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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Elimination of racial discrimination highlighted at 8 Wing

New format for International Day for the Elimination of Racial Discrimination at 8 Wing sparks discussion

By Ross Lees

A movie about carding in Toronto – Crisis of Distrust - was used to launch discussions about eliminating racial discrimination at 8 Wing/Canadian Forces Base (CFB) Trenton on March 21, the International Day for the Elimination of Racial Discrimination.

This day marked the 67th anniversary of the Sharpeville, South Africa massacre in 1960 where police opened fire and killed people at a peaceful demonstration, according to Lieutenant-Colonel Bill Church, the Commanding Officer of 429 (Transport) Squadron and the 8 Wing Defence Visible Minority Advisory Group (DVMAG) Champion. Eighty percent of those killed were shot in the back and 10

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Chief Warrant Officer (CWO) Darrell Frowen, left foreground, Lieutenant-Colonel Bill Church, Commanding Officer of 429 (Transport) Squadron and the 8 Wing Defence Visible Minority Advisory Group (DVMAG) Champion, centre left, Cpl. Peter About, DVMAG Military co-chair, and 8 Wing CWO Darcy Elder discuss the movie about carding in Toronto at the International Day for the Elimination of Racial Discrimination at 8 Wing Tuesday, 21 March, 2017. Photo by Ross Lees

United Way divides out 2016 campaign dollars

By Stephen Petrick

The United Way Hastings & Prince Edward didn't raise as much money as it had hoped to in 2016, but still had enough to spread out commitments to dozens of non-profit agencies that make a difference in their communities.

The fundraising organization has finalized decisions for its 2016-17 funding cycle.

A total of \$1.496 million was allocated. This includes:

- \$520,020 in existing multi-year commitments to 23 programs from April 2016 to March 2019.
- \$454,000 in new multi-year commitments to 19 programs from April 2017 to March 2020.
- \$213,000 in single-year investments

to 13 programs from April 2017 to March 2018.

- \$205,398 to community initiatives such as The Good Backpack Program, 2-1-1 (211ontario.ca), the Poverty Challenge and Fresh for All.
- \$39,167 to support not-for-profit agencies with collaboration and capacity building grants
- \$65,000 redirected to other Canadian charities at the request of the organization's donors.

New payments to successful programs will start on April 1.

The United Way set a goal of raising \$2,115,600 in its 2016 campaign, which ran from September to December.

But, for the first time in several years, that goal was not met. The campaign to-

talled out at \$1,962,000.

This made the decisions by the United Way's citizen panel on how to allocate funds more difficult than usual.

"Similar to previous years, the requests for funding exceeded available resources" said Judi Gilbert, the United Way's outgoing executive director. (She'll be replaced by Kathy Murphy on March 20.)

"This year agencies felt the impact of the organization having fewer dollars to allocate. Citizen Review volunteers had \$100,000 less to allocate than anticipated.

"Although many organizations were successful in receiving funding from United Way Hastings & Prince Edward, there were some agencies that were not successful and there were others that received less than what they had applied for."

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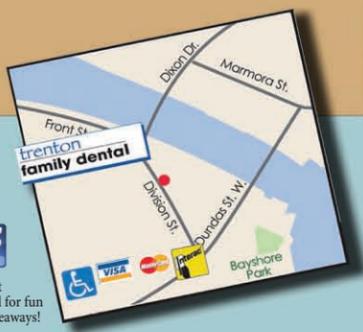
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Capt. Andréane Vidal believes it is her flexibility and adaptability that will help her continue to progress through the Canada Space Agency astronaut selection process. Photo by Ross Lees

Trenton Air Combat Systems Officer makes list of 32 for astronaut selection

Capt. Andréane Vidal believes it is her flexibility and adaptability that will make her stand out in the selection process

By Ross Lees

Captain (Capt.) Andréane Vidal, an Air Combat Systems Officer at CANSOFCOM, at Canadian Forces Base (CFB) Trenton, is now in the group of 32.

Capt. Vidal has made the next cut and is now one of 11 women still on the list of 32 candidates for the Canada Space Agency (CSA) astronaut selection list.

The mantra "Living the dream" is absolutely on target for Capt. Vidal, who originally aspired to be an astronaut at the age of eight while growing up in the Greater Montreal area.

Now completing a 20-year career in the military, Capt. Vidal feels she is right on track in her career to make that dream come true.

She joined the military at the age of 16 right out of high school, to fulfill her dream of wanting to become a pilot.

"I was 16 years old, so I didn't know anything about the military, but the discipline was attractive to me. I had good marks at school, I was interested to continue with my studies, the military was offering the Royal Military College (RMC) to me, so that was a plus, the opportunity to become air crew was attractive, and the sports, the physical fitness - all the things the CAF

was offering were attractive to me," Capt. Vidal said in an interview this week.

The choice has always felt like the right one for her and her progression into RMC was normal for her.

"What is good about the military is that they just take you by the hand and tell you what to do. For me, that was what I needed. I didn't have to make any decisions, I was going where they were telling me to go along with the class. You're never by yourself, you're always with a group, so RMC was fantastic," she recalls.

Capt. Vidal received a lot of friendly direction from the military as she progressed through her education. Eager for a challenge, she took engineering.

