

# Contact

Serving 8 Wing/CFB Trenton • 8<sup>e</sup> Escadre/BFC Trenton • [www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

**POSTED IN 2017?**

*We De-Stress the Process with our Stager & Photographer!*

**DAVID WEIR\*** BA, CD

Call/Text: 613-392-7777  
[www.davidweir.com](http://www.davidweir.com)

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

**ROYAL LEPAGE**

ProAlliance  
Team Weir, Brokerage

\* Broker Of Record



\*\*Based on gross commission from sales

## INSIDE

2 Air Movements Squadron at work in Labrador



The aircrews' greatest challenge was to operate in this remote location, in the middle of Labrador's wilderness

Story on page 6

First CC-177 Globemaster III lands in Hall Beach, Nunavut



Aircrews flying in Canada's Arctic face challenges like extreme and unpredictable weather, rugged terrain and vast distances

Story on page 7

Wibit obstacle course a new fitness tool for PSP



This new fitness tool will allow members a new way to enhance cardiovascular and muscular fitness

Story on page 10

# Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

## Spy-themed Family Day a hit



The museum used a free family day to enhance its reputation as a place worth visiting for families in the Quinte area throughout the year. See story and more pictures on page 8. Photo by Ross Lees

## Crews highlight CAF trades for recruitment material

Recruitment videos are important tools supporting efforts to meet targets and recruit suitable personnel into the military

By Ross Lees

Two crews were at Canadian Forces Base (CFB) Trenton last week preparing promotional material for the recruitment of Canadian Armed Forces (CAF) personnel. Director, Marketing and Advertising (DMA) multimedia specialist and still photographer, Richard Guertin, along with the Senior Marketing

Advisor and project lead, Katherine Taylor, photographed members of the AVN and Loadmaster trades, while an external video crew worked on the production of three different trades videos about Refrigeration and Mechanical Technicians, Intelligence Operator and Plumbing and Heating Technicians.

Continued on page 9



**WEST END**  
DENTAL CENTRE

613-392-2563

499 Dundas St. W, Trenton  
[www.westenddentalrenton.com](http://www.westenddentalrenton.com)



## NEW PATIENTS ALWAYS WELCOME!

Family, Implant & Cosmetic Dentistry  
Conscious Sedation | Personalized Payment Terms  
Prompt Emergency Service  
Orthodontist & Denturist on Staff  
Electronic Claims Submissions

EVENINGS & SATURDAY APPOINTMENTS AVAILABLE



We put a smile on your face.

# ♠ Alcohol Other Drugs and Gambling

**SUPERVISOR  
TRAINING**



Commissionaires values your transferable skills and your military, police or RCMP background. We're a not-for-profit organization dedicated to providing meaningful employment to veterans. Join Commissionaires and put your skills and experience to work ensuring the safety and security of people and property in a wide variety of environments, including healthcare, education, airports and seaports, and non-core police services.

