excited after climbing the wall higher than her brother and everyone else at the event and then trying on a parachute.

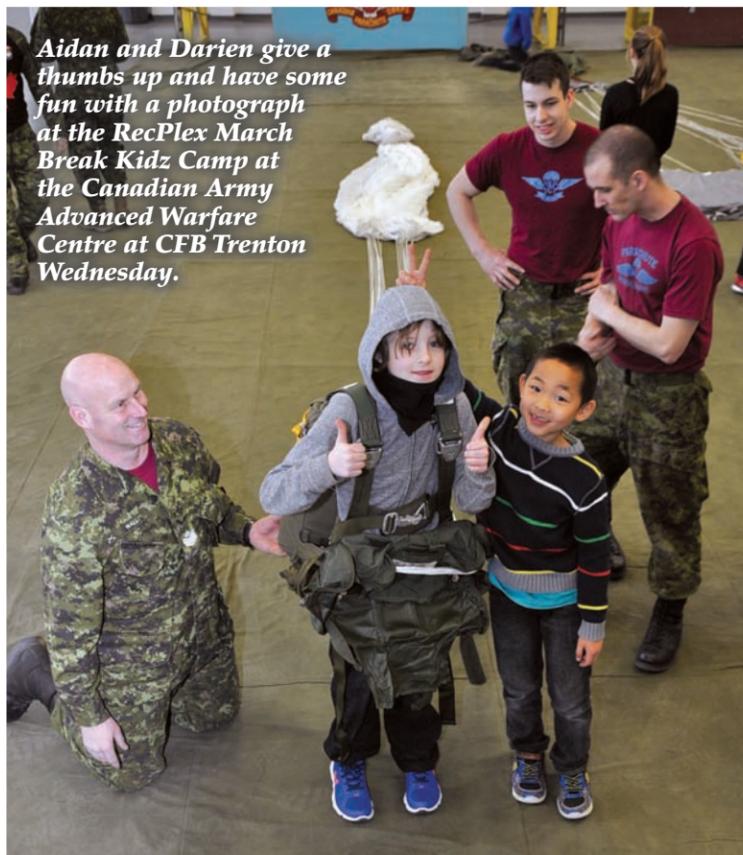
"I want to join the military, become a pilot and then be an astronaut," Alicia stated without hesitation when asked if she enjoyed the day.



Fourteen students from the RecPlex March Break Kidz Camp posed for a photograph with these members of the Canadian Army Advanced Warfare Centre at CFB Trenton Wednesday.



Alicia made short work of climbing the wall at the Canadian Army Advanced Warfare Centre at CFB Trenton Wednesday.



Aidan and Darien give a thumbs up and have some fun with a photograph at the RecPlex March Break Kidz Camp at the Canadian Army Advanced Warfare Centre at CFB Trenton Wednesday.



Aidan shuts his eyes as he pulls the ring on his auxiliary chute at the Canadian Army Advanced Warfare Centre at CFB Trenton.



This young fellow has his harness tested prior to climbing the wall.



Eight-year-old Darien makes easy work of the climbing wall at the Canadian Army Advanced Warfare Centre Wednesday morning.

BLOOD DRIVE VOLUNTEERS NEEDED

Blood Drive Today



There is a need for new blood donors in the Belleville community to fulfill patient needs and we cannot do it without your help!

On Thursday March 23rd the Belleville Police are Teaming up with Quinte Secondary School to Give the Gift of Life!

To support the Monday April 3rd Blood Donor Clinic in Belleville, Police and Youth will be saving lives side by side. To recruit and educate the Belleville youth at Quinte Secondary School the Police along with a Canadian Blood Services representative will be at the school over the lunch hour to sign up donors to join this initiative. The Belleville community hosts a regular monthly clinic at the Fish and Game Club from 1-7 pm and a bi-monthly clinic at the Calvary Church.

To find out more information go to blood.ca and sign up as a volunteer or to make an appointment to donate blood.



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Photos by Ross Lees



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TOGETHER WE ARE STRONGER

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 instructrice 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 vétérans 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 ser-

vis. Garderie Fournie. RSVP d'ici le 20 mars à kelly.b@trentonmfr.ca

PALS - Peers Assisting with Life Skills

This program favorite is being extended to the children of medically released veterans, ages 6 to 11. Children learn resiliency and life skills such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Membership: \$50 for first child, \$80 for two children, \$110 for three or more children. Please note this program is open to children from military and veteran families. Theme is Green with Envy. Friday, March 24 from 5:30 p.m. to 7:30 p.m. Register by email by Wednesday, March 22, with Kendra at kendra.b@trentonmfr.ca.

