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Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

Diving into Sports Day fun



Members of 8 Wing took the opportunity to dive into fun during the Sports Day February 10, 2017. See story and more photos on pages 8 & 9.

Photo by Cpl. Ken Beliwicz, 8 Wing Imaging

Jerseys presented to 8 Wing honouring RCAF Flyers' World championship

The jersey symbolizes the mutual respect and admiration between 8 Wing and Quinte West

By Ross Lees

There is no doubt it has become a mutual admiration society. 8 Wing/Canadian Forces Base (CFB) Trenton and Quinte West both admire and respect each other, and that was never more evident than a special presentation at the 8 Wing Sports Day last Friday.

The Trenton Golden Hawks of the Ontario Junior Hockey League (OJHL) general manager John McDonald made a special presentation at the end of the day to 8 Wing Commander Colonel (Col.) Colin Keiver in which both men expressed their respect and admiration for the other's community. Mr. McDonald presented Col. Keiver with a replica RCAF Flyers jersey honouring their World Championship hockey win, in 1948. Col. Keiver's name was on the back of one of the three jerseys presented by Mr. McDonald, a symbol of appreciation of a recent gesture by Col. Keiver, according to Mr. McDonald.

This division-leading squad does a team

bonding exercise each year and, this year, they were invited to tour the base to see what the military members do. This visit had a surprising result, Mr. McDonald told a gathering at the Astra Lounge Friday afternoon.

"Our best defence man and one of our captains has now signed a letter of intent to go to RMC, so it's one hell of a way to recruit hockey players," noted Mr. McDonald.

Each year, the Trenton Golden Hawks have three sets of jerseys, their home and away jerseys and a third set they dub their "go to war" uniform.

Continued on page 10

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Two CH-146 Griffon helicopters sit on the ramp at Opa Locka Executive Airport, Florida during Exercise Southern Breeze on February 6, 2017. Photo by Corporal Bryan Carter

Combat support and search and rescue squadrons conduct Exercise Southern Breeze

The exercise is designed to employ the skills required to deploy a small scale force and sustain operations while dislocated from main supporting units

Royal Canadian Air Force

Aircraft and personnel from the Royal Canadian Air Forces' (RCAF) three combat support squadrons (417, 439 and 444 Squadrons) and one transport and rescue squadron (424 Squadron) are deployed on Exercise Southern Breeze, at United States Coast Guard Air Station Miami in Opa Locka, Florida.

The exercise, which began on Feb. 6, will continue to March 4.

The exercise is designed to

employ the skills required to deploy a small scale force and sustain operations while dislocated from main supporting units. The training enables combined unit operability, and provides CH-146 Griffon combat support and search and rescue (SAR) crews with an opportunity to refine over-water and boat rescue skills alongside partners in the United States Coast Guard (USCG). This training aims to leverage and build upon the partnership between the RCAF's CH-146 Griffon-based combat support and SAR assets, and the experiences of the USCG.

"Our combat support squadrons provide an agile medical response capability and a high-readiness operational posture to support local wing operations," says Major Steven Siket, the Air Task Force commander. "Their residual capacity and SAR-like capabilities make combat support a natural choice for augmenting SAR

operations when situations require. This exercise will improve the proficiency of our combat support and SAR Griffon capabilities, ensuring that these crews are ready to help Canadians and serve Canadian interests whenever and wherever that need arises."

Approximately 120 personnel (up to 50 personnel at any one time) and three CH-146 Griffon helicopters are deployed on the exercise. Exercise personnel and equipment are from the following units:

- 439 Combat Support Squadron, 3 Wing Bagotville, Quebec
- 417 Combat Support Squadron, 4 Wing Cold Lake, Alberta
- 5 Wing Goose Bay: 444 Com-

bat Support Squadron, 5 Wing Goose Bay, Newfoundland and Labrador 424 Transport and Rescue Squadron and the

Transport Standards and Evaluation Team from 8 Wing Trenton, Ontario

The ability to plan and execute small to medium-scale deployments, and operate as composite detachments is important for these units to remain agile in support of short-notice events that require personnel recovery and SAR-like capabilities at locations not readily supported by their main operating locations.

Semi-annual currency requirements for day and night overwater operations and boat hoisting become a challenge to maintain during the winter months for some RCAF squadrons. Frigid temperatures and

local ice conditions in Cold Lake, Bagotville and Goose Bay result in a lack of training areas available to conduct training.

Throughout the exercise, both day and night operations will take place, thereby capitalizing on every possible opportunity to train and develop vital SAR skills in a safe and unencumbered operating environment.

SAR readiness and operations in Canada will not be affected by this training.



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Wing Logistics and Engineering Pictures of the Week



Snowmelter makes timely appearance at 8 Wing

Members of 8 Wing Transportation/Royal Canadian Electrical and Mechanical Engineers Squadron (Tr/RCEME), Mr. Scott Macdonald, Corporal (Cpl.) Adam Langille, Lieutenant-Colonel (Lt.-Col.) Cathy Blue and Chief Warrant Officer (CWO) "Bear" Frowen observe Cpl. Paul Dudka loading the 135 PDI Snowmelter newly arrived at the squadron. This is one of only two snowmelters within the Canadian Armed Forces (CAF). It will be used to melt snow off the airfield after heavy snowfalls during our Canadian winters.

Photo by Mr. Simon Vidal

New boiler unit installed in Hangar 9

During the last week of January, Plumbing and Heating Technicians from 81 Construction Engineering Flight were given the unique opportunity to assist Real Property Operations heating plant with the installation of a brand new boiler unit into Hangar 9. As boiler replacements are few and far between due to their long life span, this was a great opportunity for technicians to practice their skills. Pictured above are Plumbing and Heating Technicians Corporal (Cpl.) Sean Tulip and Cpl. Peter Maccaroni.

