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424 (Transport and Rescue) Squadron SAR Techs demonstrate search and rescue techniques to open Maple in the County's sweet 16 celebration

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Impressive monument will display the unity between 8 Wing, the community and the world

By Ross Lees

It was a huge challenge, but it helped bring the aircraft structures technicians (ACS) refinishing shop at 8 Air Maintenance Squadron (8 AMS) together like no other project could have.

In that respect, the Globe of Unity has already worked wonders.

Now, it will be an impressive sight on the roundabout where RCAF Road meets the Highway of Heroes. This impressive piece of art created at the 8 AMS shop will be

a source of great pride and for the people of being erected at the of 2,500 man-hours to

not only for the people the community – both roundabout Saturday construct and will be a

in the shop, who helped military and civilian.

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build it, but for the peo-

This 1,200 to 1,500 quired somewhere in

people whose idea it was, pound monument the neighbourhood

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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Globe of Unity ready for unveiling Saturday morning



Some of the team members pose for a picture with the final product of months of work at the aircraft structures technicians (ACS) refinishing shop at 8 Air Maintenance Squadron (AMS) Monday. Sgt. Graham is standing under the Globe, and Corporals John Esch and Yves Laliberté kneel in front of the Globe of Unity. Photo by Ross Lees

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Continued on

page 17

8 Wing Commander Col. Colin Keiver has had a busy tenure

The revival of the Quinte International Air Show and the construction of the Earl of Bessborough Social House are his proudest accomplishments – so far

By Ross Lees

8 Wing Commander, Colonel (Col.) Colin Keiver, has accomplished much during his brief two-year tenure, which he says has just flown by.

"Really, what I'm most proud

of is that as an organization, we managed to continue to deliver on that operational excellence and the mission - and do all of those other things!" he added.

The list of other accomplishments is impressive, although he

Continued on page 16

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Former Halifax tail gunner visits 424 (Transport and Rescue) Squadron

Squadron personnel honoured to meet and mingle with 91-year-old former squadron Distinguished Flying Medal winner
By Ross Lees

It was an exceptionally special day, for all involved, and for a number of reasons.

Ninety-one-year-old John (Doc) Cumbers got to tour the squadron he flew with as a tail gunner in the Halifax in the Second World War.

Aviator Alexander Thomas, the great grandson of Doc, found out just minutes prior to joining Doc, and a number of squadron personnel at the morning brief-

ing, that he had just been transferred to 424 Transport and Rescue (T & R) Squadron (Sqn).

Personnel at 424 (T & R) Sqn. were amazed and enthralled by this vibrant man with a sharp mind; who could actually point himself and a couple of friends out in one of the historical photographs hanging on the walls in 424 (T & R) Sqn.

Originally from Winnipeg but now living in Coquitlam, British Columbia, this feisty veteran does not want to hear about the Lancaster airplane.

"More Canadians flew in the Halifax than in the Lancaster," he says, leaving no doubt where his loyalties lie.

Lest you think this elderly gentleman has no sense of humour, you simply have to get him telling war stories and you will quickly discover a sharp and

quick wit mind.

In one of his stories, on a bombing run over Berlin, his Halifax was forced off on a dog leg and as a result was late getting in on their bombing run. And because they were late, most of the red markers they were looking for (to mark where to bomb) had already been wiped out, except for one, shining like a red beacon. Doc and his crew promptly bombed it.

With a gleam in his eye and a slight smile on his face, he looks at the members of 424 (T & R) Sqn., fully cognizant of the female Padre standing behind him, and stated, "We bombed the only red light district in Berlin."

Doc is shown in another picture on the walls of the squadron where he instantly responds, "I flew with him."

Still sharp as a whip, Doc seems to be able to pull facts and figures from his well-stocked memory at will.

"Do you know what the life ex-



John (Doc) Cumbers, a 91-year-old former Halifax tail gunner in the Second World War, is given a 424 Transport and Rescue Squadron coin by Commanding Officer Lt.-Col. Leighton James and CWO Brian Wilson during his visit last week. Photos by Ross Lees



Doc Cumbers takes a minute to have his picture taken with Maj. Tony Laberto during his recent visit, which occurred last Friday, 24 March 2017.



Doc Cumbers points himself out in an historic photograph hanging on the walls of 424 Transport and Rescue Squadron while his daughter, Jill Thomas, looks on.

Gunners on the Halifax did not seek battles, according to Doc. "We were just defending our aircraft, that's all we did," he states emphatically.

This from a man who has the

Continued on page 8

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ATESS wins charitable hockey game – again

This marked the 4th consecutive time that ATESS has won this annual charitable competition

By Ross Lees

It turned into a shootout of epic proportions as the Aerospace & Telecommunications Engineering Support Squadron (ATESS) and 8 Air Maintenance Squadron (AMS) battled for hockey supremacy in their annual charity hockey game.

Both teams featured quick and agile goal-tenders who, after each allowing four goals in regulation time, would just not allow the opposition to score on them, during the shootout, until ATESS popped the twine waaaaay into the shootout.

As has happened in the past, 8 AMS went into the third period with a 4-2 lead and, while their goaltender stopped three penalty shot chances throughout the game, could not hold off the determined ATESS squad in the third period as the score Bar & Grill supplied

was tied.

As much as the hockey was fun to watch, this game is not so much about winning on the ice as it is in helping the Trenton Care and Share Food Bank off the ice. In that regard, this hockey game was a champion, producing \$1,000 in cash and approximately \$2,500 worth of food-stuffs in the form of admission into the game.

Chili was also used to raise even more money during intermissions and chuck-a-puck also turned wildly entertaining as several pucks had to be measured to determine closest to the dot.

Trenton Care and Share Food Bank general manager Al Teal was very pleased with the effort of the ATESS and 8 AMS personnel and all of the people who helped raise funds and food for the food bank.

"I don't know that I've ever seen such a need as there is today," he told the spectators at the event, as the trophy was handed out.

A number of sponsors provided swag or gift certificates for the event. Quinte Art and Maple Leafs jersey; Trenton Custom Frame proton Golden Hawks sup- Tomasso's Italian Grille held off the determined vided framing for the plied the Ontario Junior tificate; the Golden Valley

ATESS squad in the hockey jersey; Wahoo Hockey jacket Restaurant provided a \$25 gift certificate; the Golden Valley Bar & Grill supplied plus a OJHL gold shirt; \$25 gift certificate; Cap-



The two teams from the Aerospace & Telecommunications Engineering Support Squadron (ATESS) and 8 Air Maintenance Squadron (8 AMS) produced a surprisingly competitive brand of hockey for this charitable event, last Friday, 24 March, 2017. Photos by Ross Lees



Felix the Phoenix, the ATESS mascot, joins Trenton Care and Share Food Bank general manager Al Teal in presenting the trophy to CWO Steve Compton, Lt.-col. D.J. Butcher, the ATESS Commanding Officer.

tain George's supplied a \$20 Restaurant supplied a \$20 gift gift certificate; and Dapp's certificate

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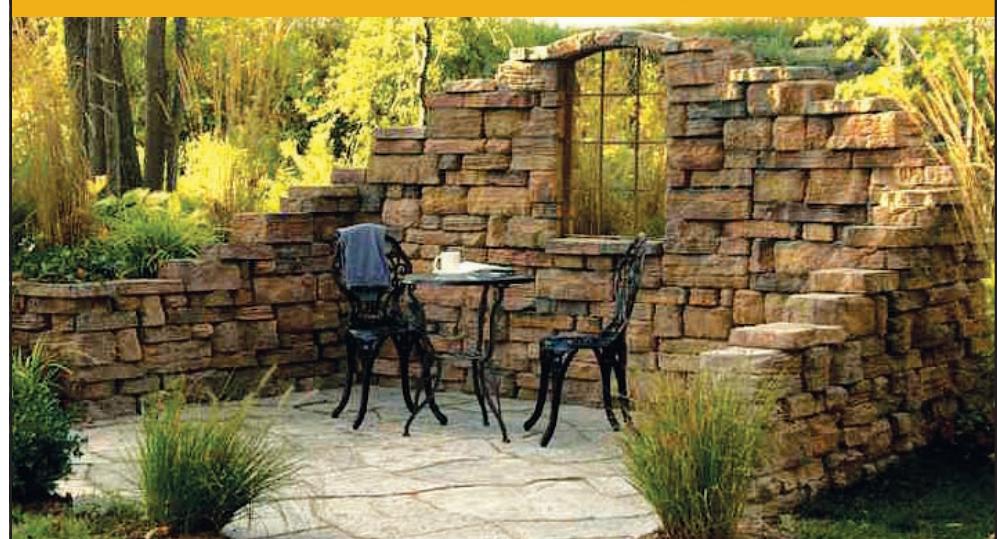
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**By "Moonbeam" Projects
Officer Lieutenant
James Heard**

The two medical technicians at Canadian Forces Station (CFS) Alert Medical Inspection Room (MIR) face unique challenges.

Recently, the new CFS Alert Projects Officer, Lieutenant James Heard, interviewed two members of the "Frozen Chosen"; "Starlight" Warrant Officer (WO.) Sean McCoy and "Starlight Minor" Corporal (Cpl.) Benoit Bolduc, regarding their experiences in supporting the health and welfare of those at the Station.