She ended up in chemical engineering for her final two years and, throughout the process, became addicted to science, engineering and chemistry, finally getting a degree in chemical engineering.

She feels that broad educational base and her operational experience provide her with the perfect platform for the astronaut recruiting campaign.

"Maybe I just have the basics, but it makes me an interesting candidate for them," she noted. "Obviously I am, since I am still in the running, so that's pretty good.

"It is an honour to be a woman in this program. They are looking for a very well-balanced individual, so I really don't think being a male or a female makes you a better scientist. There are a lot of physical standards we

have to meet, but overall it's not a job that will be increasingly physically harder. It is challenging, but it will be challenging a lot more psychologically than physically. At this point, the 11 women left are all really fit, so we all can handle those physical challenges."

Capt. Vidal said she is honoured to represent women through this process, but she does not understand why there are not more women represented in the science, technology, engineering and mathematics segment of society.

"I don't understand why there are not more women in the sciences and engineering because there is nothing in this world we are not able to do," she said.

Having thought of being an astronaut at age eight, Capt. Vidal forgot about it as she progressed through school and her career until last July.

"When I was eight, I wanted to be an astronaut, but then I totally forgot about it. But in July when the recruiting campaign launched, I thought, this is perfect. In 2009, it wasn't a good time for me, I wasn't ready. It was still looking like a dream that was unachievable.

"This summer, I thought about it and my first thought was that I couldn't do it. But when I sat down and looked at the prerequisites, I thought, 'Oh wait, I am there. This is where I am in my career now, this is the next logical step for me.' And guess what? It is what I wanted to do 30 years ago. And the more I looked at it, the more I realized I am where I should be."

A hard part of the selection process is the fact the candidates do not receive any feedback or direction.

"They already have selected individuals who are super fit and intellectually skilled in the field that they're looking for. At this point, I believe it is the overall personality, the teamwork - how do you work with others? How do you approach problems? How do you deal with challenges - physical, psychological, mental? How are you going to tackle those challenges?"

"I don't think it is something we can work on individually. It

is the things you have been working on for your entire life that brought you here as a balanced individual who is able to work in a challenging environment - a lot of teamwork, but teamwork is not something you can work on. You either know how to work well in a team or you don't.

"The way I approach every selection is stay myself. Then for sure, I'm not going to trip on anything, because it is natural,"

she said.

Capt. Vidal believes it is her flexibility and adaptability that will help her continue to progress through the selection process.

"I think these are my strong assets. I do not have a PhD and I have not spent 20 years flying, but I have both of them - not to the highest level, but a fairly good base. I've learned how to adapt and work with different types of teams."

Editor's note: 2Lt. Francis Frenzel has also made it into the 32 remaining candidates. Capt. David Leblanc did not make that cut.

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Curious furry friends of CFS Alert

By Second Lieutenant Valérie Rousseau

After months of darkness, the longer periods of daylight brought many smiles to Canadian Forces Station (CFS) Alert members. The longer days also pleased the local wildlife. As the sun comes up, the wildlife comes out.

During the week of March 6, there were reports of wolf sightings around the Station. Members are briefed to be cautious when working or walking around our cold and isolated Station, but during periods of wildlife sightings, extra caution is required and members work in pairs when outside. Aviator (Avr.) Cody Sharron had the opportunity to take pictures of these two young wolves. Meanwhile, on the other side of the Station, other members were capturing videos and pictures of the alpha howling to call the young ones.

It is protocol to always carry a stick when walking outside in case of an encounter with wolves. Having the opportunity to see the Arctic wildlife is part of the unique experience and work environment that CFS Alert offers. While mainly harmless and curious creatures, one must not be fooled by their adorable dog-like features and always remember that they are wild animals with unpredictable behavior.



Two beautiful young wolves watch CFS Alert personnel curiously.

Photos by Aviator Cody Sharron

(Right) The wolves love running beside the trucks. Members must always be aware of their surroundings when driving or going in and out of their vehicles. Did you notice the second wolf in the side mirror?



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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

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

- Articles must be received by Monday at noon prior to print date.

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



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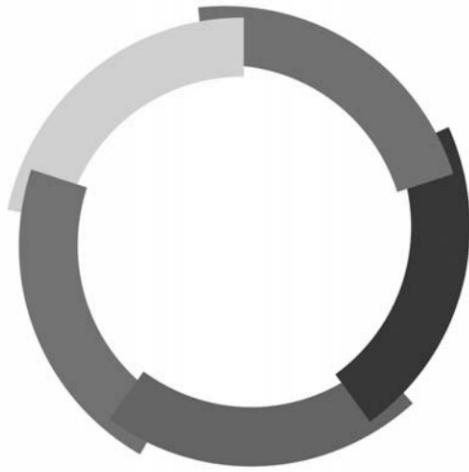


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Statement from Parliamentary Secretary to the Minister of National Defence, Jean Rioux on the International Day of La Francophonie

International Day of the Francophonie



The Parliamentary Secretary to the Minister of National Defence, Jean Rioux, recently issued the following statement on the International Day of La Francophonie:

“The International Day of La Francophonie is a time for the Canadian Armed Forces (CAF) and the Department of National Defence (DND) to celebrate the French language and culture in our institution. Not only is Canada’s identity rooted in this linguistic diversity, French culture is also part of our country’s military history.