**JOIN COMMISSIONAIRES TODAY**

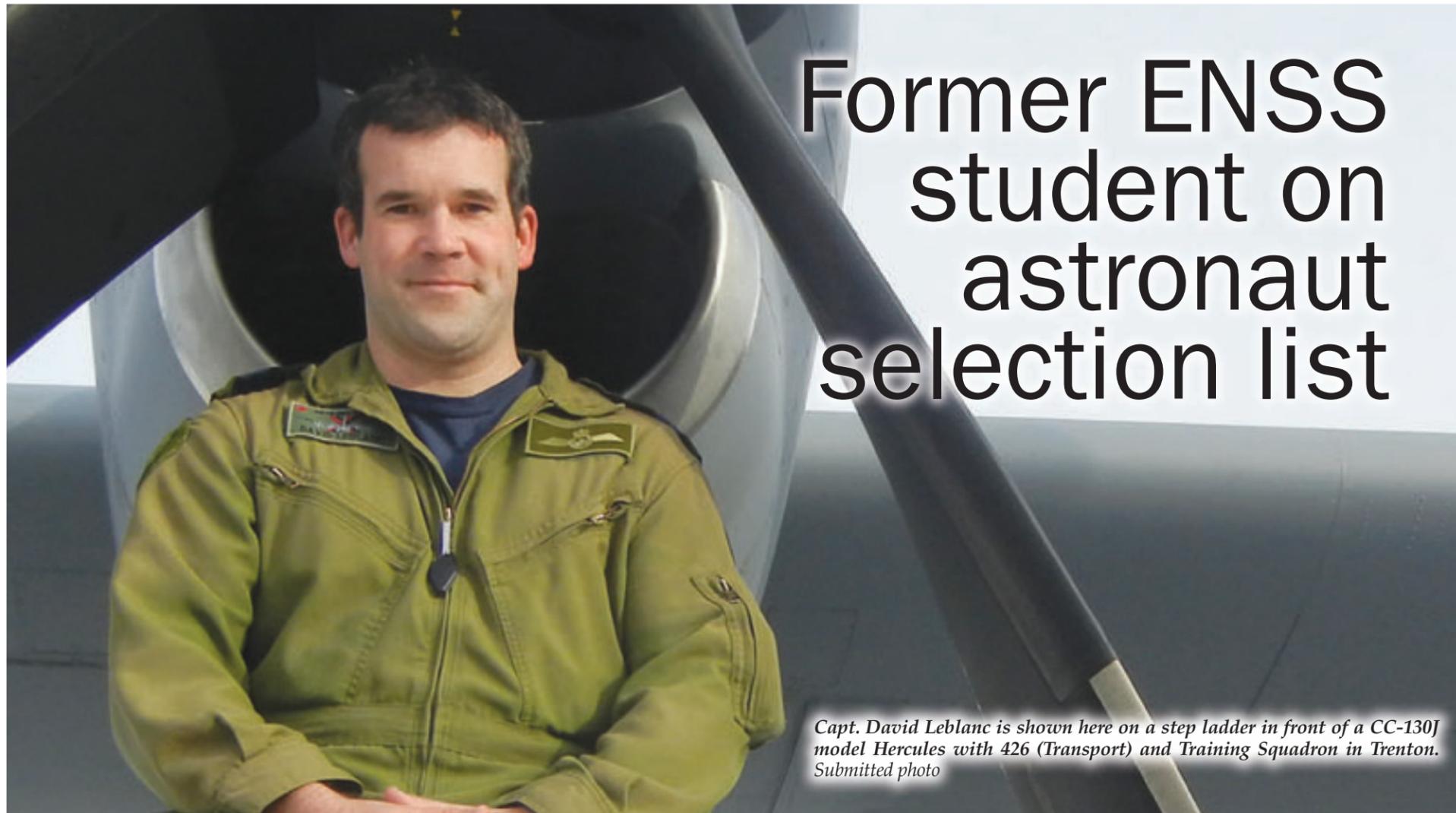
**877 322 6777**

[commissionaires.ca/cfna](http://commissionaires.ca/cfna)



**COMMISSIONAIRES**

TRUSTED · EVERYDAY · EVERYWHERE



# Former ENSS student on astronaut selection list

Capt. David Leblanc is shown here on a step ladder in front of a CC-130J model Hercules with 426 (Transport) and Training Squadron in Trenton. Submitted photo

*Capt. David Leblanc acquired his appetite for aeronautics through ENSS Canada First robotics team competition*

By Ross Lees

Captain (Capt.) David Leblanc has been inspired to learn as much as possible from a very young age and he feels that might have helped him become one of the 70 people selected as a Canada Space Agency (CSA) candidate.

East Northumberland Secondary School (ENSS) in Brighton, ON helped wet that appetite with its Canada First Robotics Team competition. That competition basically started him down the road to applying to become an astronaut as one of his “eye-opening experiences,” he said.

“We were basically able to build a robot and compete against other high school teams. I really enjoyed the design, the building and the competing. That kind of opened my eyes to the potential educational path going forward,” Capt. Leblanc noted.

Capt. Leblanc then enrolled at the Royal Military College in Kingston as a military pilot and did a physics/computer science bachelor’s degree prior to completing a master’s degree

in software engineering while progressing through his pilot’s training process in the Royal Canadian Air Force (RCAF).

Currently, Capt. Leblanc works at 426 (Transport) Training Squadron in Trenton with the Aerospace Engineering Test Establishment (AETE) as a test pilot where they do specification compliance, contract acceptance and on-going technical support.