Photo by Sergeant Ray Euper



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.

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

Letters to the Editor:

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



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Out with the old mules, in with the new

By Master Warrant Officer Paul Flowers

The Royal Canadian Air Force has taken delivery of 60 replacement vehicles for an aging fleet of D6 tow tractors – more commonly known on flight lines as “mules”.

These vehicles were delivered in late January to several Royal Canadian Air Force wings, including 3 Wing Bagotville, Quebec; 4 Wing Cold Lake, Alberta; 8 Wing Trenton, Ontario; 14 Wing Greenwood, Nova Scotia; 17 Wing Winnipeg, Manitoba; and 19 Wing Comox, British Columbia.

Mules are used to tow and manoeuvre aircraft on the tarmac for flight operations and scheduled maintenance, as well as to tow aircraft maintenance support equipment (AMSE) to carry out aircraft servicing. These particular mules – the smallest in the RCAF inventory – are used in support of flight line operations to tow CT-114 Tutors, CH-146 Griffon and CC-148 Twin Otter aircraft.

Larger mules are used to tow larger and heavier aircraft. Mules are essential to day-to-day activities on the flight line. The new vehicles will be much more dependable and a welcomed resource for the technicians who service aircraft.

The current D6 mules, manufactured by Clark, were procured in 1987 and had reached the end of their service life. The existing fleet had reliability, availability and maintainability issues that had resulted in increased operational and maintenance costs and parts were difficult to obtain.

The new tractors, manufactured by TLD America, are similar to the old D6 mules but have many improvements. These new vehicles have increased towing capacity, LED lighting, a superior heating system, an improved cold weather starting aid and the ability to release the front and back pintle hitch from inside the cab.

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The RCAF has acquired 60 new tow tractors, known as “mules”, which are used to tow aircraft and servicing equipment. As with other airfield ground equipment, it is painted bright yellow for visibility, especially from the air traffic control tower during adverse weather conditions. Photo: TLD



Another view of the RCAF's new mules for towing CT-114 Tutors, CH-146 Griffon and CC-148 Twin Otter aircraft, as well as aircraft maintenance support equipment. Photo: TLD



The old D-6 mule, acquired in 1987, had reached the end of its lifespan and has been replaced by a new mule produced by TLD. Photo: Submitted



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Possibilities
TODAY & TOMORROW



CFS Alert's emergency medical team prepares for training

By Second Lieutenant Valérie L. Rousseau

Canadian Forces Station (CFS) Alert's medical staff must be able to cover a wide range of services. The Station's Physician assistant (PA), Warrant Officer (WO) Marc Descoteaux, and medical technician, Corporal (Cpl.) Benoit Bolduc, are also the Station's physiotherapists, pharmacists, social workers, dentists, padres, and surgeons for minor surgeries.

In addition to these services, they must be ready to respond to any type of emergency the Station may face. Since they are the only medically trained staff on Station, they require additional help in order to expand their capabilities for saving multiple lives. This is where the Emergency Medical Team (EMT) comes into play.

Even though all Canadian Armed Forces (CAF) members are First Aid qualified, many do not receive extensive medical training in their trade beyond First Aid.

As part of EMT, members have the opportunity to take on roles they would not typically fill during emergency situations.

They are also exposed to a variety of medical training.

Cpl. Benoit Bolduc, also known as Starlight Minor, is responsible for the Station's EMT training. On Friday, Feb. 10, the EMT members reviewed mass casualty incident and set up in the Station's main gym. Their upcoming training will be a joint exercise with the Station's fire department to respond to a simulated off Station plane crash.

EMT's training covers a wide range of situations from search and rescue, cardiac arrest, cold weather injuries, scene assessment, treating medical conditions and more. EMT is a crucial part of the Station's emergency response team (ERT) and help the Station's medical staff expand their capabilities in order to save as many lives as possible, in case of an emergency.



From left to right: Corporal (Cpl.) Nicolas Vaillancourt-Poulin, Cpl. Ken Leclair, Cpl. Neganthan Jeganathan, Master Corporal (MCpl.) Adam Kieley, MCpl Jean-Marc Leclerc, and Cpl Benoit Bolduc the Station medical technician in charge of EMT training.



Corporal (Cpl.) Alan Morimoto, Master Corporal (MCpl.) Ryan Matthews, and Cpl. Katelin Turner setting up.



Cpl. Benoit Bolduc is explaining to the EMT members how to set up the main gym, at the Station, in the event of a mass casualty incident.

Photos by Second Lieutenant Valérie L. Rousseau

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2nd (13.63 seconds) WLE

Water Wubit:

1st (21.81 seconds) Avr. M. Alley
2nd (22.15 seconds) Pte. I. Tkach

Geocache:

Winning Team: Cpl. Wilcox (ATESS), Cpl. Bourque (ATESS), Avr. Hankinson (ATESS), and Avr. Pepin (CFSATE, 16 Wg, Borden)

Floor Hockey:

No formal teams fielded so no official winner

Basketball:

No formal teams fielded so no official winner

Volleyball:

1st - 8 ACCS
2nd - WgOps
Spirit Award: 8 Wing Women's Volleyball Team "You've Been Served" and all their helpers

Squash:

1st - Cpl. L. Miller (8 AMS) received a spaghetti squash and home-made gold trophy
2nd - Cpl. C. Vince (8 AMS) received home-made silver trophy

Ice Hockey:

Winning Team: "Two Scoops of Raisins" - Matt Archer (Goalie), Capt. P. Gimpel, Capt. D. Thebault, Cpl. R. Macari, Cpl. Hubert, MCpl. Levesque, MCpl. Shank, Pte. Bois, Avr. Cunningham, Cpl. Hietanen, Sgt. Burgess.