AMIS (PALS)

Aide sur les compétences de vie par les pairs. Ce programme vedette se prolonge pour les enfants d'anciens combattants libérés pour raison médicale âgés de 6 à 11 ans. Les enfants apprennent sur la résilience et les compétences essentielles comme la gestion du stress, l'équilibre émotionnel et les aptitudes à la communication. Le souper est fourni. Adhésion : 50 \$/premier enfant, 80 \$/deux enfants, 110 \$/trois enfants et plus. Notez que ce programme est ouvert aux familles de militaires et d'anciens combattants. Le vendredi 24 mars de 17 h 30 à 19 h 30. Thème : vert de jalousie. Inscrivez-vous par courriel à kendra.b@trentonmfr.ca par le 22 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@trentonmfr.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@trentonmfr.ca.

Continued on page 15

Home of the Week

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The dramatic canopy that shades part of the front deck gives this two-story, three-bedroom home plenty of curb appeal.

A covered entry on the ground floor leads to a spacious foyer. A coat closet is ahead, tucked in beside the L-shaped staircase leading to the second floor. A den and a three-piece bathroom are located on the ground floor. The rest of the floor is unfinished.

Upstairs, the great room features a ceiling that measures 10 feet, six inches, differentiating it from the adjacent dining room and kitchen. Large windows look out to the sundeck. A gas fireplace will make the

great room a magnet for family activities during the cooler months.

The dining room includes a built-out buffet, providing extra storage and serving space, and a doorway leads outside to a covered portion of the sundeck.

The kitchen is separated from the dining room by a large prep island. The L-shaped counter configuration promises efficiency and a window over the double covered patio at the back of the home. A doorway from the kitchen opens to the patio, making al fresco meals a breeze.

A roomy pantry is located next to the kitchen, and in-

cludes a handy shelf. floor foyer.

The master suite overlooks the front garden, and includes a three-piece en-suite and a walk-in closet. The second and third bedrooms share a three-piece bathroom. Closets for linens and towels are located near the secondary bedrooms.

The double garage includes access to the main-

Exterior finishes includes stucco with brick accents. Some windows are highlighted with wood accents. A painted pilaster with a brick base marks the entrance.

This home measures 44 feet wide and 41 feet, six inches deep, for a total of 1,377 square feet. Ceilings are nine feet high throughout, except in the great room.

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The Canadian Military Wives Choir

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

CFAWC Library Now Open

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

Bibliothèque du CGAFC maintenant ouverte

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

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 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 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

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

Steve Nash Youth Basketball Program

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

Yoga

Come join a relaxing environment with an experienced, certified yoga teacher. Practice breath control, simple meditation and specific bodily postures for health and relaxation.

Where: South Side Gym Studio. When: Tuesday, March 28 to May 16 from 4:15 p.m. to 5:15 p.m. Costs: Military Community \$45; general public \$52, drop-in military community \$7, drop-in general public \$8.

Adult and infant yoga

Join our nurturing environment with an experienced certified yoga teacher. Come practice yoga with your baby in a supportive environment. This is a great way to get out of the house with your little one and enjoy exercise and connect with your baby. Where: RecPlex Observation Room. When: Tuesday, March 28 to May 16 from 9:15 a.m. to 10:15 a.m. Costs: Military community \$45, general public \$52, (six months to four years old) *No drop-in.

Tyke Terrain Drop-in Program

Tyke Terrain is the place for parents and children birth to three years to be! Come enjoy our play group in the gymnasium and enjoy our wonderful toys for little ones! Where: At the RecPlex gymnasium. When: Starting Fridays, March 31 from 10 a.m. to 11:30 a.m.

Costs: Free drop-in (six months to three years old)

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).



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 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon
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Quinte West Jewish Community at 8 Wing, various services, call for details
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Wing Chaplain/Aumônier de la 8e Escadre:
 Maj. (Rev/Rév) Roy Laudenorio



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 Capt (the Rev./Rév.) Daniel Walton

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 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

Safety



Are those sheep keeping you awake?



You've tried counting sheep but you're still wide-awake, knowing how lousy you're going to feel when that alarm sounds three hours from now.

Most of us have experienced temporary insomnia. Some causes include:

- Drinking coffee or other beverages that contain caffeine after supper.
- Drinking alcohol or smoking before bed.
- Too much napping earlier.
- Changes in sleep/wake schedules, through shiftwork, for example.
- Worrying about events of yesterday or what's to come.