WO. McCoy and Cpl. Bolduc are both serving six month tours at the Station; WO. McCoy is currently in his third week and Cpl. Bolduc is in his 10th week. They provide routine medical care and mental health support services for approximately 70 to 150 staff, depending on the time of year, while also performing administrative functions at the clinic.

When not tending patients, they practice emergency medical response procedures and diligently perform stocktaking to order additional supplies. This allows them to maintain an inventory for daily care and emergencies.

WO. McCoy and Cpl. Bolduc agree that the greatest difficulties of providing medical services at Alert are the fact that they are isolated and are limited in medical resources.

Realistically, the Station cannot contain the breadth of equipment and supplies possessed by medical clinics at Canadian Forces Bases (CFB) and Wings. And, since the location of Alert is isolated, arrangements for medical emergency evacuation encouraged to participate in a flights are more challenging to coordinate. For example, during arctic storms, the wait is longer due to inclement weather.



This week, the two medical technicians of CFS Alert, "Starlight" Warrant Officer Sean McCoy and "Starlight Minor" Corporal Benoit Bolduc, pose as newcomers to the Station, in front of the MIR.

Photo by "Bellhop" SWO's Assistant Private Sean Keating

WO. McCoy and Cpl. Bolduc Starlight and Starlight Minor.

The author of this article can personally attest to the proficient and professional medical services that WO. McCoy and Cpl. Bolduc provide to CFS Alert.

Editor's note: This article is the first of a series reporting on the different military and civilian sections of CFS Alert. The author intends to outline how the Station operates daily and also hopes to be able to recognize the accomplishments of the staff, who maintain the most northerly permanently inhabited settlement in Canada and the world.

The Contact Newspaper

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

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

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

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

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ARTICLES AND PHOTOS

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

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

Letters to the Editor:

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

A Military Community Newspaper



The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.

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Boyer Kia hands over van keys to 8 Wing for community events vehicle



Photos by Ross Lees

Dany Boyer, General Manager of Boyer Kia in Belleville, officially handed over the keys to a KIA van being provided to 8 Wing Trenton to support their Morale and Welfare Programs in the capacity of a "community events" vehicle on March 27, 2017.

Boyer AutoGroup has graciously sponsored the vehicle, received Monday by Colonel Colin Keiver, Commander of 8 Wing Trenton, the Wing Chief Warrant Officer Darcy Elder as well as Mr. John Snyder and Ms. Gillianne McCormick from the 8 Wing Personnel Support Pro-

gram (PSP). The journey started when PSP identified a need and, through the great work of Honorary Colonel John Williams, the doors opened to a relationship between 8 Wing and the Boyer AutoGroup. Col. Keiver stated, while accepting the vehicle, "The Boyer AutoGroup, once presented with the need, jumped right in and filled that need! The vehicle will have a great impact on the members and their families at 8 Wing and is a testament to the strong relationship with the Quinte communities that 8 Wing has."

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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Fitness & Health

March is Nutrition Month

On the Health and Wellness calendar, March is known as Nutrition Month. And Bases and Wings across Canada are hosting their own initiatives related to this campaign.

Here at 8 Wing with the help of our Headquarters leadership team, we took to the streets, literally, to spread the healthy messaging word on that popular food group, vegetables and fruit!

Canadians don't get enough of this food group, and Canadian Armed Forces (CAF) members on average get half as much as they should with regards to servings per day.

We at 8 Wing, however, cannot get enough of seeing Colonel (Col.) Colin Keiver and Wing Chief Warrant Officer (WCWO) Darcy Elder sporting these costumes all in support of this awareness campaign.

So the take home message? Be sure to get your veggies and fruit servings daily, because this food group is packed full of micronutrients essential for health and on those days when you are short a few servings, think of our Wing Commander and Wing Chief pictured below, reminding us just how important this food group is.

So important that they suited up, took to the streets of 8 Wing and handed out bananas to motorists and pedestrians, all in support of March is Nutrition Month!

Thank you Colonel Keiver and Wing Chief Elder for your enthusiasm and participation, and thank you Twin City Rentals for the donation of bananas.



8 Wing Commander Colonel Colin Keiver took his Nutrition Month duties seriously as he prepared to hand out bananas to base personnel.

Photos by Ross Lees



Wing Chief Warrant Officer Darcy Elder was an experienced vehicle stopper as he passed out bananas to remind base personnel to eat healthy during Nutrition Month.



It sometimes took a minute for people to recognize the Wing Commander, but this guy snapped off a salute as soon as he made the connection. He got a free banana for his efforts and a reminder to eat healthy during Nutrition Month.

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Maple in the County enhanced by military visit

424 (Transport and Rescue) Squadron SAR Techs demonstrate search and rescue techniques to open Maple in the County's sweet 16 celebration

By Ross Lees

The sweet 16 celebration of Maple in the County got off to a delayed start Saturday, but gradually clearing weather finally allowed 424 Transport and Rescue (T & R) Squadron (Sqn) to fly to the Hubbs Sugarbush and demonstrate some search and rescue (SAR) techniques.

Freezing rain and a snow combination threatened to cancel the demonstration, but only resulted in a slight delay prior to dropping off 8 Wing Commander Colonel (Col.) Colin Keiver and Wing Chief Warrant Officer (WCWO) Darcy Elder in a corn field beside the sugar bush.

The delayed arrival of 424 (T & R) Sqn. did not, however, slow or diminish the appetites of County residents and visitors as they lined up to sample the sweet first harvest of the year and its many by-products.

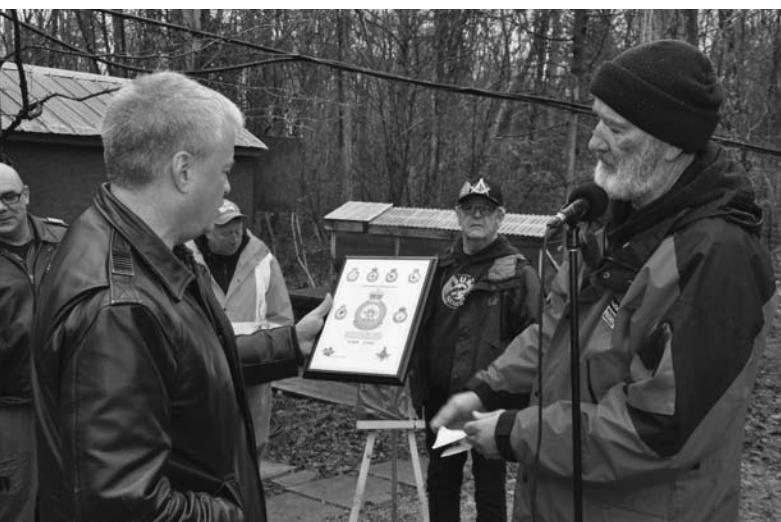
Even Col. Keiver, in response to a comment, jokingly stated, "We'll go anywhere for pancakes."

It is the premise upon which Maple in the County was established 16 years earlier; that people will travel long distances to enjoy pancakes and syrup in a sugar bush. City folk especially will relish the visit and the chance to sample freshly produced syrup on pancakes cooked before your eyes with a side order of sausages, fried with even more syrup.

The visit by 424 (T & R) Sqn and the 8 Wing leadership team has been appreciated by Hubbs Sugarbush owners Janice and Ron Hubbs.

"This event has become a real community event with the air base coming over these last two years," Ron Hubbs stated after receiving a plaque of appreciation from Lake Lodge 215. "Your presence here has given us a real boost and turned this into a real community event."

The Hubbs were thanked for having allowed Lake Lodge to man their booth and serve pancakes at the site for 40 years.



8 Wing Commander, Colonel. Colin Keiver, accepts a special 85th anniversary of CFB Trenton plaque from Brian Kauk, a member of Lake Lodge.

"You have provided us with an area to sell pancakes and it is a joy to be here," stated Clarence Stevenson of Lake Lodge.

Brian Kauk, in presenting Col. Keiver with a plaque, also took the opportunity to praise the man who has led 8 Wing for the past two years.

"We want to thank you for all of

the outstanding work the military has done for us and you've done a phenomenal job while you have been here," he told Col. Keiver.



424 (Transport and Rescue) Squadron, Search and Rescue Technicians (SAR Tech) demonstrate how to lower a stretcher from a helicopter during a rescue attempt.



This young family took the opportunity to record some memories during the Search and Rescue (SAR) demonstration Saturday morning, 25 March, 2017.



Ron and Janice Hubbs are presented with a plaque from Clarence Stevenson for allowing Lake Lodge to serve their pancakes breakfast on their property for 40 years.

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Former Halifax tail gunner visits 424 (Transport and Rescue) Squadron



Doc proudly looks at his action station on a Halifax aircraft with his great grandson, Aviator Alexander Thomas, who was just notified he was joining the same squadron his great grandfather flew in during the Second World War, Friday, 24 March, 2017.

Continued from page 2

Distinguished Flying Medal, after having shot down two enemy aircraft on the same bombing run in July of 1944 – one going in, one coming back out. Time after time, members of 424 (T & R) Sqn. took any opportunity to come up to Doc, introduce themselves and say how honoured they are to meet him. Never speechless, Doc always

While those of us who have never flown on such a mission might think fear was a constant companion, Doc decries that logic.

"I was never scared," he says forcefully. "I was always too busy looking. That was my job, to look for enemy aircraft and protect our aircraft."