Ice Fishing:

1st - (longest combined length of fish) 46 3/4" Sgt Hebert (8 AMS)
2nd - 45 3/4" Sgt Laing (2 MP Sqn)
3rd - 44 1/2" MWO McLean (424 Sqn)
Biggest single fish - 8 1/2" inch Perch caught by Cpl. S. S Sauve

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8 Wing Sports Day allows friendly competition in mid-winter event

Unusual sports like ice fishing, geocaching, water wibit and snow plow pull attracted fun-seekers

By Ross Lees

It turned out that the second time was the charm for the 8 Wing Sports Day.

After having had to postpone the first Sports Day due to lack of snow, the second time around was nearly ideal.

Events filled up at the last minute, but they did fill up and everyone seemed to get into the spirit as they participated in unusual sports day events like geocaching, ice fishing, the water wibit and the snow plow pull, along with a fun run, hockey, basketball, volleyball, squash, and yoga.

Everybody made a concentrated effort to make the event successful and fun, including the lead organizer Capt. Sandra Woods, who took it upon

herself to deliver pizzas at lunch to the ice fishermen.

"They didn't want to leave their holes, so I took the pizzas out to them," she said when the day was winding down. "It just couldn't have gone better. I want to thank all of the OPIs of all the events. Because of their efforts, everybody had a great time."

It was a sentiment 8 Wing Commander Colonel (Col.) Colin Keiver echoed in his remarks.

"The intent of all these things, as always, is just to kick back and relax and get to know one another in a friendly, respectful environment and to be able to support the Trenton Golden Hawks like we do," he stated.

Col. Keiver showed himself to be a true fan of the Trenton Golden Hawks because they had also shown themselves to be fans of "...the pre-eminent jet demonstration team of the

50s and 60s in the world, quite frankly. They were based right here in Trenton, the RCAF Golden Hawks, which is very cool."

"It's awesome to have that link to the community and I've said this to you a hundred times - probably even more than that - you should be incredibly proud of the community you live in. They give us a great deal of support and what I can report, candidly, at every function I go to in the community, is they are incredibly proud of you."

Reports back from the various events indicated personnel enjoyed the unusual and the usual sports on this day and it was a situation Col. Keiver was happy to hear.

"I don't think it gets any more Canadian than sending guys out on the ice, ice fishing, for sports day. That's awesome!" he said.



Dressed for the weather

This young lady, however, came dressed for the weather.

Photo by Ross Lees



Concentrating

These people concentrate on geocaching.

Photo by Ross Lees



Day on the ice

These hardy enthusiasts spent the day out on the ice on the Bay of Quinte trying to catch fish.

Photo by Ross Lees



Basketball block

A competitor attempts to block this drive to the basket.

Photo by Cpl. Ken Beliwicz, 8 Wing Imaging



Gated community

A large turnout took advantage of some expert warm-up advice to prepare to start the 8 Wing Sports Day.

Photo by Ross Lees

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8 Wing Sports Day Photo Page



Little people pull

This administration team puts their backs into pulling the snow plow.
Photo by Ross Lees



Disguised for fun

This super hero from 8 Wing did not let the weather inhibit his fun.
Photo by Ross Lees



OPI of sports day

Lead organizer Capt. Sandra Woods thanked all of the OPIs of the events and the participants for making the day so successful.
Photo by Ross Lees



Yoga

Yoga took place at the Baker Island Community Centre throughout the day.
Photo by Ross Lees



Eye on the ball

These two squash competitors keep their eyes on the ball.
Photo by Cpl. Ken Beliwicz, 8 Wing Imaging

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RCAF Flyers' World championship

Continued from page 1

This year, that uniform was the RCAF Flyers' replica jersey. "These are our thirds this year, which is the exact sweater that the RCAF Flyers wore in 1948 when they won the world championship," he said.

Mr. McDonald presented Col. Keiver with a sweater with his name on the back and the number 8, a sweater was also presented for Andrew Davidson, and a third jersey was presented to be hung in the Earl of Bessborough Social House to symbolize the respect the local Trenton OJHL team has for the military.

As he presented the jerseys, Mr. McDonald made another commitment to Col. Keiver and the military. Having competed for the Royal Bank Cup last year, the symbol of Canadian Junior Hockey League supremacy, the team came up one game short of winning the championship, despite reading each day a letter of support from Col. Keiver that was posted on the bulletin board in the team's dressing room.

"We got an unbelievable letter from this guy here (Col. Keiver) that was posted on the bulletin board and every morning the guys read it - a letter of inspiration about being our co-pilot and flying with us. We're going to finish the job we started and win the national championship for you this year," he noted.



Trenton Golden Hawks of the Ontario Junior Hockey League (OJHL) general manager John McDonald made a special presentation to 8 Wing Commander Col. Colin Keiver of a replica RCAF Flyers' jersey at the annual 8 Wing Sports Day last Friday, 10 February 2017.

Photo by Ross Lees

January Weather Summary

Warming trend continues in the first month of 2017

By Cpl. C. Pike-Pilditch, 8 Wing MET

January 2017 was more warm and rainy than previous years. There was also less snow than last year. No records for temperature or precipitation were broken.

The average daily maximum temperature this January was 1.1C, almost a degree warmer than the year before, which was -0.2C. Average daily minimum temperatures were a few degrees warmer, at -6.1C compared to -9.4C of 2016. The single warmest day of the month was 8.1C on the 12th. The coldest night was on the 9th at -17.5C.

Precipitation totals were generally higher for January 2017, at 87.3mm combined, up from 66.7mm in 2016. Rainfall for the month totaled 60.4mm, up from 43.8mm of 2016. Snow amounts came in at 27.2cm, actually down from 35.2cm the year before.

There were three days where freezing precipitation were recorded, as well as three days with fog and two days with blowing snow.