“The Defence Team celebrates and benefits from this diversity: our linguistic duality has made Canada an important partner and contributor

on operations throughout the world and French-designated units have made notable contributions and sacrifices at home and overseas.

“We join the 274 million Francophones around the world in celebrating this day and to recognize its important significance in Canada as we celebrate Confederation’s 150th anniversary. French culture has been a part of Canada since the beginning, so it is fitting that we continue to recognize and celebrate its presence in the Canada we know.

“On behalf of the Defence Team, I encourage you to celebrate our linguistic duality and culture on this International Day of La Francophonie.”

Déclaration du secrétaire parlementaire du ministre de la Défense nationale, Jean Rioux, à l’occasion de la Journée internationale de la Francophonie

Le secrétaire parlementaire du ministre de la Défense nationale, Jean Rioux, a diffusé aujourd’hui, à l’occasion de la Journée internationale de la Francophonie, la déclaration suivante :

« La Journée internationale de la Francophonie est l’occasion pour les Forces armées canadiennes et le ministre de la Défense nationale de célébrer la langue et la culture française au sein de notre établissement.

L’identité canadienne est ancrée dans la diversité linguistique, cela va sans dire, mais la culture française fait aussi partie intégrante de l’histoire militaire de notre pays.

« L’équipe de la Défense

célèbre cette diversité et en tire avantage : notre diversité linguistique a fait du Canada un partenaire et contributeur majeur lors de diverses opérations partout dans le monde, et nos francophones ont apporté de majeures contributions et aussi consenti à de grands sacrifices tant au pays qu’outre-mer.

« Nous nous joignons aux 274 millions de francophones du monde entier en célébrant cette journée et en reconnaissant son importance au Canada, en cette année du 150^e anniversaire de la Confédération. La culture française fait partie du Canada depuis les tout débuts; il est donc tout à fait approprié que nous continuions de la reconnaître et de célébrer sa présence dans le Canada que nous connaissons.

« Je vous encourage, au nom de la Défense nationale, à célébrer notre culture et notre diversité linguistique en cette Journée internationale de la Francophonie. »

Sharing the World Day of Prayer 2017

On March 3, the faith communities of Our Lady of Peace and St Clement Astra hosted The World Day of Prayer at 8 Wing Trenton Chapel.

Many, in the Quinte area, joined this ecumenical worship service which is observed in more than 170 countries around the world. The beautiful voices of the Filipino choir and the combined participation of members from nine churches from the area brought to life the concerns and feelings expressed by the women of the Philippines.

Social Justice Advocate and Educator Maria Relucio, who is affiliated with the Ontario Institute for Studies in Education at the University of Toronto, shared some insights regarding the significance of informed prayer and prayerful action to justice. In her sharing,

Maria emphasized that informed prayer brings the community not to silence, but to actions and deeds that respond to the challenges of the society. Following the service, the Filipino community treated everyone to a feast of delicious food.

All offerings received go to assist in projects for women and children in need, here in Canada and around the world. What a privilege to gather together, to learn, to pray, and to celebrate in solidarity with people around the world.

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436 (T) Squadron hosts GTA air cadets on a CC-130J Hercules flight

By Captain France Lachapelle, Trenton Cadet Training Centre Coordinator

Canadian Air Cadet's dream. That dream became true for more than 90 air cadets from the Greater Toronto Area (GTA) on Monday, March 13. The squadrons participating were 164 Shelburne Royal Canadian Air Cadet Squadron (RCACS), 197 Typhoon RCACS and 883 A/C Leonard

Being in an airplane and having that amazing sensation that you are airborne, nothing can touch you. You are flying, free like a bird. It is every Royal



Royal Canadian Air Cadets boarding a CC-130J Hercules on March 13. Photos by Corporal Ken Beliwicz, 8 Wing Imaging



Royal Canadian Air Cadets eagerly awaiting take-off in a CC-130J Hercules along with their squadron mascot, Chocolate Moose on March 13.





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Birchall RCACS. They all had the chance to fly over Prince Edward Country (PEC) and the cities of Belleville and Quinte West in a CC-130J Hercules from 436 Transport (T) Squadron for about an hour. For the majority of the cadets, it was their first experience in an airplane as big as the Hercules. To say they enjoyed it is an under-

statement. I was with the cadets while they were going through security and the excitement was obvious. A little bit of fear, but mostly smiles were on everybody's face. Even Chocolate Moose, the mascot of one of the cadet units, had the chance to have the flight logged in his own log book. The cadets took a lot of pictures and asked

excellent questions of the masters during the flight. They also had the chance to see a static display on the ramp and had a short presentation from a 436 (T) Squadron pilot regarding missions they do year-round. After the flight, you could see stars in the eyes of every single cadet and in some cadet officers' eyes as well. This was not something they get the opportunity to do every day. I even heard some cadets talking about joining the Royal Canadian Air Force (RCAF) to become pilots in a couple of years.

This flight was part of their March Break trip and the goal was to familiarize cadets with RCAF aircraft and principles of flight. I am confident they all enjoyed it and they will return home with a little bit more knowledge about the CC-130J Hercules and 436 (T) Squadron.