As Doc tells his next story, it must be remembered that this is the early years of flight and there was no such thing as a pressurized cabin. To keep warm, the air crew often wore silk stocking and silk gloves sent to them by Canadian women back home.

Seeing smiling eyes all around,
Doc smiles back and says with
a smile, "don't knock it if you
haven't tried it."



Friday, 24 March, 2017, Doc Cumbers and his family proudly display his Distinguished Flying Medal documentation in front of the Halifax aircraft, similar to the one he flew in World War Two. His family members are, from left to right, Shelly Cox, a soon-to-be daughter-in-law of the Thomas, daughter Jill's husband Dave Thomas, Aviator Alexander Thomas, the great grandson of Doc, daughter Jill Thomas, where they have their picture taken in front of the NAFMC Halifax display.

Time after time, members of 424 (T & R) Sqn. took any opportunity to come up to Doc, introduce themselves and say how honoured they are to meet him. Never speechless, Doc always responds how honoured he is to meet them.

When Major (Maj.) Tony Laberto comes up and begins talking with Doc, they obviously hit it off and, upon questioning from Maj. Laberto, Doc talks

front Maj. Caberto, Doc talks about the things he has done in his life – tail gunner, 32 years in the fire department as a rescue diver, 30 years or more with the Air Cadets, and 32 years retired

but he still works two days a week with the Royal Canadian Mounted Police in identification.

"It's easier to talk about what you don't do," responds a surprised Mai Laberto.

"It's easier to talk about what you don't do," responds a surprised Maj. Laberto.

Doc and his family - daughter Jill and her husband Dave Thomas, Shelly Cox, a soon-to-be daughter-in-law of the Thomas,

Friday, 24 March, 2017, Doc Cumby documentation in front of the Halijet members are, from left to right, Sheila husband Dave Thomas, Aviator Alexander where they have their picture taken and Aviator Alexander Thomas

and Aviator Alexander Thomas – repeatedly thanked the members of 424 (T & R) Sqn. for taking them on the tour, which Doc has anxiously been anticipating for 15 months.

Sqn. Chief Warrant Officer (CWO) Brian Wilson had an immediate response to one of those moments of gratitude.

"We like to honour our history because what you did brought us to where we are today," he said.

Commanding Officer, Lieutenant-Colonel (Lt.-Col.) Leighton James, was just another member of the squadron impressed by having this spy and intelligent veteran amongst them.



Doc is joined by CWO Brian Wilson and the remainder of his family at a 424 Transport and Rescue Squadron briefing last Friday morning, 24 March, 2017, during his visit to the squadron.

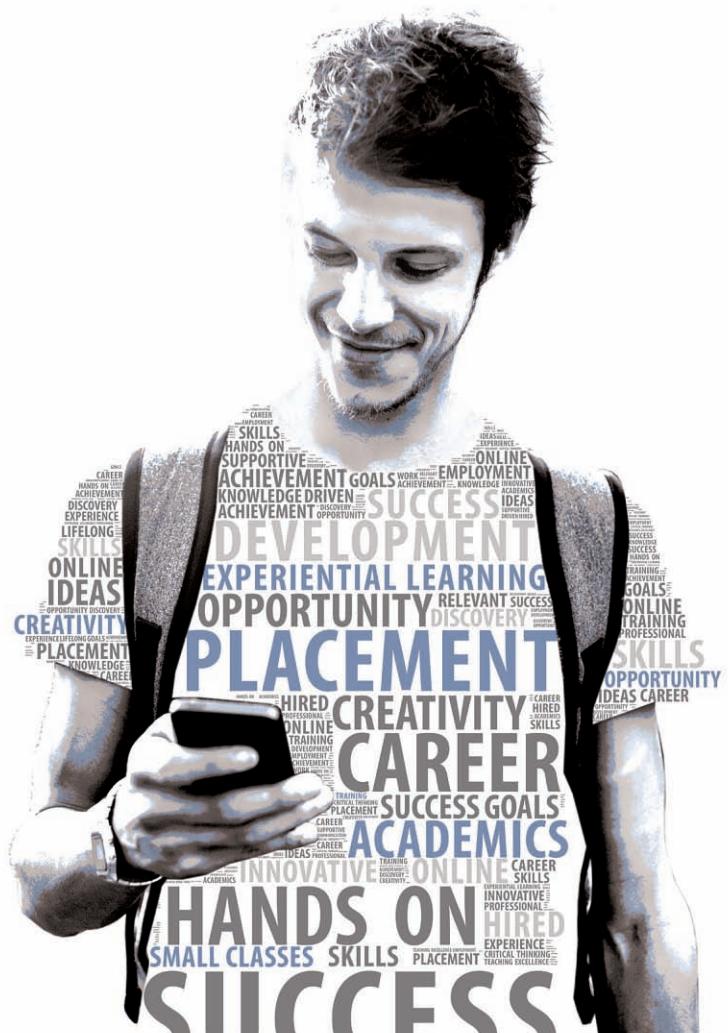


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RMCC cadets pay educational and environmental visit to 8 Wing

Cadets were given an up close and personal look at the many platforms they might use to launch their careers

By Ross Lees

Cadets from the Royal Military College of Canada (RMCC) were given an up close and personal look at the many platforms they might eventually use to launch their careers, after they finish their formal education.

One of the first messages drilled into them at this open house, at 8 Wing/Canadian Forces Base (CFB) Trenton, was that formal education is only the first step in their careers.

In welcoming the cadets to his Wing, 8 Wing Commander Colonel, (Col.) Colin Keiver, told them the learning is only just beginning when they graduate from RMCC.

"When we give you that degree, we open a door for you to go out and have a career in the RCAF to make a difference. The only way you can do that is by keeping an open mind, every single day," he told the cadets, adding they should come into the organization with minds wide open and prepared to learn.

During that intense learning process, Col. Keiver told the cadets to remember that they are officers first before they get any other designation.

"With that comes an obligation that, quite frankly, is bigger than you," he said. "What it means is we expect you to lead, we expect you to motivate and inspire those around you and we expect you to lead them and get things done."

In that process, he noted, they should be prepared to learn from those around them, who learned from experience.

"When you leave that college, you're responsible for those working for you and you're responsible for the future of the RCAF. So keep your mind open and lead. If you do those two things when you show up in your wings, you will succeed."

Col. Keiver also reminded the cadets that a successful career was virtually assured if they just followed the three ethical principles of the Canadian Armed Forces (CAF) - respect the dignity of all people, serve Canada before self, respect and obey lawful authority.

"If you do those things, you're going to have a great career," he said.

Wing Chief Warrant Officer (WCWO) Darcy Elder reiterated some of that in his brief address to the cadets, especially about being an officer first.

"...you cannot forget the relationship you have with non-commissioned members," he said. "If you forget their experience, or you don't want to accept that experience, you will set yourself up for failure. Without you leading, and those doing, we don't move or progress in any shape or form. They have the technical abilities to help you make those leadership decisions."

Brigadier-General (Brig.-Gen.) Sean Friday, the Commandant of RMCC, thanked both Col. Keiver and WCWO Elder for the investment of time in organizing the visit with the many CAF



8 Wing Commander Col. Colin Keiver, left, and WCWO Darcy Elder speak to the RMCC cadets during their visit to 8 Wing last Saturday, 25 March, 2017. Photos by Ross Lees

platforms available to the cadets to not only see, but to actually experience during the day.

"It is awesome that you are getting this chance to get on an operational ramp with aircrafts," he told the cadets.

He said the effort was not small in organizing such an

During their presentation, the cadets were shown how careers can advance and the importance of learning every lesson quickly and thoroughly, because that knowledge may prove invaluable in the next step along their journey, through their careers.



Brig.-Gen. Sean Friday, the Commandant of RMCC, presented Col. Keiver and WCWO Elder with his Commandant's coins for their help in organizing the educational and environmental visit to 8 Wing.



Brigadier-General Scott Clancy, Director General Air Readiness, injected some humour into the lectures Saturday afternoon when he told the cadets he was every bit as good looking now as he was when he graduated and began his career.