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

Trenton's Nostalgic Trivia



Pioneers of early simulation

Not sure I would have relished the job down range pulling the model aircraft across the shooter's arch of fire. You will notice a rope attached to the curtain in order to raise it, which one of the seated students is holding. Sim training today has come a long way since this early training session of air gunner training in 1933.

Provided by Capt Sandor Gyuk, Wing Heritage Officer

8 Wing Sports Day



CO serving pizza

Col. Keiver serves pizza during the lunch break.

Photo by Ross Lees

BALL HOCKEY Belleville

REGISTRATION AGES 3 TO 18

Fri., March 3rd 5:30 to 7:30pm
Sat., March 4th 10am to 2pm
Sat., March 18th 10am to 2pm

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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!

March Break Kidz Camp

This partnership with PSP will get you active as well as get your creative juices flowing. Enjoy sports, swimming, a paint class, a game of wii and more. Don't miss our St. Patrick's Day party at the end of the week! March 13-17 for ages 6-8 and 9-12. At the RecPlex 21 Namao Dr. East. To register: Visit the RecPlex or register online at <http://bk.cfpsa.com/trentonpub/index.asp> For more information, please call 613-392-2811 ext. 3348.

Camp Kidz du Congé de mars

Cette collaboration avec PSP apportera des activités dynamiques et stimulera vos idées créatives. Venez profiter d'activités sportives, de la natation, une classe de peinture, des jeux wii et beaucoup plus. Ne manquez pas, à la fin de la semaine, notre célébration du jour de la St-Patrick! Du 13 au 17 mars pour les 6 à 8 ans et les 9 à 12 ans. Au RecPlex, 21 Namao Dr. Est. Pour les inscriptions, visitez le RecPlex ou inscrivez-vous en ligne au <http://bk.cfpsa.com/trentonpub/index.asp> Pour plus d'information, téléphonez au 613-392-2811 poste 3348.

Winter Symposium

Rediscover, rejuvenate! Take a day for yourself and join friends for a day of unique, invigorating workshops. Enjoy your choice of three different workshops, a keynote speaker, a delicious and nutritious lunch that will inspire you to bust out your crockpots again. The day will end with a group yoga session led by Mindful Movements. You can learn about the magic of contouring, the health benefits of essential oils, personal safety, travelling solo and more! Please see our program to read about the available sessions. Download and print the registration form or pick one up at the MFRC. Payment must be included with registration. <http://trentonmfr.ca/news-events/event/winter-symposium/> Ticket prices: Early bird - \$40, after February 6 - \$50. *Open to the military community and the general public. For more information, please contact reception or email helene.cg@trentonmfr.ca.

Symposium hivernal

Redécouvrez, revivifiez! Prenez une journée pour vous & joignez des amis pour assister à des ateliers uniques et vivifiants. Profitez d'un choix de trois ateliers différents, une conférencière, un repas délicieux et nutritif qui vous suscitera à tirer de l'oubli votre mijoteuse. La journée finira avec une session de yoga en groupe facilitée par 'Mindful Movements'. Vous pourrez apprendre la magie du maquillage pour le contour du visage, les bénéfices des huiles essentielles sur la santé, la sécurité personnelle, voyager en groupe ou solo! Lisez notre programme pour voir tout ce qui est disponible. Téléchargez et imprimez le formulaire d'inscription ou arrêtez au CRFM pour l'obtenir. Le paiement est dû au moment de l'inscription. <http://trentonmfr.ca/news-events/event/winter-symposium/> Le coût est 40\$ d'ici le 6 février, 50\$ à partir du 7 février. *Cet événement est ouvert à la communauté militaire et la population générale. Pour plus d'information, contactez la réception au 613-965-3575 ou helene.cg@trentonmfr.ca.

Dance with France - Ladies Night

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

Danse avec France - La soirée des dames!

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

Dance with France

Mondays starting March 13. Level 1 from 7 p.m. to 8 p.m. Tango/Swing. Tuesdays starting March 14, level 2 from 6 p.m. to 7 p.m. Samba/Viennese Waltz Introduction. Level 3 from 7:15 p.m. to 8:15 p.m. Lindy Hop/Swing Choreography. Practice Sessions for Level 1,2, 3 will be held on April 3 and May 1 at 7 p.m. to 8:30 p.m. \$90 per couple for eight weeks. At 8 Wing Officer's Mess (Upper Lounge). To register, please contact MFRC reception at 613-965-3575. Payment can be made by cash, debit or cheque. Deadline: March 10.

Danse avec France

Les lundis débutant le 13 mars. Niveau 1: 19h - 20h - Tango/Swing. Les mardis débutant le 14 mars. Niveau 2: 18h à 19h - Samba/ Intro au Waltz Viennese. Niveau 3: 19h15 à 20h15 - Chorégraphie Lindy hop/swing. Les sessions de pratiques pour les niveaux 1, 2, 3 seront tenues le 3 avril et le 1 mai à 19h - 20h30. 90\$ par couple pour 8 semaines. Au Mess des officiers 8 Wing. Pour vous inscrire, veuillez contacter la réception du CRFM au 613-965-3575. Paiement en cash, débit ou chèque. Date limite: le 10 mars.

Finding Emotional Balance

Strategies for managing strong emotions. Join us for a six week program for ages 14 to 18 to help you understand and manage emotions and practice healthy coping skills. Feb. 15, 22 and March 1, 8, 15 and 22 from 4 p.m. to 5 p.m. For more information or to register, please contact Jaelyn Hunter 613-392-2811 ext. 4017.

Trouver son équilibre émotionnel

Stratégies pour maîtriser les émotions fortes. Un programme de 6 semaines spécialement conçu pour aider les jeunes de 14 à 18 ans, à comprendre et à mieux maîtriser leurs émotions en pratiquant de saines compétences d'adaptation. Les 15 et 22 février et les 1er, 8, 15 et 22 mars de 16h à 17h. Pour inscription ou information Jaelyn Hunter 613-392-2811 poste 4017.