Try these tips for improving sleep:

- Go to bed about the same time every night and get up at the same time every day.
- Sleep in a cool, dark room.

- Exercise for at least 30 minutes three times a week, but not just before bedtime.

- If you are regularly sleepy during the day in spite of getting what you think is enough sleep, see your doctor. You may have a sleep disorder.
- Try to deal with worries of the day well before bedtime.

For temporary insomnia, try:

- Drinking herbal tea such as chamomile, to help you relax.
- Deep breathing.
- Imagining you have to get up right now and get ready for work. Think of the feeling of wishing you could only curl up, shut your eyes and have just one more hour of sleep. Guess what, you can!

Fitness is just a walk in the park

Walking is an ordinary exercise with extraordinary benefits. Most of us can walk for exercise no matter what our age or current physical condition.

A regular program of walking can help you stay fit, lose weight, strengthen your bones and muscles, keep your joints limber, manage stress, allow you to sleep better and maintain your health.

Walking can reduce your risk of heart attacks and strokes by lowering your blood pressure and improving your cholesterol levels. Regular exercise such as walking can also lower the risk of diabetes by controlling blood sugar. For those at risk for osteoporosis, weight-bearing exercise such as walking can help strengthen bones.

Maintaining basic fitness requires aerobic exercise for at least 20 minutes three or four days a week.

Walking qualifies as aerobic exercise, improving the condition of your heart and lungs. Walking is easy and uncomplicated, and it can be enjoyed in the company of family, friends and work associates. It is a low impact exercise, easy on the muscles, bones and joints.

You'll need a medical checkup before beginning an exercise program if you have any of these factors - you are over 35, overweight, a smoker, have high blood pressure or heart disease, diabetes or arthritis.

Always keep safety in mind when walking. Wear reflective clothing at night so you can be seen by drivers. Avoid isolated areas where there is the risk of assault. Walk with a companion if possible. Using personal stereo headphones can make your walk more pleasant, but can also put you in danger if you can't

hear the traffic and people around you. In inclement weather, consider walking in shopping malls.

When you get into the habit of walking every day or two, you will begin to look forward to it as your time to forget your worries and just enjoy the fresh air and the scenery. You can make your walk a social occasion by inviting others to join you.

Stay motivated by finding new and interesting places to walk, even if you have to drive to get there. Having a dog to walk is good incentive to get out often. If you don't have one, volunteer to walk one for the neighbor or even for your local humane society. If you can walk to and from work, you can take care of your fitness needs at that time.

Walking is a great first step toward better fitness and health. Give it a try today!



MFRC continued from page 11

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)

The Hold Me Tight Program

Base on the book Hold Me Tight: Seven conversations for a Lifetime of Love, by Dr. Sue Johnson. Couples are invited to join eight weekly sessions from Wednesday, April 12 to May 31, from 3 p.m. to 5 p.m. at the 8 Wing Chapel. Please note that a screening will be conducted by one of the facilitators prior to start of session. To register, contact 613-392-2811 ext. 4528 or mona.l@trentonmfr.ca.*This program is offered in English only.

From the Ground Up

Learn to manage negative self-talk, effective communication and how to nurture healthy self-image and positive relationships. This 10 week program will run from April 5 until June 14. You can join the morning or afternoon sessions, from 9:30 a.m. to 11:30 a.m. for Group 1 or from 6 p.m. to 8 p.m. for Group 2. To register or for information please contact Jaclyn Hunter 613-392-2811 ext. 4017.

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.

Al Anon meetings

The Hope and Serenity Group Al Anon meeting meets on Sundays from 7:30 p.m. to 8:30 p.m. at the Trenton MFRC. Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or linda.r@trentonmfr.ca.

Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches

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de 18h30 à 19h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfr.ca.

Triple P - Raising Confident, Competent Children

Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers. March 22 from 6 p.m. to 7:30 p.m. For more information, contact Jaclyn Hunter 613-392-2811 ext. 4017.

Triple P - Comment élever des enfants compétents et sûrs d'eux.