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Wing Logistics and Engineering Pictures of the Week



Repairing the Oshkosh Sweep 40 for snow build-up removal

With the return of winter to the Wing, Mr. Brunton and Corporal Dylan Haverson, from Transportation and Electrical and Mechanical Engineering Squadron (TEME), are in the process of completing repairs to Oshkosh Sweeper 40. The repairs are being completed so it can return to the runway to remove the build-up of snow that fell last week.

Photo by Sergeant Nicholas Teske

Combat Engineering Support Squadron at work

At 86 Airfield Systems and Utilities (ASU), the Electrical Generating System (EGS) Technicians install Auxiliary Power Units (APU) across all bases, as required. Here we have Private Roger Castaldo prepping and guiding 750MCM conductors into a conduit run while completing an APU install at CFB Cold Lake Headquarters. Notice his smile and excitement. This will turn into aching sore arms when he bends the conductors into place for connection. Photograph by Sergeant Travis Krekoski



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Elimination of racial discrimination highlighted at 8 Wing

Continued from page 1

were children.

"This tragedy shocked the conscience of the world and put racism on the global agenda," Lt.-Col. Church noted.

He felt the change in agenda would be interesting for the members of the military at 8 Wing and force them out of their comfort zone.

"I think it will succeed in putting anti-racism on our agendas," he told the gathering at the Officers' Mess.

The movie, *Crisis of Distrust*, also gave Colonel (Col.) Colin Keiver, the 8 Wing Commanding Officer, a chance to reiterate a message he's expounded at every opportunity, during his tenure at 8 Wing.

"This is all about the profession of arms and being professionals," he said. "It's nothing more than us adhering to the principles of the Canadian Armed Forces (CAF), which says, first and foremost, to respect the dignity of all persons. And whether its race, or sex, or sexual orientation or colour or whatever it is, at the end of the day, we are obligated to respect their dignity. If we just do that, we don't need to do this."

Speaking on behalf of 8 Wing leadership, he assured everyone attending the event that if they failed to uphold that standard they would be held accountable.

"I only need to remember three things in my life as an officer in the CAF - respect the dignity of all persons, serve Canada before self, and respect and obey lawful authority," he said.

Carding is a practice wherein police officers approach members of the public (often visible minorities) and ask them for personal information. These visible minorities feel they are often the object of special attention during this practice.

Former Military Police Officer and now 8 Wing Chief Warrant Officer, Darcy Elder, noted after seeing the movie that carding, which has been a practice for a long time, was not a mistake but a practice that wasn't governed.

In discussions following the movie, it was generally agreed that practices like carding must only be done with strict oversight, transparency and with fair and accessible dispute resolution preceded by community input. It was also felt that a pro-active approach - where police officers made appearances in the community and made direct contact with community members with a friendly approach and simple greeting would produce better results.

"The best police officer is one who goes out and has 15 interactions with the community and has respect for their dignity," said Lt.-Col. Paul Young, the Commanding Officer of 2 Air Movements Squad-



The movie *Crisis of Distrust* sparked some interesting discussion at the International Day for the Elimination of Racial Discrimination at 8 Wing Tuesday, 21 March, 2017.

Photo by Ross Lees

ron. In his opinion, "That kind of thing would go much further towards preventing crime and cultivating a more positive relationship between the citizens and the police force."

Lt.-Col. Church, in closing the meeting, said military personnel have a tremendous world perspective because of all the

travelling they do and their engagement in global operations.

"I firmly believe we are the best country in the world when it comes to diversity and acceptance of others. I've visited a lot of countries and the more countries I visit, the more convinced I am that this is true," he said.

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L'Envol Terrific Kids



Students at l'École élémentaire catholique L'Envol received certificates for their efforts and school engagement in collaboration with the Terrific Kids Program through the Trenton Kente Kiwanis Club.

Submitted photo

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Loyalist President tours 8 Wing

New President comes to Loyalist College from the College of the North Atlantic in Newfoundland and Labrador

By Ross Lees

New Loyalist College President Dr. Anne Marie Vaughn visited 8 Wing/Canadian Forces Base (CFB) Trenton on a familiarization tour this week.

Formerly the President and Chief Executive Officer for the College of the North Atlantic, located in Newfoundland and Labrador from 2011 until 2016, Dr. Vaughn has an impressive background in post-secondary education in both university and college environments.

Her trip to 8 Wing was to enable her to seek out opportunities for collaboration between the college and the base in the future, she said during her tour.

Having been given a brief overview of operations at 8 Wing, Dr. Vaughn toured the passenger terminal and facilities at 2 Air



Dr. Anne Marie Vaughn, President of Loyalist College, is welcomed to 2 Air Mov. Sqn. by Commanding Officer Lt.-Col. Paul Young, right, and Major Dwayne Demers, Operations Officer.

Photos by Ross Lees



Dr. Anne Marie Vaughn, President of Loyalist College, and 2 Air Mov. Sqn. Commanding Officer Lt.-Col. Paul Young begin their tour of the Squadron facilities Tuesday morning, March 21.



Part of Dr. Vaughn's tour included the inner workings of 8 Wing at 2 Air Mov. Sqn March 21.

Movements Squadron (2 Air Mov. Sqn.) and was also given a tour of the state-of-the-art Air Mobility Training Centre (AMTC) before visiting the Trenton Military Family Resource Centre (MFRC).

She was amazed at the size and scope of base operations.