Continued on page 13

Home of the Week

Your Building Renovation Experts



Plan No: 2-3-765

This attractive three-kitchen by a large prep bedroom, two-storey land. A doorway leads to a covered patio, providing a space for year-round grilling. The kitchen's L-shaped counter configuration will spell efficiency for the cook, and a roomy pantry will provide always-welcome storage space. The master suite is located at the front of the home, and enjoys a doorway to the sundeck. The ensuite includes a soaker tub with its own window, as well as a shower stall. Double basins will ease the morning rush-hour. The walk-in closet will provide lots of room for a couple's clothing and accessories. The second and third bedrooms look out to the

back garden and share a three-piece bathroom. Plans for the ground floor include space for a secondary suite with two bedrooms, as well as a roughed-in three-piece bathroom. The laundry room is nearby. The den is well-located to serve as a home office. The double garage provides access to the foyer, as well as the side garden. Exterior finishes include horizontal wood siding, brick accents, ornamental woodwork and painted trim. This home measures 40 feet wide and 49 feet deep, for a total of 1,414 square feet of living space on the upper floor. Ceilings are nine feet high throughout.

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CFAWC Library Now Open

The Canadian Forces Aerospace Warfare Centre Library is now open to 8 Wing's/CFB Trenton's CAF members and DND employees as well as to veterans. The library's Canadian, RCAF and other military topics are ideal resources for professional development, distance learning, military courses and personal interest. Equipped with DWAN/Internet computers and a photocopier, the library is located at 51 Anson Avenue, Bldg 518 (across from the south-side gym). Hours are Monday to Friday 0800-1600 and Saturday 0900-1500. For more information, email cfacli-library@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 cfacli-library@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.

Feb. 18 – Quinte Branch of the Ontario Genealogical Society's Tales of the Script

The Quinte Branch of Ontario Genealogical Society presents "Tales of the Script: Learning the Alphabet" by Carol St. Clair, SSW. Looking at old handwriting styles from the 19th century and using that knowledge to navigate handwritten records of the 1800s. Everyone is welcome. Quinte West Public Library, 1 p.m. to 3 p.m. Visit www.roostweb.ancestry.com/~canqbogs

Feb. 19 – Music at St. Thomas

The 2016 - 2017 edition of Music at Saint Thomas, scheduled for 4:30 p.m., is dedicated to keyboard and choral music. Music directors Francine and Matthieu Latreille are preparing a concert named "Mystery" for February. This concert will gather 10 professional singers from Belleville, Montreal and Toronto. A reception will follow. Admission: Pay what you can.

La présente édition de "Music at Saint Thomas" est dédiée aux instruments à clavier et à la musique chorale. Les directeurs musicaux Francine et Matthieu Latreille préparent un concert intitulé "Mystère" pour le mois de février. Ledit concert réunira dix chanteurs professionnels de Belleville, Montréal et Toronto. Une réception suivra l'événement. Une contribution volontaire sera demandée en guise de prix d'entrée.

Feb. 20 – National Air Force Museum of Canada Free Family Day

The National Air Force Museum of Canada is holding a free Family Day on Feb. 20 from 11 a.m. to 3 p.m. Admission is free and includes a free family portrait at their Spy School and X Camp – where spies are made. Once enrolled, you will be sent on a series of missions designed to test your skills as an international spy. Come dressed as your favourite spy. The Spy School features code breaking, covert messaging, surveillance challenge, laser maze, missile neutralization and much more.

Feb. 25 – Legion Branch 110 Concert and Dance

The Royal Canadian Legion Branch 110 is having a Concert and Dance with Nashville Recording Artist Dean James on Feb. 25 at 8 p.m. Advance tickets can be purchased at the Legion office. Call 613-392-0331 or visit rcl110.ca for more information.

Feb. 26 – RecPlex Indoor Triathlon

Your Community Recreation Association invites you to TRI your winter blues away by taking part in their Indoor Triathlon on Feb. 26. Participants will swim for 15 minutes, bike for 30 minutes on the cycle trainer and run a 5 km outdoor run. Those wishing to participate can do so by registering online at www.myracetime.ca

Feb. 26 - Fixed Fur Life Tea Party and Purse Auction

Fixed Fur Life is holding a Tea Party and Purse Auction at the Quinte West Marina on Feb. 26 from 12 noon until 3 p.m. Purse donations and volunteers are still needed for the event to be emceed by Norm Harriet. Only 100 tickets are being sold at \$10 each, which includes light lunch, beverage and door prize. The facebook link is <https://www.facebook.com/events/395805447478011/> and more information can be obtained at thworx@hotmail.com

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 2 – Quinte Ballet School of Canada presents Dancing with Parkinson's

The Quinte Ballet School of Canada (QBSC) is now enrolling people for 12-week pilot class to begin March 2 at 11 a.m. No experience is necessary and classes are geared to all levels and abilities. There are only 20 spaces available for Parkinson's dancers, so those wishing to participate are encouraged to enroll quickly. Classes take place at the Quinte Ballet School of Canada, at 196 Palmer Road, Belleville. For information or to register, please contact Laura Ryan at danceparkinsonsqbosc@gmail.com

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this family day
February 20, 2017
at the
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FEATURING:

- * code breaking
- * covert messaging
- * surveillance challenge
- * "laser" maze
- * missile neutralization
- ... and much more!!

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Admission &
family portrait

MARCH BREAK CAMPS

March Break Kidz Camp

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



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

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

Children's Martial Arts March Break Camp 2017

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



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

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

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

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

MFRC continued from page 11

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 healthy skin; essential oils and aches and pains; essential oils and sleep; essential oils emotions; essential oils first aid; essential oils and our immune response; essential oils and detox; essential oils and digestion; essential oils and hormones; essential oils - DIY night. Sign up for one or join all classes! One class: \$20. Five classes: \$75. Ten classes: \$150. Register and pay at Trenton MFRC reception. For more information email rabia.s@trentonmfrc.ca.