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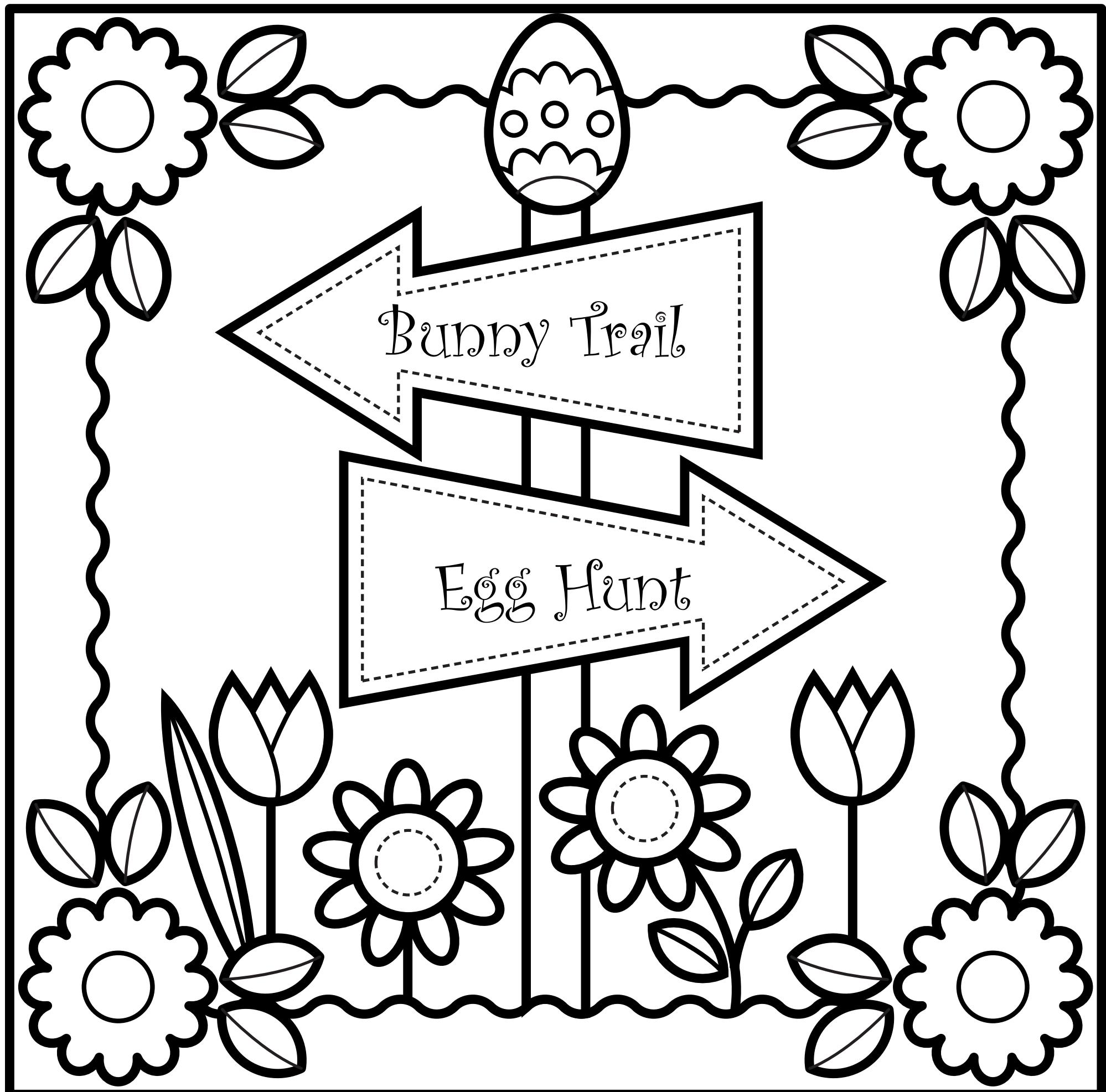
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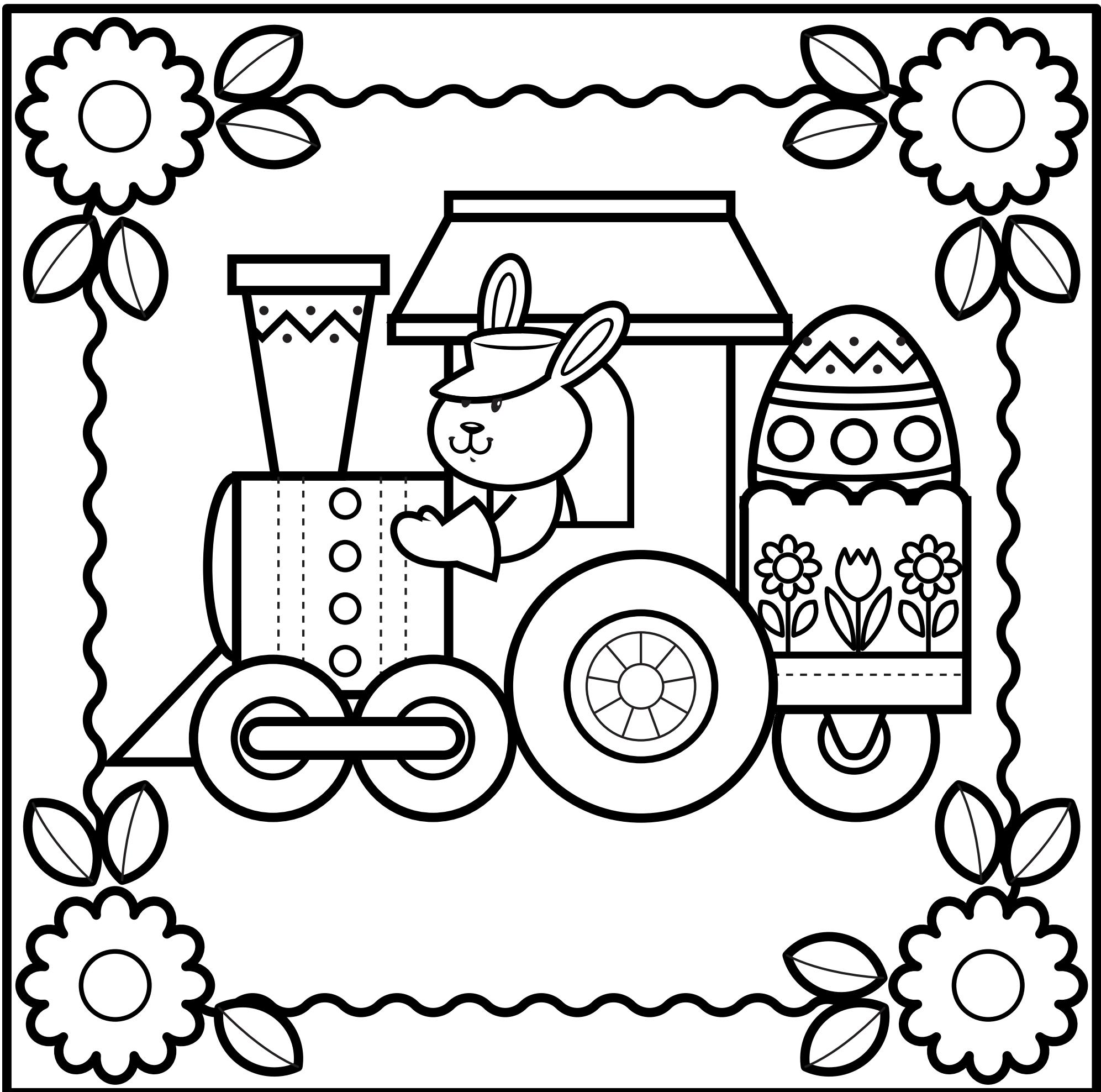
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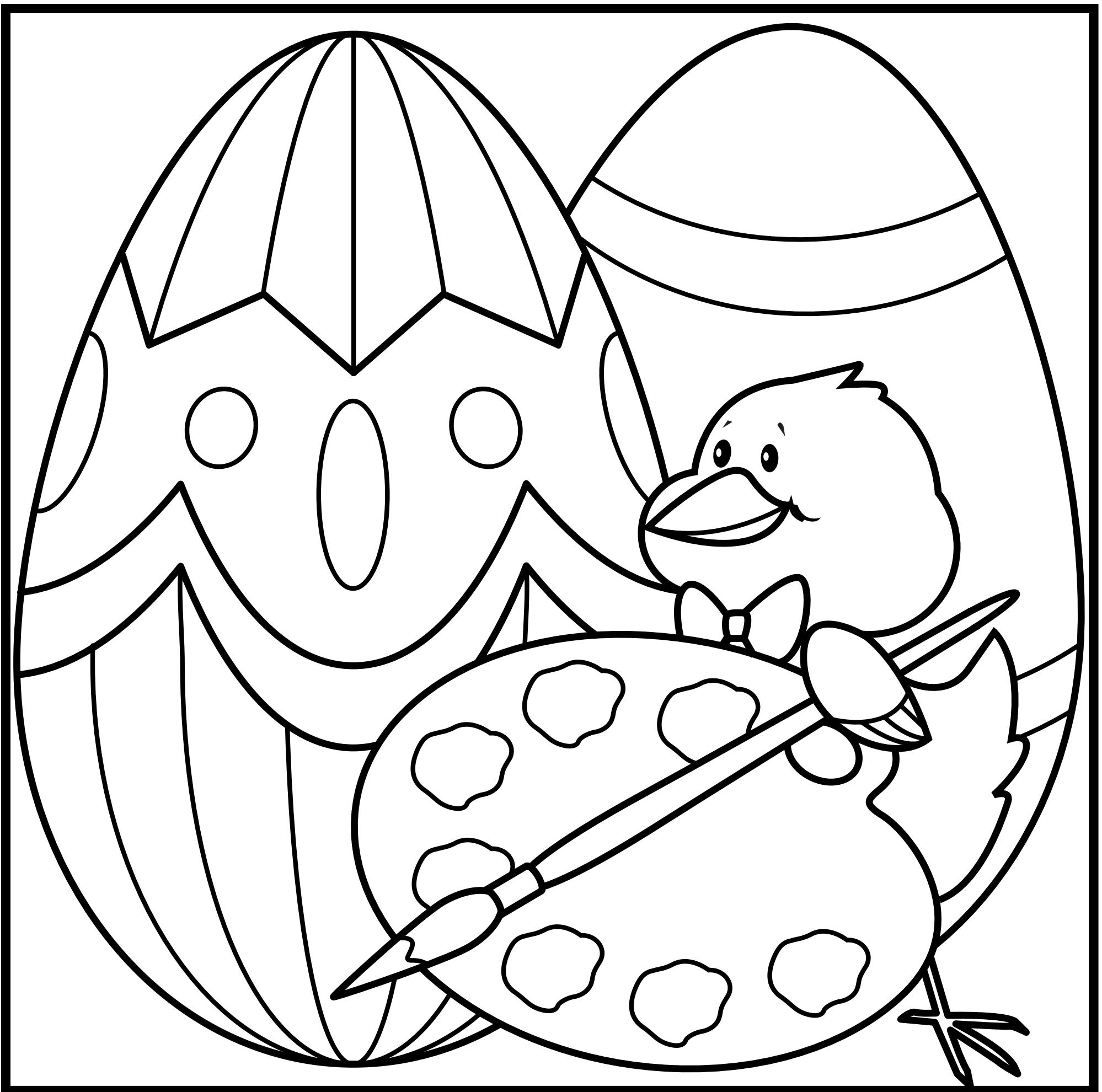