"I can see many opportunities for collaboration with the base and military personnel and the Loyalist College," she said

part way into the tour.

She also found that the base could be a link to her native province, as she was immediately recognized and made to feel at home by 2 Air Mov. Sqn. Commanding Officer Lieutenant-Colonel Paul Young, who was also from Newfoundland. He told Dr. Vaughn several of the squadrons at 8 Wing were commanded by Newfoundlanders, much to her amusement.

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Presenting the \$1,040 donation to Amelia Huffman (Alzheimer's Society Hastings and Prince Edward Fund Development Coordinator), is Ken Hamilton, Scott MacDonald (413 Wing Mixed Dart league President) and committee members, Rick Dubois, Doug and Judi Rutley.

413 Wing supports local Alzhiemers Society

By Scott MacDonald (413 Wing Mixed Dart league President)

In addition to being an advocate for a proficient Royal Canadian Air Force

(RCAF), preserving its traditions and supporting the Royal Canadian Air Cadets, one of the main objectives of the Air Force Association of Canada (AFAC) is to undertake charitable projects of both national and local character.

been able to raise \$32,090 for local and national charities on 413 Wing's behalf and in memory of Connie Hamilton, who was a member of the association and advocate for supporting the community.

Locally, 413 Wing honours these objectives by hosting an annual dart tournament for charity, as well as making many other contributions to the Quinte West community.

Every year, the 413 Wing Mixed Dart league and Connie's family decide on a different charity for their donation, which has included such charities as Big Brother's and Sister's and the Heart and Stroke Foundation.

On Feb. 18, the 413 Wing Mixed Dart league hosted the 13th Annual Connie Hamilton Dart Tournament which is open to members and non-members of the AFAC. Through the generosity of many, they were able to raise \$1,040 for the Alzheimer's Society Hastings and Prince Edward.

This year, they decided to give to the Alzheimer's Society Hastings and Prince Edward, whose mission is to alleviate the personal and social consequences of Alzheimer's disease, and related disorders, and to promote research. Recently, the 413 Wing membership has witnessed some of its members being affected by this disease and felt a need to help.

To date, this annual tournament has

February 2017 weather summary

February was a record-setting month

By CPL C. Pike-Pilditch, 8 Wing Meteorological Technician (Met Tech)

was 0.4C. Average daily minimum temperatures were warmer as well at -6.9C compared to -9.1C in 2016. The single warmest day of the month was 15.2C on the 23rd and the coldest night was on the 14th at -16.0C.

February 2017 was warmer and dryer than last year, as three records for daily maximum temperatures were broken. The first was on the 18th with a daily maximum temperature of 10.6C, breaking the old record of 10.3C set in 2011. The very next day, again with a daily maximum of 10.6C, replaced its previous record of 9.0C, set in 1994. And, the last record broken was on the 23rd with the highest daily temperature of the month, at 15.2C. This record replaces the one set in 1984, which was a daily maximum temperature of 11.6C

Totals for precipitation are down for February 2017, at 71.7mm combined, down from 95.9mm in 2016. The rainfall for the month totaled 39.2mm, down from 59.9mm in 2016. And snow accumulation came in at 32.9cm, down from 39.0cm from the previous year.

There were two days where freezing precipitation were recorded, as well as four days with fog/ice and one day with blowing snow.

The average daily maximum temperature this February was 2.9C, several degrees warmer than last year, which

Outlooks for the next few months indicate that temperatures will still remain near or slightly above average. There is no clear indication of precipitation trends one way or the other.

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New Programs at the Trenton MFRC

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

Nouveaux programmes au CRFM de Trenton

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

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.

Yoga - Veteran Family Program

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

Yoga - Programme pour les familles des vétérans

Get Yoga Studio offre des cours de yoga pour les conjoints du personnel militaire ou à la retraite! Quatre sessions pour 20 \$ inscription à la réception du CRFM. Les 9 avril, 14 mai, 11 juin à 11h00. Pour information, contactez Kelly : kelly.b@trentonmfr.ca

PALS - Peers Assisting with Life Skills

This program favourite is being extended to the children of medically released veterans, ages six 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. Frais d'inscription annuel: 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 avant 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 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 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.

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)

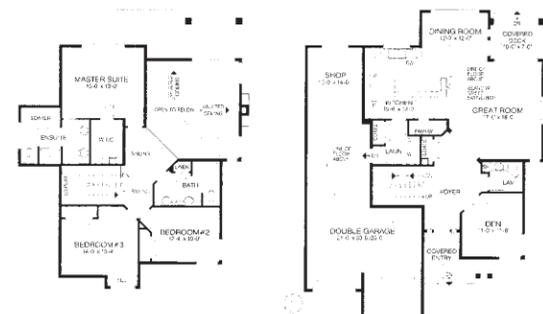
Continued on page 15

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The archway over the deck, the perfect spot for front entrance, a deep front porch, the curved extension of the highest gable and the decorative woodwork that frames the mullioned windows, all lend this three-bedroom family home an air of Victorian charm.

A covered porch leads through the front door into a large foyer. A den is on the right, adjacent to a two-piece powder room. A coat closet is situated near the entrance to the great room.