Le pouvoir des huiles essentielles – Une série de 10 ateliers

Les cours sont accessibles les mardis soirs de 18 h 30 à 20 h. Apprenez sur les bénéfices d'ajouter les huiles essentielles à votre style de vie. Combattez-vous l'inconfort des bouffées de chaleur, le manque de sommeil, des maux et douleurs ? Ou voulez-vous simplement changer pour un style de vie plus naturel ? Ces classes sont pour vous ! Venez avec un(e) ami(e) ou donnez comme cadeau. Chaque atelier inclut un produit que vous apporterez à la maison. Vous apprendrez durant cette série d'ateliers, mettant en vedette les produits DoTerra, les utilisations suivantes : Huiles essentielles et les

soins de la peau; huiles essentielles et les maux et douleurs; huiles essentielles et le sommeil; huiles essentielles et les émotions; huiles essentielles et les premiers soins; huiles essentielles et la réponse immunitaire; huiles essentielles et la détoxification; huiles essentielles et la digestion; huiles essentielles et les hormones; huiles essentielles – Vous ferez vos projets. Inscrivez-vous pour un ou tous les ateliers ! Un atelier : 20\$. Cinq ateliers : 75\$. Dix ateliers : 150\$. Inscription et paiement se font à la réception du CRFM. Pour plus d'information, contactez rabia.s@trentonmfrc.ca.

Al Anon meetings

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

Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 18h30 à 19h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfrc.ca.

Triple P Positive Parenting seminar

For every parent who ever wondered, "Why does my child do that?" This seminar helps you understand the reasons kids do what they do, so you can guide their behavior - and see more of the behaviour you like, and less of the behav-

our you don't like. The power of positive parenting takes place on March 8 from 6 p.m. to 7:30 p.m. For more information please contact Jaclyn Hunter 613-392-2811 ext. 4017.

Triple P Séance de discussion

Pour les parents s'étant déjà posé la question: " Pourquoi mon enfant fait-il cela?" Cette conférence vous aide à comprendre les raisons pour lesquelles les enfants se comportent comme ils le font. Vous pourrez ainsi mieux les guider dans le but de voir davantage des comportements acceptables et moins ceux qui sont inacceptables. La puissance des pratiques parentales positives, le 8 mars de 18h à 19h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-392-2811 poste 4017.

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@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 Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.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 Orlana if you require childcare a week prior to the meeting 613-392-2811 ext. 3953 or orlana.b@trentonmfrc.ca.

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

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

PALS - Peers Assisting with Life Skills

This program favorite is being extended to the children of medically released veterans, ages 6 to 11. Children learn resiliency and life skills such as dealing with stress, emotional regulation and communication skills. Dinner is provided. Membership: \$50 for first child, \$80 for two children, \$110 for three or more children. Please note this program is open to children from military and veteran families. Theme is Feelings. Feb. 17 from 5:30 p.m. to 7:30 p.m. Register by email by Feb. 15, with Kendra at kendra.b@trentonmfrc.ca.

Classifieds

To Place an Ad: **613-392-2811** or **613-966-2034**
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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 en français à 10h10
 Messe CR du dimanche bilingue le 4ième dimanche du mois à 9h00

RC Weekday Masses at noon
 Messes CR quotidiennes à 12h00

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

Wing Chaplain/Aumônier de la 8e Escadre:
 Maj. (Rev/Rév) Roy Laudenorio



Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley
 Capt (the Rev./Rév.) Eric Davis
 Capt (the Rev./Rév.) John Funelas
 Lt(N)(Fr/Père) Félix Roberge
 Lt(N)(the Rev./Rév.) Mary Anne VanHeuvelen
 Capt (the Rev./Rév.) Daniel Walton

Phone/Téléphone:
 Administrative Assistant/Adjointe administrative
 Brigitte Gamache, (613) 392-2811 ext/poste 2490/4593

H Help Wanted **H Help Wanted** **H Help Wanted**

Job Opportunity

Looking for office administrative help for one day a week.

Candidates must have the following skills:

- ✓ Strong organizational skills
- ✓ Have the capability to multi-task
- ✓ Provide customer service
- ✓ Data entry into computer system
- ✓ Be able to print invoices\accept payments
- ✓ Have flexible working hours.

Send resume to daveyd@xplornet.com
 Will be contacted for interview.

Employee Assistance Program

Referral agents

Drew Craig (Chairperson) 3930

Karen Brake 7911

Nathalie Serre 7413

Rhonda Loomes 7588

James Leblanc 3053

Safety

Dressing for safety on the job



You are probably accustomed to seeing surgeons, laboratory technicians, firefighters or emergency responders wearing protective clothing. But what about you? How can you defend yourself against the hazards of your job?

Protective clothing ranges from simple coveralls to shield your clothing from dirt, to a full body "moon suit" to guard against hazardous substances. There are many options available to you. Here are a few examples.

- Coveralls provide light duty protection from dust, paint spray or grease. They can be made from a variety of materials including a cotton fabric or disposable cloth-like

paper.

- Disposable shirts, pants, lab coats, hair protectors, boots and aprons are also available in lightweight synthetic fibers. They are commonly used in "clean room" operations involving sensitive electronic equipment, the manufacture of medical implant devices or pharmaceuticals, or the production and packaging of consumable food products.
- Specially treated cotton and heavy wool garments are generally comfortable to wear and flame-resistant. These garments adapt well to changing work temperatures.
- Aprons of padded leather, hard fibers or metal provide some protection from blows, cuts and bruising.