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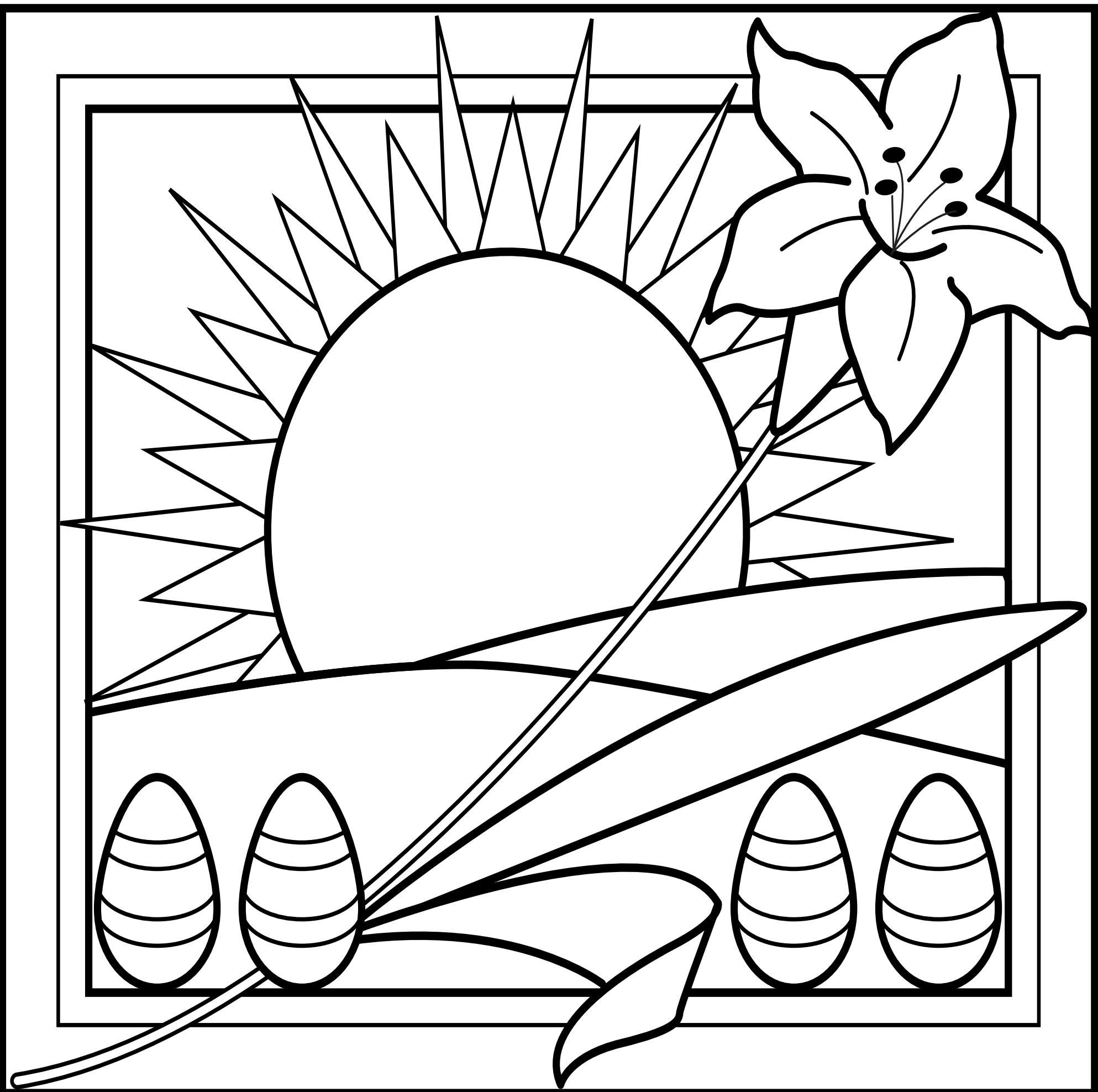
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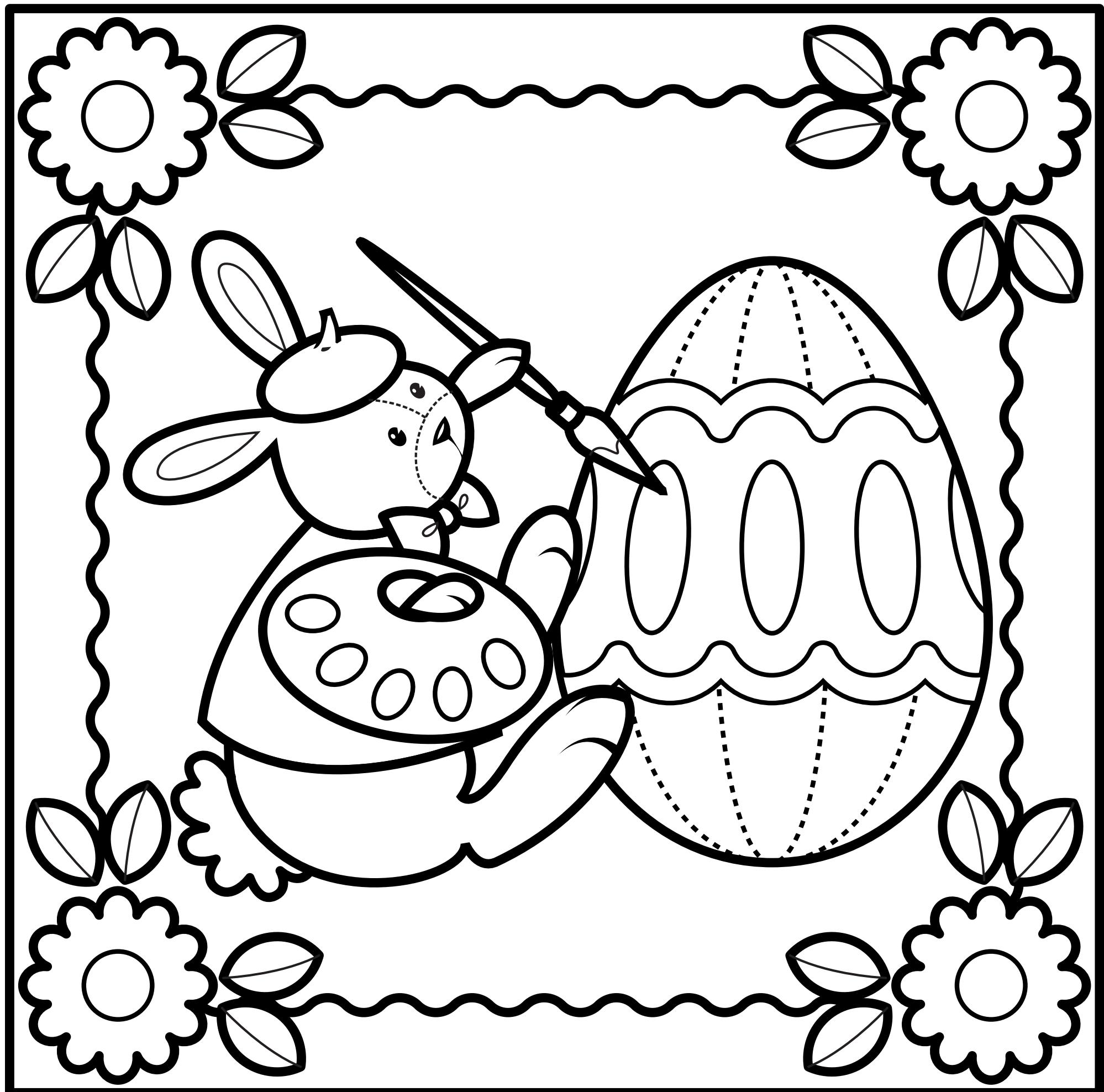
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8 Wing Commander Col. Colin Keiver has had a busy tenure