“Basically, we interface with the project team in Ottawa and we help them acquire and maintain capability,” as the role of AETE is to rigorously test equipment and aircraft to ensure safety, when acquiring new aerospace material.

Feedback from this process allows Canada to integrate fixes and improve the product moving forward, he indicated.

This type of work is an offshoot of his educational mantra – learn as much as possible at all times and put that knowledge to work.

Three young children keep Capt. Leblanc busy when he is not working and, since being accepted as a CSA candidate, he has started a physical fitness program to have him in the best possible physical condition for the next step in the process.

“I didn’t already have a com-

prehensive physical fitness program, so in the end, however this turns out, this program has provided me a reason to basically go and take my hour every day to work out at the pool or the gym and really make it part of my daily life and activities,” he said.

Capt. Leblanc said he is proud and honoured to be a part of this group.

“It’s still a large number and we’re going down to a much smaller number, but I’m happy to have had the opportunity to meet some of these people as well and to learn about their own diverse backgrounds and life experiences. The process has kind of let me look back on what I’ve achieved so far, as well, and be kind

of proud of what I’ve accomplished,” he said.

All of the candidates have diverse backgrounds and experience along with high levels of skill, he noted, adding it is not easy to separate yourself in this talented group.

“The way that perhaps I’m unique is basically some experience in robotics, some experience in physics, and some experience in conducting experiments with people, which I basically did during my masters’ degree,” he said.

19TH ANNUAL



QUINTE SPORTSMAN BOAT & RV SHOW

March 10th 11th and 12th-2017

At Quinte Sports and Wellness Centre, 265 Cannifton Road, Belleville 1/4 mile S. of 401 on HWY 37, Exit #544

Adults \$10, Seniors \$8, Weekend Pass \$17 Friday 10am-9pm • Saturday 9am-8pm • Sunday 9am-6pm



• WOMEN’S EXPO UPSTAIRS

WILDLIFE SAFARI OUTREACH

Friday and Sunday 11am, 1pm & 3pm

DAILY SEMINARS

DAVID CHONG & BIG JIM MACLACHLIN Saturday and Sunday 10:30am, 1pm, 2:30pm, 4pm

SCUBA DIVING IN THE POOL Friday and Saturday 3-5pm, Sunday 2pm



MORE INFORMATION AT [www.quintesportmanshow.com](http://www.quintesportmanshow.com)



Best Quality Best Price

**“The Only Place To Go”**

SMITTY’S WAREHOUSE OPERATION

For NEW or GOOD USED Appliances

Smitty’s has been keeping customers happy for 28 years in the appliance business. This proves Smitty has the Best Price, Selection, Guarantee, Quality & Price plus Same Day delivery, seven days a week. Smitty plans to be around for another 28 years. Now he has in-house financing at NO INTEREST. These are just a few of the many reasons to visit Smitty’s for your new or used appliance purchase.

Best Selection Best Guarantee Best Service

**SMITTY’S** KING OF APPLIANCES

Open Evenings & Seven Days A Week River Road-Corbyville (just N. of Corby’s)

613-969-0287

2:59 AM

**You’re still unconscious.**

MedicAlert  
Speaks For You.

[www.medicalert.ca](http://www.medicalert.ca)  
1-800-668-1507

## Great work highlighted at CFS Alert's TGIF

By *Second Lieutenant Valérie L. Rousseau*

It's a Friday tradition at Canadian Forces Station (CFS) Alert for all members to meet in the Arctic Club Mess for TGIF- and this past Friday's theme was Valentine's Day.

The Station's outstanding esprit de corps was on full display with a sea of red shirts and was highlighted with Corporal (Cpl.) David Lagimodiere's Captain Valentine costume.

The weekly routine is for the president of the Mess committee to announce upcoming events, the General Safety Officer (GSO) to share a few safety words, incoming personnel are then introduced and outgoing personnel say farewell. As such,

it is also a perfect opportunity to reward individuals for their hard work.

This can be done during the Kudos segment, where anyone on Station may stand in front of everyone to acknowledge other member's work and effort. It is also an occasion for members to redeem themselves by explaining their mistake of the week and ringing the Mess bell. On some nights, awards are given to highlight the great work of certain individuals and Friday, February 10 was a big night for awards!