- Leather clothing can provide protection against hot metal splashes and heat. Welders frequently wear this type of clothing.
- Rubber, rubberized fabrics and some types of plastics give protection against certain acids and chemicals.
- Aluminized clothing can protect against the extremely high temperatures involved in smelting operations or fire-fighting.
- Extremely toxic substances may require an encapsulating suit with a self-contained compressed air respirator. Workers using hazardous chemicals, or removing toxic wastes would probably use this type of protective clothing.
- Gloves, sleeves, aprons

and blankets made of heat and cut resistant materials are available. This protective equipment is available in varying weights and sizes.

Other types of clothing designed for special job hazards may include:

- High visibility reflective clothing for night work.
- Personal flotation devices when working near or on water.
- Lead-lined clothing for working around x-ray machines.

To be effective, protective clothing should be cleaned and inspected regularly. Rips, tears or other damage should be immediately reported to your supervisor. If you are washing your protective clothing at

home, remember these points:

- Clean protective clothing regularly and according to the manufacturer's instructions.
- Keep it separate from regular laundry.
- Use plenty of hot water and a heavy-duty detergent to wash your protective clothing.
- Wash heavily soiled clothing twice if necessary.
- Dry the clothing completely before wearing.
- Be careful not to bring contaminated clothing into your home.

Protective clothing can safeguard your health against a variety of hazards. Ask your supervisor for assistance when choosing the proper protection for your job.

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MADD
 Mothers Against Drunk Driving™
 Les mères contre l'alcool au volant™

www.madd.ca

MFRC continued from page 13

AMIS (PALS)

Aide sur les compétences de vie par les pairs. Ce programme vedette se prolonge pour les enfants d'anciens combattants libérés pour raison médicale âgés de 6 à 11 ans. Les enfants apprennent sur la résilience et les compétences essentielles comme la gestion du stress, l'équilibre émotionnel et les aptitudes à la communication. Le souper est fourni. Adhésion : 50 \$/premier enfant, 80 \$/deux enfants, 110 \$/trois enfants et plus. Notez que ce programme est ouvert aux familles de militaires et d'anciens combattants. 17 février, 17 h 30 à 19 h 30. Apprenez à avoir de la compassion pour les autres et les bienfaits que cela vous rapporte. Inscrivez-vous par courriel à kendra.b@trentonmfr.ca par le 15 février.

Autism Ontario Present:

Brighton's Special Needs Parent Support Group every last Thursday of the month from 6:30 p.m. to 8 p.m. at the East Northumberland Secondary School in Brighton. This support group is for parents/grandparents/caregivers of children. Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families.

This support group is for parents/grandparents/caregivers of children with all special needs. For information contact Orleana Bourgoïn 613-392-2811 ext. 3953.

CRFM de Trenton présentent:

Groupe de soutien pour les parents de personnes ayant des besoins particuliers à Brighton. Ce groupe de soutien et d'entraide est dédié aux aidants familiaux ou aux gardiens d'enfants ayant des besoins particuliers. Venez discuter de sujets qui vous intéressent. Le dernier jeudi du mois de 18h30 à 20h00 à la polyvalente East Northumberland à Brighton. Pour de plus amples informations contactez Orleana Bourgoïn 613-392-2811 poste 3953.

Babies and Beyond

The place for teen parents and 'mommas-to-be'! Offered by the Trenton MFRC and Children's Mental Health, supported by the Hastings and Prince Edward County Healthy Unit, Babies and Beyond of-

fers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips, and more. Lunch is provided. Childcare and transportation are available. When: Tuesdays from 11:30 a.m. to 2:30 p.m., Sept. until June. Where: Trenton MFRC, 50 Rivers Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

Bébés et au-delà

Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on Jan. 26 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.

science

Intéressés à développer pleine conscience pour réduire le stress et l'anxiété et pour aider à faire face situations difficiles? Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 (26 janvier) au CRFM de Trenton. Veuillez vous inscrire au moins une semaine avant l'atelier auquel vous désirez assister. Pour information ou pour vous inscrire : Rabia 613-392-2811 poste 2568 ou rabia.s@trentonmfr.ca.

Friday Drop-Off

Need a break, have an appointment - for an hour or a day? We have drop-off child care on Fridays from 9 a.m. to 4 p.m. at the Playroom. To book a spot, call MFRC reception (613-965-3575) from 1 p.m. on Monday to noon on Thursday. The cost is \$5 per hour for your first child and \$4 per hour for subsequent children.

dredi

Avez-vous besoin d'un répit? Avez-vous un rendez-vous? Nous offrons un service de halte-garderie à la salle de jeux du CRFM les vendredis de 9h à 16h. Nous prenons les réservations à compter du lundi 13h jusqu'à jeudi midi au 613-965-3575. Le coût est de 5\$/heure pour le premier enfant et de 4\$/heure pour le deuxième et ainsi de suite.

Museum

The Trenton MFRC is pleased to announce that, on a trial basis, we are selling Royal Ontario Museum (ROM) tickets at a discount rate. Adults - \$13.50; students with ID - \$12.50; children (4-14) - \$9.50. Information: 613-965-3575

Museum

Le CRFM de Trenton est fier d'annoncer que, à titre d'essai, nous vendons des billets pour le 'Royal Ontario Museum' (ROM) in Toronto à un coût réduit. Adultes - \$13.50; Étudiants avec pièce d'identité - \$12.50; Enfants (4-14) - \$9.50. Information: 613-965-3575.

Social Media

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

Nouvelles mensuelles et Facebook

Ne manquez pas les dernières nouvelles du CRFM et les communautés avoisinantes. Inscrivez-vous par notre site internet www.trentonmfr.ca pour les nouvelles mensuelles par courriel et suivez-nous sur Facebook et suivez-nous sur Twitter!