Fitted into a bayed-out space near the back of the house, the great room boasts a dramatic vaulted ceiling, as well as a fireplace. Flowing seamlessly from this room is the dining room, occupying its own bayed-out area, which has access to a covered

year-round barbecuing. The kitchen is separated from the other family rooms only by a raised eating bar and island, ensuring the cook will never feel isolated. The L-shaped counter configuration promises more than adequate work space, and a pantry provides extra storage. A window over the kitchen sink overlooks the back garden.

From the kitchen, a doorway leads to a spacious laundry room, with a coat closet located near the entrance to the double garage, where there is enough room for a sizeable workshop. Part of the garage has an extra-high ceiling, ideal for an RV or other over-height vehicle.

Up the U-shaped stairway, a railed vestibule area allows a glimpse of the great room below. The master suite, overlooking the back garden, features a large walk-in closet. The en-suite, in a bayed-out area, offers a touch of luxury in the form of a shower stall and a soaker tub, plus double basins. The second and third bedrooms share a bathroom, also with double basins. The third bedroom features a window with an extra-deep sill. Exterior finishes include wooden shingles, painted trim, decorative wooden detailing and stone accents. This home measures 45 feet, four inches wide and 57 feet deep, for a total of 2,230 square feet of living space.

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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 cawclibrary@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 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.

March 25 & 26 – Quadzillas OWSA Wheelchair Rugby Tournament

The Quadzillas wheelchair rugby team will be hosting its first Ontario Wheelchair Sports Association (OWSA) wheelchair rugby tournament on Saturday and Sunday, March 25 and 26 from 9 a.m. to 4 p.m. at Quinte Secondary School in Belleville (45 College St W, Belleville). The Quadzillas would like to open an invitation to anyone in the local community to come out and support your local team and show our competitors that we have a strong support system that will make our team a force to be reckoned with as we continue to progress as a team and establish ourselves as a team. See you there and we hope your time is as smashing as thanks, Thanks in advance for the support.

April 8 - Trenton Figure Skating Club 60th Anniversary Carnival

The Trenton figure Skating Club will celebrate its 60th Anniversary Carnival - Déjà Vu Past, Present and Future on Saturday, April 8 at 1 p.m. at the

Duncan McDonald Arena, 8 Couch Cres, Trenton, hosted by Elizabeth Manley, 1988 Olympic Silver Medalist. Ticket Information: www.trentonfsc.ca tickets also available at the door or at Off the Hook, Reilly's, Quinte West Chamber of Commerce, Stephen's Licence and Love UR Scrubs. Tickets are \$10, children under three free. Guest skaters include Piper Gilles and Paul Poirier, four-Time Canadian medalists and three consecutive top-10 finishes at the ISU World Figure Skating Championships; Elladj Baldé - seven-time Canadian National Senior Competitor and winner of the 2015 International Nebelhorn Trophy; Ice Wine Synchronized Team - First Place at Oakville Capers Competition.

April 9 – Belleville Ostomy Group Monthly Meeting

The Ostomy group of Belleville and area will be holding its monthly meeting on Sunday, April 9 at 2 p.m. in room P21 in the Quinte Business Centre, Loyalist College. Remember you might not need us now, but others in the group can learn from your experiences. Please come and share your expert advice with other Ostomates.

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).

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.

8 WING MARTIAL ARTS TOURNAMENT

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MARCH 1ST-APRIL 18TH
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Go to Courses > Spring > Community Recreation > Family
Find "8Wing Mac Tourny" > Register Now

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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).

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

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

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

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj (Fr/Père) Roy Laudenorio



Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (Fr/Père) Eric Davis
 Capt (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



Falls hurt from all heights



Even people who are on the level rather than in high places slip occasionally and take a big fall. In fact, most workplace falls occur on level ground!

Hitting the ground from a few feet can be just as serious as a fall from a few hundred feet. You can seriously injure yourself by breaking an arm, a leg or even your back. You could hit your head and become unconscious.

Slipping and tripping are the most common ways of taking a fall at ground level. You should be just as careful when your feet are on the level as when you are at a height.

Start by making sure you are wearing the right kind of safety footwear. If your workplace tends to have slippery surfaces or accumulate liquid spills on the floor, your boots or shoes are particularly important. Your soles should be textured for good grip or made of slip-resistant material. Ask your supervisor for the right kind of footwear for your job conditions.

Slippery surfaces cause almost two-thirds of the falls that take place at ground level. They can be altered or maintained to better ensure that workers have a firmer footing. Surfaces that are worn down or too smooth can be treated or given a special coating for better foot grip. Icy areas can be salted or covered with sand.

No matter how these slippery surfaces are altered, warning signs should be positioned or barriers put up to keep people away.

Tripping is as common as slipping while working on level ground. One of the simplest ways to avoid it is to keep your eyes open for objects in front of you. When you are carrying a load, make sure you can see over the top. Walk carefully and change directions slowly.

Keep your workplace clear of obstacles that can be tripped over. Besides obvious things such as boxes and chairs, these include loose carpeting, electrical cords and open drawers.

Your workplace should also be well-lit at all times so you can see where you are going.

You don't have to be at a great height to take the big fall. Wear the right footwear, keep your ground clear... and watch where you're going!