Two members were added to the elite Frozen Chosen Club for their outstanding leadership: Master Corporal (MCpl.) Gregory Kitchen and Sergeant (Sgt.) Ray Dubois.

In addition, two Station members received the Commanding Officer's (CO) coin: Private (Pte.) Alexandre Thibault received it for his devotion and great work as the Station Warrant Officer's (SWO) Assistant, as he often went above and beyond original tasks assigned to him and was leading the way for many initiatives. Corporal (Cpl.) David Lagimodiere was recognized for the great improvements he implemented as the Station's Information Systems Technician as well as his involvement in the social activities, which included the enhancement of the CFS Alert Magic cards club and re-launching the CHAR radio on Station.

CFS Alert is extremely grateful for their hard work.



MCpl. Gregory Kitchen (left) accepted the Frozen Chosen coin from SWO, MWO Barry Crocker (right). Photo by Private Sean Keating



Sgt. Ray Dubois (left) is presented a certificate from SWO, MWO Barry Crocker (right). Photo by Private Sean Keating



Commanding Officer (CO) Major (Maj.) Erik Rozema-Seaton (left) presented Private (Pte.) Alexandre Thibault (right) with the CO's coin for his devotion and great work. Photo by Private Sean Keating



CO Maj. Erik Rozema-Seaton (left) presented Cpl. David Lagimodiere (right), dressed as Captain Valentine, with the CO's coin for his many initiatives and involvement in social activities. Photo by Private Sean Keating

### The Contact Newspaper

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

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

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

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

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

#### 8 Wing Personnel

**Publisher:** Col. Colin Keiver.

**Proprietor:** Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

**Public Affairs, Internal Comms:** 8 Wing Public Affairs

**PSP Manager:** John Snyder

**Metroland Media Staff:**

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

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

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

**Advertising Production:** 613-966-2034

**Office Manager:** Marlene Hicks 613-969-8896 x242

**Circulation:** Melissa Hudgin 613-966-2034 ext: 504

250 Sidney Street, P.O. Box 25009, Belleville, Ontario CANADA

**SUBSCRIPTIONS:** First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

#### ARTICLES AND PHOTOS

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

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

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

#### Letters to the Editor:

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



#### A Military Community Newspaper

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



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



# Wing Logistics and Engineering picture of the week

Mess dinners highlight Wing Food Services preparations



After Wing Food Services provided over 20 Christmas dinners during the holiday season, they took a little break to prepare for this time of year. Mess dinners are in vogue and the catering team prepared the mess dinner for 8 Air Maintenance Squadron (AMS) on Feb. 16. The high class restaurant menu included items like roasted chateaubriand with red wine-mushroom reduction and chocolate cheesecake. The team comprised of 10 servers, four cooks, and two kitchen helpers worked diligently to provide a tantalising, eye-popping dining experience. Master Seaman (MS.) Shawn Hollett and Aviator (Avr.) Melissa Persaud prepped some of the menu items that hopefully impressed the members attending the function. Picture by Sgt Hugh Ruff



## Trenton CANEX has 'Engagement Moment' winner

CANEX is pleased to announce their Engagement Moment contest winner. Congratulations to Sheena Lee Carter! Sheena and Kyle were super excited to pick up their wedding rings recently at CFB Trenton from store supervisor Kelly Young. Store manager Andrew Kerik said, "CANEX runs contests both in-store and on our Facebook page regularly, so be sure to enter for your chance to be a winner."

1:45 PM  
It is the vacation of a lifetime.  
There is an emergency. The doctor is asking questions. You're not able to answer.

1:57 PM  
You don't speak the language.

**MedicAlert**  
Speaks For You.

www.medicalert.ca  
1-800-668-1507

**CAMPBELL'S AUTO SHOP**  
327 COLEMAN STREET, BELLEVILLE

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

**613-968-5791**

E-mail: [autoshop@bellnet.ca](mailto:autoshop@bellnet.ca)

Our Smiles speak for themselves



Looking for a new dental team?  
Call us and receive

**FREE TEETH WHITENING**

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

**Our patients enjoy:**

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



trenton family dental

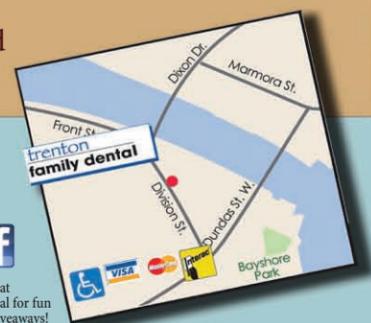
Dr. Suresh Appan & Associates

new patients are always welcome!