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13 JAGUAR XF RS

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

\$59,995
\$458
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



14 CADILLAC ATS

29536 Auto, 2.0 4cyl turbo, AWD, alloys, push btn start, leather, pwr seats, heat seats, AC, dual climate, CD, MP3, sat radio, rev cam, OnStar, cruise, touch screen, Bose snd. 29,459 km

\$22,995
\$154
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 NISSAN ALTIMA SL-TECK PKG

29565 Auto, 2.5 4cyl, fact remote start, pwr roof/seats, push btn start, leather, heat seats, AC, dual climate, rev cam, park aid, Bluetooth, cruise, heat steer, Bose snd, BSW, LDW. 50,975 km

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



14 CHEVROLET CRUZE

29232 Auto, 2.0 4cyl turbo ecotec, diesel, fact remote start, alloys, pwr roof/seats, leather, heat seats, AC, nav, rev cam, OnStar, cruise, MyLink, touch screen, Pioneer snd. 44,850 km

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



13 BUICK VERANO

29518 Auto, 2.4 4cyl ecotec, keyless entry, fact remote start, tract ctrl, woodgrain trim, leather trim seats, AC, dual climate, CD, MP3, sat radio, rev cam, OnStar, cruise. 22,138 km

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



15 CHEVROLET MALIBU LS

29616 Auto, 2.5 4cyl ecotec, keyless entry, alloys, tract ctrl, AC, CD, OnStar, pwr windows/locks/mirrors, cruise, steer ctrl. 39,621 km

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



14 NISSAN SENTRA SV

29571 Auto, 1.8 4cyl, keyless entry, push btn start, tract ctrl, econo mode, AC, MP3, sat radio, cruise, sport mode. 19,975 km

\$12,995
\$87
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



12 NISSAN VERSA SL

29570 Auto, 1.8 4cyl, hatchback, keyless entry, alloys, tract ctrl, woodgrain trim, AC, CD, cruise, xtronic CVT. 50,259 km

\$8,695
\$77
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



16 JEEP PATRIOT HIGH ALTITUDE

29540 Auto, 2.4 4cyl, 4x4, roof rack, alloys, pwr roof, leather, pwr seats, heat seats/mirrors, AC, CD, MP3. 18,928 km
PREVIOUS DAILY RENTAL

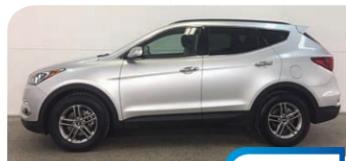
\$22,495
\$136
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 JEEP PATRIOT HIGH ALTITUDE

29477 Auto, 2.4 4cyl, 4x4, keyless entry, roof rack, alloys, leather, pwr seats, heat seats, AC, CD, MP3, sat radio, U-connect, ext temp gauge, heat mirrors, cruise. 32,581 km

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



17 HYUNDAI SANTA FE SPORT

29537 Auto, 2.4 4cyl GDI, AWD, alloys, pwr seats, heat seats/rear seats/steer, dual climate, CD, MP3, sat radio, rev cam, park aid, Bluetooth. 14,980 km
PREVIOUS DAILY RENTAL

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



16 CHEVROLET TRAX LT

29459 Auto, 1.4 4cyl turbo ecotec, AWD, fact remote start, pwr roof/seats, leather trim seats, AC, CD, MP3, sat radio, rev cam, park aid. 15,904 km
PREVIOUS DAILY RENTAL

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



16 NISSAN ROGUE SV

29333 Auto, 2.5 4cyl, AWD, alloys, pano roof, push btn start, pwr seats, heat seats/mirrors, AC, dual climate, rev cam, Bluetooth, cruise. 19,220 km
PREVIOUS DAILY RENTAL

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



14 DODGE RAM 1500 SLT

29082 Auto, 3.0 6cyl eco, diesel, 4x4, crew cab, short box, alloys, pwr seats, AC, MP3, sat radio, pwr slide rear window, pwr windows/locks/mirrors, cruise, steer ctrl. 65,721 km

\$31,995
\$215
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 FORD F250 SD

28962 Auto, 6.2 8cyl, 4x4, crew cab, long box, flex fuel, trailer hitch, box liner, tract ctrl, vinyl floor, leatherette, AC, AM-FM, crank windows, steer ctrl, trailer sway. 42,866 km

\$28,995
\$195
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



16 NISSAN FRONTIER PRO4X

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

\$33,995
\$205
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 TOYOTA TUNDRA 1794 EDITION

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

\$43,995
\$295
bi-weekly
84 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

\$67,995
\$410
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



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

\$44,995
\$343
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 NISSAN FRONTIER SV

28354E, 4x4, Crew cab, short box, AC, cruise, auto, 6cyl, box liner, alloys, hill descent ctrl. 15,217 km
PREVIOUS DAILY RENTAL

\$25,995
\$175
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



13 CHEVROLET EXPRESS 3500 LT

29467 Auto 6.0 8cyl vortec, 15pass, keyless entry, flex fuel, tract ctrl, AC, CD, MP3, compass, ext temp gauge, pwr windows/locks/mirrors, cruise, steer ctrl, stability trak. 111,815 km

\$21,995
\$168
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 GMC SAVANA 2500

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

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



16 FORD TRANSIT T250

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

\$26,995
\$163
bi-weekly
96 mths @ 5.9%
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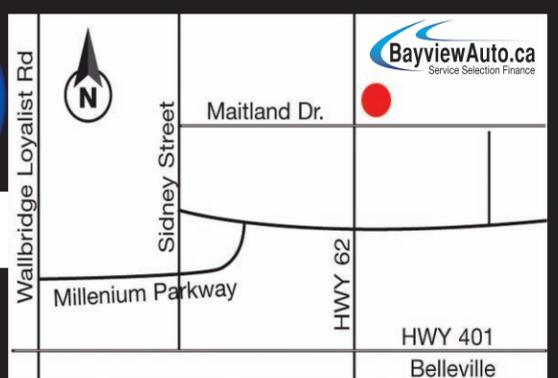


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