Apprenez comment les encourager à être respectueux et prévenants, à communiquer et à bien s'entendre avec les autres, à se sentir bien dans leur peau et à résoudre les problèmes de façon autonome. Le 22 mars de 18h à 19h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-

Triple P - Raising Resilient Children

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Triple P, Positive Parenting Seminar, March 29 from 6 p.m. to 7:30 p.m. For more information contact Jaclyn Hunter 613-392-2811 ext. 4017

Triple P - Comment élever des enfants compétents et sûrs d'eux

Vous pouvez aider votre enfant à devenir sûr de lui et à connaître la réussite à l'école et ailleurs. Assistez à notre séance de discussion Triple P le 29 mars 2017 de 18h à 19h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-

Bouncing back from anxiety and depression

Bouncing Back teaches effective skills to help individuals overcome symptoms of depression or anxiety to improve their mental health. Find out about other services in the community and meet new people for support. Begins Monday, April 3 for eight weeks, from 1:30 p.m. to 3:30 p.m. To register, please contact Jaclyn Hunter 613-392-2811 ext 4017 or jaclyn.h@trentonmfr.ca

Retrouver son entrain

Ce programme enseigne des compétences efficaces pour aider les individus à surmonter les symptômes de dépression ou d'anxiété, dans le but d'améliorer leur santé mentale. Connaître les services offerts dans la communauté et rencontrer un nouveau groupe de soutien. Débute le 3 avril de 13h30 à 15h30, pour 8 semaines. Pour inscription ou pour information communiquez avec Jaclyn Hunter 613-392-2811 poste 4017 ou jaclyn.h@trentonmfr.ca

Limitless Youth Night

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! In-



HILLCREST ANIMAL HOSPITAL

Dr. Mike Steen
Dr. Fiona Gilchrist
Dr. Adrianna Sage
Dr. Maarje Armstrong

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

clusive youth social night for children with special needs, their siblings and friends ages six to 11. For information, contact Orlana 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

Possibilités Infinies

Une soirée pour les jeunes chaque 3me lundi du mois de 18h à 20h. Veux-tu te faire de nouveaux amis, jouer et avoir du plaisir? Alors ce groupe est pour toi! Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

Trenton MFRC Special needs parent support group

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

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

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

Trenton MFRC and Autism Ontario Present:

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



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16 DODGE CHALLENGER
 29818 Auto, 5.7 V8 Hemi, RWD, fact remote start, alloys, pwr roof/seats/steer, push btn start, leather, heat seats, vent seats, dual climate. 11,379 km
PREVIOUS DAILY RENTAL

\$35,995
\$218
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 DODGE CHARGER SXT
 29832 Auto, 3.6 V6, AWD, fact remote start, alloys, pwr roof, push btn start, leather, memory seat, heat seat/steer, AC, dual climate, MP3. 26,590 km
PREVIOUS DAILY RENTAL

\$30,995
\$187
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 BMW 320i
 29777 Auto, 2.0 4cyl twin turbo, AWD, alloys, pwr roof/seats, push btn start, leather, memory seat, heat seats/steer, dual climate, rev cam. 32,299 km
PREVIOUS DAILY RENTAL

\$29,995
\$181
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 CHRYSLER 300 S
 29794 Auto, 3.6 V6, RWD, fact remote start, alloys, pano roof, push btn start, leather, pwr seats, heat seats/mirrors, dual climate, nav, rev cam. 29,788 km
PREVIOUS DAILY RENTAL

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



16 CHRYSLER 200 C
 29800 Auto, 3.6 V6, fact remote start, alloys, pano roof, push btn start, leather, heat seats, AC, dual climate, nav, rev cam, park aid, U-connect. 17,835 km
PREVIOUS DAILY RENTAL

\$20,995
\$127
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 MAZDA 3
 29819 Auto, 2.0 4cyl, keyless entry, tract ctrl, AC, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr windows/locks/mirrors, cruise, touch screen. 41,116 km

\$15,995
\$97
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 HYUNDAI ELANTRA
 29785 Auto, 2.0 4cyl, keyless entry, alloys, pano roof, push btn start, tract ctrl, heat seats/rear seats, AC, dual climate, rev cam, park aid. 7,832 km
PREVIOUS DAILY RENTAL

\$18,995
\$115
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



14 CADILLAC ATS
 29585 Auto, 2.5 4cyl, AWD, alloys, pwr roof/seats, push btn start, leather, heat seats, rev cam, OnStar, cruise, touch screen. 58,499 km

\$19,495
\$131
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



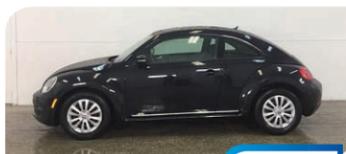
15 NISSAN MICRA KROM
 29761 Auto, 1.6 4cyl, hatchback, keyless entry, alloys, tract ctrl, AC, rev cam, Bluetooth, pwr group, heat mirrors, cruise, budget buddy. 102,432 km