Cleaning up your storage area

Most workplaces have storage areas, ranging from stationery cabinets in small offices to large warehouses in manufacturing and retail operations. Use these tips for safety in a storeroom of any size:

- Keep storage areas well-lit to prevent falls and other accidents.
- Storage units must be correctly assembled and securely anchored.
- Small, loose items should be placed in storage bins. Parts placed on pallets should be strapped down or shrink-wrapped so they won't fall off.
- Heavy items should be stored close to the floor. This will make moving easier and will prevent shelves from becoming top-heavy.
- Use ladders, step-stools or mechanized pickers to reach higher items. Never climb on the shelves or racks.
- Properly store any hazardous materials. Make sure all such items are labeled and stored separately from non-compatible materials. Certain substances must be stored where there is adequate ventilation, and where spills can be contained. The MSDS (Material Safety Data Sheet) must be accessible for each stored chemical.
- Storage aisles must be arranged to provide more than one route for escape. Aisles should not be a dead-end.
- Aisles should be wide enough for fire fighters and first aid personnel to enter with their equipment.
- Maintain enough clearance overhead to allow sprinkler systems to function as needed in case of fire. Usually six to eight feet of overhead clearance is required - but find out what is required for the sprinklers installed in your work area.
- Never smoke in storage areas.
- Use safe lifting techniques when moving materials to and from storerooms. Bend your knees, not your back, when picking up or setting down items.

Safe storage of materials is an important part of workplace safety.

Continued from page 11

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@trentonmfrc.ca

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.

Family Focus Speaker Series

The Trenton MFRC is hosting a free speaker series covering the topics of marriage and family over the next 12 months, funded by True Patriot Love and Bell Let's Talk. Three seminars have been scheduled for spring 2017. Saturday, April 1, a Compassionate Response to Anxiety, presented by Andrew Blackwood from 1:30 p.m. to 3:30 p.m., at 8 Wing Chapel. This interactive presentation will engage participants and invite them to reflect and address their experiences of anxiety as well as position them to be supportive to others as they experience varying degrees of anxiety. Through the use of everyday examples and clinical experiences, Andrew will provide quality information, insight and practical ways for people to respond to anxiety on a daily basis. Saturday, April 22, Building Distress Tolerance, presented by William Corrigan. Getting through a crisis without making it worse: building distress tolerance. Saturday, May 27, Fostering Kids' Confidence, presented by Shyamala Kiru. Solu-

tions for overcoming fear and anxiety. All 12 seminars will be free for the military family community, however registration is required. Please register by visiting or calling Trenton MFRC reception: 613-965-3575. Please note that these seminars will be offered in English only. More details on the scheduled and future seminars will be released as they become available.

Série de séminaires axés sur la famille

Le CRFM de Trenton offrira une série gratuite de séminaires, durant les prochains 12 mois, couvrant les sujets tels que le mariage et la famille, et financée par True Patriot Love et Bell Cause pour la cause. Nous avons trois séminaires planifiés pour le printemps 2017. Le samedi 1er avril, Répondre avec compassion à l'anxiété, présentation par Andrew Blackwood, 13:30 - 15:30, Chapelle de la 8e Escadre. Cette présentation interactive invitera les participants à s'impliquer, réfléchir et adresser leurs expériences face à l'anxiété et appuyer d'autres personnes vivant différents degrés d'anxiété. À l'aide d'exemples de la vie quotidienne et cliniques, Andrew donnera des renseignements précieux ainsi qu'un aperçu et des moyens pratiques pour réagir face à l'anxiété sur une base journalière. Le samedi 22 avril, Créer une tolérance à la détresse, présentation par William Corrigan. Traverser une période difficile sans l'empirer : créer une tolérance à la détresse. Le samedi 27 mai, Encourager la confiance chez les enfants, présentation par Shyamala Kiru. Des solutions pour surmonter la peur et l'anxiété. Les 12 séminaires seront offerts gratuitement aux familles de la communauté militaire, cependant les inscriptions sont requises. Inscrivez-vous, s'il vous plaît, en visitant ou en téléphonant la réception du CRFM : 613-965-3575. Veuillez noter que ces séminaires sont offerts en anglais seulement. Plus de détails sur l'horaire des futurs séminaires seront publiés à mesure qu'ils deviendront disponibles.

Al Anon meetings

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

Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 18h30 à 19h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un

membre souffre de problème de consommation d'alcool. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfrc.ca.

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 613-392-2811 poste 4017

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@trentonmfrc.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 on communique avec Jaclyn Hunter 613-392-2811 poste 4017 ou jaclyn.h@trentonmfrc.ca

Limitless Youth Night

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! Inclusive youth social night for children with special needs, their siblings and friends ages six to 11. For information, contact Orlanda 613-392-2811 ext. 3953 or orlanda.b@trentonmfrc.ca.