Continued from page 1

did not mention all of them. At the top of his list was reviving the Quinte International Air Show (QIAS) and the creation of the Earl of Bessborough Social House, perhaps the two shining stars of his tenure.

But a look back through the pages of Contact indicates a lot more was accomplished since August of 2015, when Col. Keiver took over command of 8 Wing.

His first really noteworthy accomplishment was the 436 (Transport) Squadron Elephant Walk in September of 2015, followed immediately by the announcement of the revival of the QIAS, and then his emphasis on the recollection of the historic British Commonwealth Air Training Plan (BCATP) through-

sales, the efforts we've got ongoing to plant all those trees to offset the environmental footprint with about 8 Wing and its place Quinte Conservation, the 85,000 people who visited. Greater Quinte Region. 8 Wing will also unmask its pride in its location this coming weekend and set an example for other bases across Canada.

As far as handing over his command to Col. Goul- den, Col. Keiver feels that things – the Belleville Sena- tors, the movement of peo- ple from the Metropolitan Toronto area into the re- gion, the County – you've got all of these things and I think it is really important

"That's where I spend most of my time as a Wing Commander. I've got a place of prominence in the Wing Operations Officer and Squadrons' Com-

"I don't see us having any other choice, in that, honestly, so the challenge for my success and for Mark (Col. Mark Goulden, his replacement as Wing Commander) and those af- ter him will be to maintain

manding Officers who de- liver the mission, and my job is to enable them to deliver the mission; and being able to enable them to deliver the mission means I've got to make sure the base is working well and I've got to make sure the community is supporting us and our families and all that stuff" he said.

A twinkle comes into his eyes as he adds jokingly, "This is the second time Mark is going to have to clean up my mess (He took over 436 (Transport) Squadron from Col. Keiver).

"We know each other – he knows what he's getting into and I know what I'm handing over to – we've been friends for a very long time. I'm quite comfortable handing the reins over to

Mark, because you do de-

velop a very personal re- lationship, it's kind of like your baby. If there's one person I'm happy handing off the 8 Wing baby to, it's

Mark. He'll do great!"

Col. Keiver will move on this summer to a challenging policy job in National Defence headquarters in Ottawa, although he does not know exactly what that job entails. What he does know is that it will not carry with it the same high

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with the professionalism

of the men and women of

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the Air Force and 8 Wing's military personnel.

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Globe of Unity ready for unveiling Saturday morning

Continued from page 1

connection between 8 Wing, the community of the Greater Quinte Region and the world.

For Sergeant (Sgt.) Donald Graham, ACS refinishing shop supervisor at 8 AMS, Cpl. Yves Laliberté, Aircraft Structures Technician – welder, and Cpl. John Esch, Aircraft Structures Technician – metal worker, this will be a lasting testament to teamwork.

The idea for the monument originated with Wing Chief Warrant Officer Darcy Elder and 8 Wing Commanding Officer Colonel (Col.) Colin Keiver when they saw a similar miniature globe in Winnipeg. They brought the globe back to 8 Wing and gave it to Sgt. Graham and his men to come up with an idea for the monument.

The project snowballed from there into the eight-foot diameter Globe of Unity supported by two hands which sprang from fertile minds with artistic bent within the ACS Refinishing Shop.

"The two of us came up with four different designs we proposed to the Wing Commander and he picked the most complicated one," laughed Sgt. Graham as he spoke of the original designs he and Cpl. Laliberté produced.

Once they had a basic design, they started considering the metal to be used and the thickness required. As time went on, more and more people became involved. Structural Engineer Major Stiles was contacted and he produced drawings making sure all aspects of safety and material standards had been considered, eventually giving them the go-ahead.

"From the time the first truck showed up with material, Yves has not been running a marathon, but at a sprint," indicated Sgt. Graham.

The process started with a basic outline on the floor of the shop with just one support stem, but gradually evolved into the two support hands and the eight-foot diameter globe supporting the Royal Canadian Air Force roundels. Originally, the hands were much smaller, but that too evolved.

The idea for metal strips for the hands came to Cpl. Laliberté one night while he was at home just before he fell asleep.

"I started the first hand and I showed it to John and he helped me a lot," Cpl. Laliberté stated.

The second hand was virtually constructed over the March break by Cpl. Esch, to the amazement of the others involved.

Their biggest challenge was get-

ting the proportion correct, according to Cpl. Laliberté. They did that by asking other people their opinions as the project progressed.

Honest feedback was critical, Cpl. Laliberté stated.

"If you make the arm too small, everything looks bad," he said.

That resulted in some adjustments, but everyone involved is happy with the result, which was installed Tuesday for an April 1 unveiling at 10 a.m.

Sgt. Graham said the teamwork involved was phenomenal and stretched right across the Wing.

The roundels were cut out at the Aerospace & Telecommunications Engineering Support Squadron (ATESS) on their water-jet machine, Construction Engineering (CE) helped with some welding, as did the ATESS refinishing shop.

"Everybody from the clerk who pays our bills to the City of Quinte West, who stopped in a couple of times to make sure everything was on track, as they prepared the roundabout for us," said Sgt. Graham. "Engineers also gave us feedback on the best way to situate the Globe on the roundabout."

Excitement was palpable in the shop Monday morning as the moment arrived to prepare to put the two parts together.

Cpl. Laliberté could hardly contain himself as the learning experience."

time arrived to combine the parts in the shop.

Cpl. Esch wanted to see Cpl. Laliberté's vision finally unfold.

"I feel good," he said of the final product. The guys worked hard and we came

out with a product everybody seems happy with, so we're at the point now where we just want to test fit the globe on the stand. It's going to be good because we'll get a chance to see how it actually looks as one rather than in two pieces. To see the final result and to see Yves' vision will be good."

"I'll be happy it's done and all the shops can get their work forces back and we can pretend life is normal," noted Sgt. Graham, drawing chuckles from the rest of the crew.

Cpl. Esch said the shop gets very few projects they are given free rein on, which is part of what he liked about this project.

"He (Yves) was given a lot of opportunity to use what he saw on this project and for me to work under Yves was good because I had to step back sometimes and trust what he told me."

"I couldn't see what he saw, so I just had to trust that this is how it's going to go," he said. I told him, "I'll just do what you want and then I can take a step back and see that it works out. It was good teamwork and a learning experience."

The Globe of Unity finally gets placed on the supporting hands, in the aircraft structures technicians (ACS) refinishing shop, at 8 Air Movement Squadron (AMS) Monday, 27 March, 2017. Photos by Ross Lees

"After the Wing Commander and Wing Chief let us know which design they liked, they basically had no more input. They basically let us run with it," said Sgt. Graham. "They showed their faith in us and that's good leadership."

And the Globe of Unity certainly further unified the 8 Wing team and the community. Everyone will want to see this tremendous project come to fruition Saturday morning, April 1 at 10 a.m., at the end of RCAF Road roundabout.



Sgt. Donald Graham stands holding the original globe from Winnipeg which served as a concept model for the eight-foot globe.



A technician puts some final touches on the base, even as it was being assembled.

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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@trentonmfc.ca

Summer Job Information Session

Are you 15 to 29 years of age? Are you looking for a summer job? Join us for this special information session with Career Edge! When: April 10. Time: 3:30 to 4:30 p.m. Where: Trenton MFRC. Register by April 6! To register or for more information, contact: Elizabeth Nicholas - elizabeth.nicholas@forces.gc.ca, 613-392-2811 ext. 3852 or Priscilla Tremblay - priscilla.t@trentonmfc.ca, 613-392-2811 ext. 4655.

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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 détoxicification 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@trentonmfc.ca.

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@trentonmfc.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.

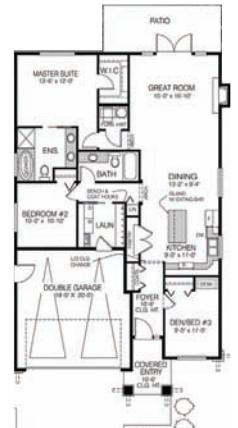
Continued on page 23

Home of the Week

Your Building Renovation Experts



Plan No: 5-3-688



The thoughtful design French doors to a patio, and touches in this three-bed- also features a gas fireplace, room bungalow – such as truly making it a room for all the extra-high ceiling in the seasons.

foyer and the soaker tub in the master bedroom's en- shaped counter area. Nat- suite – will more than make ral light will flood in through up for the fact that there's no the window over the kitchen sink, as well as that in the basement.

However, the plans in- dining area. The work area clude an optional stairway, includes an eating bar. A should the purchasers con- roomy pantry provides extra sider including a basement, storage space.

always useful for an extra An archway leads to the bedroom or storage space. master suite, overlooking

A covered entry, set off the back garden and includ- by two brick pillars with wooden struts on top, leads through the foyer – with a tiled surround, and the ceiling measuring 10 feet, six double sinks will ease the inches high – to the open- morning rush-hour. The plan kitchen and dining closet is spacious enough area, with nine-foot ceilings. for a couple's shoes and ac- cessories. The great room, located at the back of the home enjoys

adjacent to a three-piece bathroom, while the third bedroom, which can double as a den, overlooks the front garden and contains a built-in desk.

The laundry room includes a handy shelf, as well as a bench with coat-hooks. Access to the double garage means the laundry room can also serve as a mud 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 cfaclibrary@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, commu-

niquez avec nous par courriel à cfaclib@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.

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 9 - 100th Anniversary of the Battle of Vimy Ridge

The Royal Canadian Legion Branch 110, Trenton will hold their 100th Year Anniversary of the Battle of Vimy Ridge April 9, beginning with a parade to the cenotaph at 10:45 a.m. A world War I style lunch will be served at noon, pins will be awarded to 50-plus year Legion members from 1 p.m. until 1:30 p.m., there will be a Battle of Vimy presentation from 1:30 p.m. to 2 p.m. and the Battle of Vimy Ridge movie will be shown from 2 p.m. to 4 p.m.