\$9,995
\$67
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



15 TOYOTA YARIS LE
 29744 Auto, 1.5 4cyl, hatchback, tract ctrl, bucket seats, height adj seat, AC, CD, MP3, Bluetooth, compass, ext temp gauge. 62,501 km
PREVIOUS DAILY RENTAL

\$11,895
\$80
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



16 VW BEETLE TENDLINE
 29750 Auto, 1.8 4cyl TSI, keyless entry, pwr roof, AC, CD, MP3, rev cam, park aid, Bluetooth, pwr group, cruise, touch screen. 17,684 km

\$18,495
\$112
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



13 NISSAN ALTIMA S
 29760 Auto, 2.5 4cyl, keyless entry, push btn start, tract ctrl, bucket seats, height adj seat, AC, CD, MP3, Bluetooth, compass, ext temp gauge, pwr windows/locks/mirrors. 7,405 km

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



14 MAZDA 3 GX
 29767 Auto, 2.0 4cyl, hatchback, push btn start, tract ctrl, AC, CD, MP3, Bluetooth, pwr windows/locks/mirrors, steer ctrl. 37,063 km

\$13,795
\$93
 bi-weekly
 84 mths @ 5.9%
 0 DOWN + HST



16 CHEVROLET SUBURBAN LT
 29776 Auto, 5.3 8cyl, 8pass, 4x4, fact remote start, alloys, pwr roof/seats, leather, memory seats, heat seats, 3 zone climate, rev cam. 36,683 km
PREVIOUS DAILY RENTAL

\$54,495
\$329
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



17 HYUNDAI TUCSON
 29782E Auto, 1.6 4cyl turbo, AWD, alloys, pano roof, leather, pwr seats, heat seats/rear seats/steer, dual climate, rev cam, park aid. 27,203 km
PREVIOUS DAILY RENTAL

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



13 FORD EDGE LTD
 29241A Auto, 3.5 6cyl, AWD, keypad entry, fact remote start, alloys, pano roof, push btn start, leather, memory seat, heat seat, dual climate, rev cam, pwr fold rear seats/liftgate. 76,050 km

\$20,995
\$160
 bi-weekly
 72 mths @ 5.9%
 0 DOWN + HST



13 CHEVROLET TRAX LT
 29461A Auto, 1.4 4cyl turbo ecotec, AWD, keyless entry, roof rack, alloys, tint windows, AC, rev cam, park aid, OnStar, pwr group, cruise, touch screen, Bose snd. 62,562 km

\$14,995
\$114
 bi-weekly
 72 mths @ 5.9%
 0 DOWN + HST



13 MERCEDES BENZ B250
 29668 Auto, 2.0 4cyl, hatchback, keyless entry, alloys, tract ctrl, leather, econo mode, AC, CD, MP3, Bluetooth, compass, ext temp gauge, pwr windows/locks/mirrors. 22,421 km

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



16 JEEP CHEROKEE LTD
 29802 Auto, 3.2 V6, fact remote start, trailer hitch, alloys, push btn start, pwr seats, memory seat, heat seat/steer, vent seat, dual climate, rev cam, park aid, U-connect, heat mirrors. 10,288 km

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



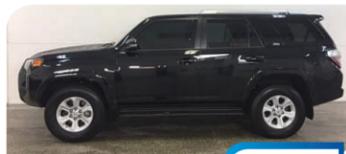
16 FORD EXPEDITION PLATINUM
 29276 Auto, 3.5 V6, 8pass, 4x4, fact remote start, eco boost, alloys, pwr roof/seats, push btn start, leather, heat seats/rear seats, vent seats. 29,162 km
PREVIOUS DAILY RENTAL

\$54,995
\$332
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 FORD EDGE SPORT
 29624 Auto, 2.7 V6 twin turbo, AWD, fact remote start, pano roof, push btn start, leather trim seats, pwr seats, memory seats, heat seats/rear seats, vent seats, nav, rev cam. 20,663 km

\$37,995
\$229
 bi-weekly
 96 mths @ 5.9%
 0 DOWN + HST



16 TOYOTA 4 RUNNER SR5
 29146 Auto, 4.0 6cyl, 7 pass, 4x4, roof rack, alloys, pwr roof, leather, pwr seats, heat seats, AC, nav, rev cam, park aid, cruise, steer ctrl, touch screen. 16,359 km

\$40,995
\$247
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 0 DOWN + HST



16 FORD FLEX LTD
 29495E Auto, 3.5 6cyl, 7pass, AWD, fact remote start, pwr roof, push btn start, leather, pwr seats, memory seat, heat seat, dual climate. 36,053 km
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