Possibilités Infinies

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

Trenton MFRC Special needs parent support group

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



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15 CHEVROLET SPARK

29821E Auto, 1.2 4cyl, hatchback, keyless entry, alloys, AC, MP3, sat radio, OnStar, compass, ext temp gauge, pwr group, cruise. 49,173 km

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\$70

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17 KIA RIO

29815 Auto, 1.6 4cyl GDI, hatchback, keyless entry, tract ctrl, econo mode, heat seats, AC, CD, MP3, sat radio, compass, ext temp gauge. 16,277 km

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\$94

bi-weekly
96 mths @ 5.9%
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PREVIOUS DAILY RENTAL



13 VW JETTA TENDLINE

29773 Auto, 2.0 4cyl, keyless entry, heat seats, AC, CD, MP3, compass, ext temp gauge, pwr windows/locks, cruise, budget buddy. 44,295 km

\$11,795
\$90

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72 mths @ 5.9%
0 DOWN + HST



13 ACURA ILX PREMIUM PKG

29768 Auto, 2.0 4cyl, keyless entry, alloys, pwr roof, push btn start, leather, pwr seats, heat seats, dual climate, MP3, sat radio, rev cam, Bluetooth, pwr group, cruise. 55,233 km

\$14,995
\$114

bi-weekly
72 mths @ 5.9%
0 DOWN + HST



13 BUICK VERANO COMFORT

29742 Auto, 2.4 4cyl ecotec, fact remote start, alloys, pwr roof/seats, leather trim, AC, dual climate, nav, rev cam, park aid, OnStar, cruise, touch screen, My Intellink. 71,075 km

\$13,195
\$101

bi-weekly
72 mths @ 5.9%
0 DOWN + HST



17 HYUNDAI SONATA

29702E Auto, 2.4 4cyl GDI, keyless entry, alloys, pwr roof, push btn start, pwr seats, heat seat/rear seats/steer, dual climate, rev cam. 32,539 km

\$19,995
\$121

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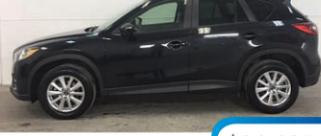


15 CADILLAC ATS

29695 Auto, 2.0 4cyl turbo, AWD, keyless entry, alloys, pwr roof/seats, push btn start, leather, heat seats, AC, dual climate, OnStar, pwr group, cruise, touch screen, Bose snd. 1,505 km

\$27,995
\$188

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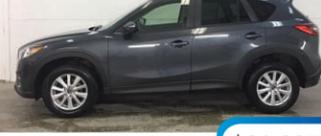
16 MAZDA CX-5

29737E Auto, 2.0 4cyl, AWD, keyless entry, alloys, push btn start, AC, CD, MP3, Bluetooth, compass ext temp gauge, pwr group, cruise. 32,118 km

\$21,195
\$134

bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



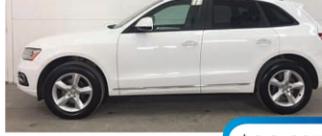
16 MAZDA CX5 SPORT

29857E Auto, 2.0 4cyl, AWD, keyless entry, alloys, AC, CD, MP3, Bluetooth, compass, ext temp gauge, pwr group, cruise, sport mode. 35,066 km

\$21,995
\$133

bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 AUDI Q5

29786E Auto, 2.0 4cyl TFSI, AWD, keyless entry, roof rack, alloys, push btn start, leather, pwr seats, heat seats, AC, dual climate, Bluetooth. 25,98 km

\$34,495
\$208

bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 AUDI Q3

29770 Auto, 2.0 4cyl turbo, alloys, pano roof, push btn start, leather, pwr seats, heat seats, dual climate, MP3, sat radio, Bluetooth, pwr group, cruise, pwr liftgate, Bose stereo. 21,142 km

\$32,495
\$196

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 KIA SEDONA LX

29716E Auto, 3.3 6cyl GDI, alloys, push btn start, pwr seats, heat seats, rear air ctrl, rev cam, park aid, Bluetooth, pwr group, cruise. 49,499 km

\$22,995
\$139

bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



16 NISSAN TITAN XD PLATINUM RESERVE

29147 Auto, 5.0 V8 cummins turbo, diesel, 4x4, fact remote start, crew cab, short box, chrome wheels, push btn start, leather, pwr seats, memory seat, Rockford Fosgate stereo. 11,894 km

\$54,995
\$332

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 NISSAN FRONTIER PRO4X

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

\$32,495
\$197

bi-weekly
96 mths @ 5.9%
0 DOWN + HST

PREVIOUS DAILY RENTAL



13 DODGE RAM 2500 SLT

29339 Auto, 6.7 inline 6cyl cummins turbo, diesel, 4x4, fact remote start, short box, trailer hitch, box liner, chrome wheels, pwr seats, AC, nav, rev cam, U-connect, heat mirrors. 79,424 km

\$42,495
\$324

bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 3500 LARAMIE LONG HORN

29342 Auto, 6.7 6cyl cummins, turbo, diesel, 4x4, short box, trailer hitch, box liner, alloys, pwr roof/seats, push btn start, leather, memory seats, heat seats/rear seats/steer, u-connect. 42,603 km

\$66,995
\$406

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 EXCEL F4

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

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\$190

bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 POLARIS ADVENTURE 800

26683 Switchback, GPS/Bluetooth, nav, snow trackers, studded, all ext bags rear truck/handlebar, windshield, led headlights, stage 3 slip kit, ultimate touring sled. 1,325 Miles

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\$72

bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 SKI-DOO RENEGADE 800

22090 Snow trackers, studded, ext fuel tank, ext storage bag, hand warm, heat grips, 860 kit by D&D dyno jet ctrl, over \$7000 ext, ultimate sled. 904 Miles

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bi-weekly
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0 DOWN + HST



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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

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bi-weekly
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