April 12 - 8 Wing Officers' Mess Ladies Club Appetizer, Hors D'oeuvre Night

The 8 Wing Officers' Mess Ladies Club will hoist their Appetizer and Hors D'oeuvre night on April 12 at 6:30 p.m. in the Mess. Members and invited guests of members are free with an appetizer and the recipe or \$15 at the door. For more information, contact chambersj@live.ca

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

April 16 - Organ Concert at St. Thomas Anglican Church

Francine and Matthieu Latreille will give an organ concert at St. Thomas' Anglican Church (201 Church Street, Belleville) at 4:30 p.m. The instrument is one of the finest pipe organs of the Quinte area. The program will showcase the wide range of colours the instrument can provide. A reception will follow. Admission: Pay-what-you-can.

Francine et Matthieu Latreille donneront un concert d'orgue à l'église anglicane Saint-Thomas (201 Church Street, Belleville) à 16 h 30 . L'instrument est un des plus beaux de la région de Quinte. Le programme démontrera la large palette de couleurs de l'instrument. Une réception suivra l'événement. Une contribution volontaire sera demandée en guise de prix d'entrée.

April 19 - National Canadian Film Day 150

The movie Passchendaele will be shown

free April 19 at 6:30 p.m. at the Royal Canadian Legion Branch 110 in Trenton as part of National Canadian Film Day 150.

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.

Easter Services

Our Lady of Peace RC Chapel

(All RC services are bilingual)

9th April - Palm Sunday @ 09:00 AM

13th April - Holy Thursday (Mass of the Lord's Supper) @ 7:00 PM

14th April - Good Friday (Celebration of the Lord's Passion) @ 3:00 PM

15th April - Easter Vigil @ 7:30 PM

16th April - Easter Sunday @ 9:00 AM

St Clements Astra Protestant Chapel

9th April - Palm Sunday @ 11:15 AM

16th April - Easter Sunday @ 11:15 AM



Célébrations de Pâques

Chapelle catholique Notre-Dame-de-la-Paix

(Toutes les célébrations CR sont bilingues)

9 avril - Dimanche des Rameaux @ 9h00

13 avril - Jeudi Saint (Messe en mémoire de la Cène du Seigneur) @ 19h00

14 avril - Vendredi Saint (Célébration de la Passion du Seigneur) @ 15h00

15 avril - Veillée pascale @ 19h30

16 avril - Jour de Pâques @ 9h00

Chapelle protestante St Clements Astra

9 avril - Dimanche des Rameaux @ 11h15

16 avril - Jour de Pâques @ 11h15

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-into four years old) *No drop-in.

Tyke Terrain Drop-in Program

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

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

Spin

Spin class is a group exercise class performed on stationary bikes. The instructor simulates hill-climbing, sprints, and races. Get prepared for the workout of your life! Water and towels are a must. Where: South Side gymnasium. When - Option 1: Tuesdays, March 28 to May 16 from 5 p.m. to 6 p.m. Option 2: Thursdays, March 30 to May 18 from 5 p.m. to 6 p.m. Costs: Military community \$72, general public \$90, Drop-in military community \$10, general public \$12. (Drop-in only available if class is running).

Bootcamp

Experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises, each class brings its own unique challenges. No two classes are the same!

Athletes will work the cycle to improve cardiovascular stamina, core strength and flexibility. Where: RecPlex gymnasium. When: Fridays, March 31 to May 19 from 4:30 p.m. to 5:30 p.m. Costs: Military community \$72, general public \$90, Drop-in military community \$10, general public \$12 (Drop-in only available if class is running).

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Du lundi au vendredi 08h00 à 16h00

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Protestant Service: 1115 hrs
Service protestant: 11h15

RC Sunday Mass (English) at 0900 hrs
RC Sunday Mass (French) at 1010 hrs
RC Sunday Mass (Bilingual every 4th Sunday of the month) at 0900 hrs

Messe CR du dimanche en anglais à 9h00
Messe CR du dimanche en français à 10h10
Messe CR du dimanche bilingue le 4ème 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 pour 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 (Fr/Père) John Funelas

Lt(N)(Fr/Père) Félix Roberge

Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen

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The GED Quinte Program Registration

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Safety

Don't take toxins home

You wouldn't dream of taking a drum of a toxic chemical home from work and allowing your family to be exposed to it. Are you aware you might be putting your family in similar danger if you carry chemical residue away from the workplace on your clothing, tools, skin or hair?

Asbestos, beryllium, lead, mercury, pesticides and infectious agents are some of the substances known to have been carried home by workers, putting families at risk for cancer, reproductive problems, learning disabilities, brain damage and other health problems.

Perhaps you don't think the substances you work with are harmful – you are still feeling quite healthy, right? Keep in

mind more is being discovered about long-term damage from exposure to dangerous substances.

Asbestos, for instance, was once considered harmless. Now it is well known that exposure can be fatal years later, not only for workers but their families as well.

You also should be aware family members might have a different tolerance level than you do. Children are particularly susceptible to neurological problems caused by lead exposure. Seniors may have already absorbed a high level of the chemical from their years of work and further exposure can create serious problems.

Family members with an immune deficiency caused by AIDS, chemotherapy or other health difficulties could be susceptible to infectious agents carried home by the worker. Wood dust, especially western red cedar dust, can cause severe respiratory problems for workers and family members.

If you work with hazardous chemicals, your training should include safe work practices to reduce your own exposure. You need to learn what type of protective clothing to wear, and how to decontaminate both your protective gear and your ordinary work clothes.

Depending on the hazards involved, your workplace might

have change rooms, clothing lockers, showers, laundry service or disposable clothing.

You may be required to:

Change your clothing before you leave the workplace. Leave contaminated clothing at work.

Wear disposable clothing and discard it at work after use.

Take a shower and wash your hair before you leave the workplace.

If you do have to take work clothes home, carry them in a closed garbage bag in the trunk of your car or the back of your pickup. When you get home,

keep these clothes away from other laundry and wash them separately. Keep residue cleaned out of your washing machine, and run the machine through a



Keep personal belongings out of contaminated areas of the workplace. Know the hazards of any chemicals and other dangerous substances in your workplace. Follow all safety precautions to prevent exposure, including safe work practices and personal protective equipment.

8 Wing Honours and Awards

These certificates are presented to the members of the 8 Wing team for their outstanding performance during the Nijmegen Marches, held in the Netherlands from July 15 to 25, 2016. These certificates are presented to (left to right) Major Tetzlaff, Warrant Officer Hough, Private Hardwick, Sergeant Shulz, Corporal (Cpl.) Green and Cpl. Clost.



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Throughout the third quarter, Master Corporal O'Connor demonstrated herself to be an asset to the Transportation and Royal Canadian Electrical and Mechanical Engineering (Tn/RCEME) Squadron through participation and organization of many events and activities, along with her stellar performance in the Road and Vehicle safety section. As OPI of the Adopt a Family, she organized multiple fundraising events and activities helping to raise \$1,227.30 to purchase Christmas gifts for five children in the local area while supporting Air Mobility Operations at 8 Wing.



Sean Walsh is commended for his outstanding professionalism, dedication and execution of the extensive workload associated with his current position as the 2 Air Mov Sqn Dangerous Goods Packager. He consistently goes above and beyond his job description, to address issues related to the processing and packaging of dangerous goods, by expertly applying his technical knowledge and professional experience. His dedication has been unwavering as he ensured the safety of aircraft loads, critical to mission success and flying operations in the RCAF.

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MFRC continued from page 18**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 22, Building Distress Tolerance, presented by William Corrigan. Getting through a crisis without making it worse: building distress tolerance. Saturday, May 27, Fostering Kids' Confidence, presented by Shyamala Kiru. Solutions for overcoming fear and anxiety. All 12 seminars will be free for the military family community, however registration is required. Please register by visiting or calling Trenton MFRC reception: 613-965-3575. Please note that these seminars will be offered in English only. More details on the scheduled and future seminars will be released as they become available.

Série de séminaires axés sur la famille

Le CRFM de Trenton offrira une série gratuite de séminaires, durant les prochains 12 mois, couvrant les sujets tels que le mariage et la famille, et financée par True Patriot Love et Bell Cause pour la cause. Nous avons trois séminaires planifiés pour le printemps 2017. Le samedi 22 avril, Créer une tolérance à la détresse, présentation par William Corrigan. Traverser une période difficile sans l'aggaver : 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.

Sled Program

Social and life skill enhancement and development (in partnership with Kerri's Place Autism Services). SLED is a group-based life and social skill training program for adults ages 18 to 25 with special needs. This program will focus on social and life skill development by offering participants access to community resources as a way to foster and promote independent living. This eight week program starts April 18 from 1 p.m. to 4 p.m. Please contact Orlana Bourgoian at orlana.b@trentonmfrca.ca or 613-392-2811 ext. 3953.

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@trentonmfrca.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@trentonmfrca.ca.

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@trentonmfrca.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@trentonmfrca.ca

Building Blocks Club

In partnership with Autism Ontario. An evidence-based social skills program using Lego building blocks to assist in the development of communication and appropriate social interaction. Starting April 24 from 5 p.m. to 6:30 p.m. at the Trenton MFRC. For information please contact Orlana Bourgoian 613-392-2811 ext. 3953 or orlana.b@trentonmfrca.ca.

Club de blocs de construction

En collaboration avec Autism Ontario. Un programme est spécialement conçu pour développer les aptitudes sociales en utilisant des "Legos" pour améliorer la communication et les interactions sociales appropriées. L'atelier débute le 24 avril de 17h à 18h30 au CRFM de Trenton. Pour information, communiquer avec Orlana Bourgoian 613-392-2811 poste 3953 ou orlana.b@trentonmfrca.ca.

Occupational Therapy Clinic

Calling all CFB Trenton military families! The Trenton MFRC and True Patriot Love in collaboration with Belleville Integrated Health Centre are pleased to offer three different Occupational Therapy Clinic Packages! Each program will include: An assessment (comprehensive or overview depending on the need) - \$110 - \$350 val-

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ue; one of three to six week Clinic Group - \$210 value; plus two individual private sessions - \$220 value. Total Value of \$780 for just \$100. To register today or for more information please contact Orlana 613-392-2811 ext.3953.

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

En collaboration avec le Centre de santé intégré de Belleville, le CRFM de Trenton et le True Patriot Love offrent trois programmes d'ergothérapie ! Début des évaluations le 4 avril 2017 à 9 h. Inscrivez votre enfant sans tarder ! Chaque programme comprend : Une évaluation (exhaustive ou générale selon les besoins) — d'une valeur de 110 \$ à 350 \$; une de trois — groupe de six séances cliniques — d'une valeur de 210 \$; deux séances privées individuelles — d'une valeur de 220 \$; Valeur totale de 780 \$ pour seulement 100 \$. Pour toute information ou inscription, communiquez avec Orlana par téléphone au 613-392-2811 poste 3953.

Limitless Youth Night

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

Possibilités Infinites

Une soirée pour les jeunes chaque 3^e 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 sœurs et les amis de 6 à 11 ans sont les bienvenus. Pour information communiquer avec Orlana Bourgoian 613-392-2811 poste 3953 ou orlana.b@trentonmfrca.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@trentonmfrca.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 Bourgoian 613-392-2811 poste 3953 ou orlana.b@trentonmfrca.ca.

Babysitting Course

April 21 and 22, Friday at 6 p.m. to 9 p.m. and Saturday at 9 a.m. to 4 p.m. At the Trenton MFRC. \$25 per child. Lunch is not provided. To register, contact the MFRC reception or email Rabia with your questions at rabia.s@trentonmfrca.ca.



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13 JAGUAR XF RS 550HP

29647 Auto, 5.0 V8 supercharged, RWD, pwr seat/seats, push btn start, leather, memory seats, dual climate, nav, rev cam, park aid, Bluetooth, adaptive cruise. 19,156 km

\$57,995
\$442
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



16 MERCEDES E400

29828 Auto, 3.0 Biturbo V6, AWD, alloys, pano roof, leather, pwr seats, memory seats, heat seats/rear seats/steer, AC, nav, rev cam, park aid, Bluetooth, cruise. 33,050 km

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



13 ACURA ILX PREMIUM PKG

29813 Auto, 2.0 4cyl, alloys, pwr roof/seats, push btn start, leather, heat seats, dual climate, rev cam, Bluetooth, pwr group, cruise, paddle shift. 52,626 km

\$16,795
\$128
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



13 NISSAN LEAF S

29871 Auto, electric, leather, heat seats/rear seats/steer, AC, nav, rev cam, Bluetooth, cruise, touch screen, Bose stereo, 80KWH AC sync electric motor, 30KWH lithium ion battery. 62,526 km

\$15,195
\$116
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 FIAT 500

29855 Auto, 1.4 4cyl turbo, keyless entry, alloys, leatherette trim seats, AC, CD, MP3, Bluetooth, compass, ext temp gauge. 72,428 km

\$8,995
\$60
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 NISSAN VERSA NOTE SV

29830 Auto, 1.6 4cyl, hatchback, keyless entry, tract ctrl, bucket seats, AC, MP3, sat radio, rev cam, Bluetooth, compass, ext temp gauge. 30,088 km

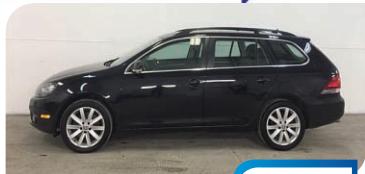
\$12,995
\$78
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 MITSUBISHI MIRAGE ES

29843 Auto, 1.2 3cyl, hatchback, keyless entry, tint windows, tract ctrl, heat seats, AC, CD, MP3, Bluetooth, pwr group, cruise, steer ctrl, tilt steer. 68,315 km

\$8,595
\$58
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 VW GOLF HIGHLINE

29804 Auto, 2.0 4cyl TDI, diesel, alloys, pano roof, leather, pwr seats, heat seats, dual climate, Bluetooth, pwr group, cruise, wagon, touch screen. 105,084 km

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



17 CHEVROLET CRUZE PREMIER

29780E Auto, 1.4 4cyl turbo ecotec, alloys, push btn start, leather, pwr seats, heat seats/steer, AC, MP3, sat radio, rev cam, park aid, OnStar. 22,943 km

PREVIOUS DAILY RENTAL

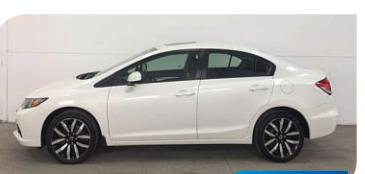
\$19,495
\$118
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 MAZDA 3 GS

29864 Auto, 1.6 4cyl, keyless entry, alloys, pwr roof, push btn start, heat seats, AC, nav, rev cam, park aid, Bluetooth, pwr group, cruise, touch screen. 72,395 km

\$15,495
\$104
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 HONDA CIVIC TOURING

29844 Auto, 1.8 4cyl, flex fuel, alloys, pwr roof/seats, leather, heat seats, nav, rev cam, Bluetooth, pwr group, cruise, touch screen. 71,537 km

\$16,495
\$126
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 VW JETTA COMFORTLINE

29758 Auto, 2.0 4cyl TDI, diesel, keyless entry, alloys, pwr roof, heat seats, AC, CD, MP3, compass, ext temp gauge, pwr group, cruise, steer ctrl. 110,409 km

\$15,495
\$104
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 CHEVROLET MALIBU LT

29841E Auto, 2.5 4cyl, keyless entry, alloys, econo mode, bucket seats, AC, MP3, sat radio, pwr group, cruise, touch screen. 49,224 km

PREVIOUS DAILY RENTAL

\$15,495
\$94
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 CHEVROLET TRAX LT

29838 Auto, 1.4 4cyl turbo ecotec, keyless entry, alloys, AC, MP3, sat radio, rev cam, park aid, Bluetooth, OnStar, pwr group, cruise, Bose snd. 37,149 km

PREVIOUS DAILY RENTAL

\$15,495
\$104
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 DODGE JOURNEY R/T

29854E Auto, 3.6 V6, 7pass, AWD, fact remote start, push btn start, leather, pwr seats, heat seats/steer, 3 zone climate, rev cam, park aid. 27,067 km

PREVIOUS DAILY RENTAL

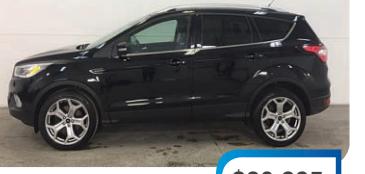
\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 JEEP CHEROKEE LTD

29883 Auto, 3.2 V6, fact remote start, alloys, push btn start, leather, pwr seats, heat seats/mirrors/steer, AC, dual climate, nav, rev cam, U-connect, cruise, touch screen. 3,344 km

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



17 FORD ESCAPE TITANIUM

29863 Auto, 2.0 4cyl, 4WD, fact remote start, eco boost, pano roof, push btn start, leather, heat seats/steer, dual climate, nav, rev cam. 20,833 km

PREVIOUS DAILY RENTAL

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



16 DODGE JOURNEY LTD

29886 Auto, 3.6 V6, 7pass, fact remote start, flex fuel, alloys, pwr roof/seats, push btn start, heat seats/steer, dual climate, DVD, rev cam. 23,190 km

PREVIOUS DAILY RENTAL

\$23,995
\$145
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 2500 LARAMIE

29293 Auto, 5.7 V8 Hemi, 4x4, fact remote start, crew cab, short box, trailer hitch, box liner, pwr roof/seats, push btn start, leather, memory seat. 18,075 km

PREVIOUS DAILY RENTAL

\$50,495
\$305
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 DODGE RAM 1500 SPORT

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

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



16 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

\$11,995
\$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 chl, over \$7000 ext, ultimate sled. 904 Miles

\$10,995
\$74
bi-weekly
84 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 trailer.

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

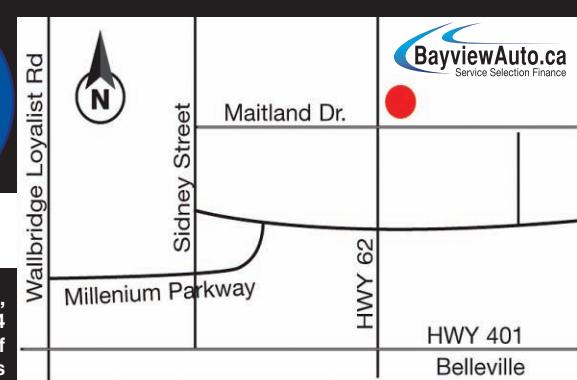
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