73 division street  
Trenton Ontario  
Call us now at 613.394.3883  
[www.trentonfamilydental.com](http://www.trentonfamilydental.com)



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



## 2 Air Movements Squadron at work in Labrador

By Aviator Alan A. Jackson,  
2 Air Mov Sqn

For the past several months, 2 Air Movements Squadron (2 Air Mov Sqn) has been supporting 5 Wing Goose Bay, located in Labrador, by providing CC130J Hercules along with Mobile Air Movements Section (MAMS) teams. The movement requirements involved the transport of material and equipment associated with a construction project and waste material related to remediation activities.

The teams were operating between 5 Wing and its Practice Target Area (PTA) which is an isolated training facility located approximately 100 km south west of the Wing, and only accessible by air. One of the aircrews' greatest

challenges was to operate in this remote location, in the middle of Labrador's wilderness.

"The PTA has multiple training purposes. It offers an air weapons range for fighter aircraft and challenging conditions for ground troops that need to train in an austere environment," explained Lieutenant-Colonel (Lt.-Col.) Andrew Wedgwood, Commander of 5 Wing Goose Bay. "The outstanding work performed by 2 Air Mov Sqn allowed 5 Wing to optimize this remote training site and to transport waste practice ordnance out of the area."

One of the multiple movement tasks was to provide the necessary building materials for a new kitchen facility during Exercise BLACK SPRUCE, a construction

engineer focused training event that took place at the PTA during July and August 2016. Hundreds of thousands of pounds of cargo were transported between 5 Wing and the PTA. Generator units, vehicles, roofing trusses, aggregate, lumber and other large scale items are a few examples.

The CC130J Hercules is capable of carrying large payloads by volume and size. Due to the unique skills of the MAMS teams, each visit has proved to be even more productive than anticipated as a result of exceeding the estimated amounts of cargo moved each trip.

The MAMS teams are required to assess the cargo to be shipped, build it for air transport, and load and unload it

from the aircraft. The movement tasks performed at 5 Wing presented many challenges.

In some cases the cargo was "outsized" or of a unique shape forcing the teams to use alternative loading techniques and build-up methods. When operating at the PTA, the teams unloaded the aircraft without the use of support equipment on a

rudimentary dirt runway. 2 Air Mov Sqn is a component of 1 Canadian Air Division and an integral squadron of 8 Wing Trenton. It maintains an operational capability with four, 10-person MAM Sections. Deployments in Canada and abroad serve to fine tune these teams in preparation for any contingencies or wartime operations.



Hastings and Prince Edward  
District School Board

Lucille Kyle  
Chair of the Board

Mandy Savery-Whiteway  
Director of Education

# KINDERGARTEN REGISTRATION

## We Welcome All Children of Kindergarten Age

For JK, children must be four years old in 2017 (born in 2013). For SK, children must be five years old in 2017 (born in 2012). Registration takes about 15 minutes.

### CONTACT YOUR LOCAL PUBLIC SCHOOL TO MAKE AN APPOINTMENT TO REGISTER & BRING THE FOLLOWING:

1. Birth certificate or passport as official proof of the child's date of birth and legal name
2. Immunization card
3. Home address
4. Legal custody orders, if applicable

## Listen to Local Radio to Hear . . .

Kindergarten Teacher Heather & Early Childhood Educator Cathy  
TALK ABOUT YOUR CHILD'S FIRST STEPS TO SUCCESS IN SCHOOL

Education Centre  
156 Ann Street  
Belleville K8N 3L3  
613.966.1170  
1.800.267.4350



www.HPEschools.ca



@HPEschools



information@hpedsb.on.ca

Possibilities  
TODAY & TOMORROW



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

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

www.hillcrestanimalhospital.ca

# First CC-177 Globemaster III lands in Hall Beach, Nunavut

*Aircrews flying in Canada's Arctic face challenges like extreme and unpredictable weather, rugged terrain and vast distances*

**By: Captain Steve Alexander, 429 Transport (T) Squadron**

Extreme and unpredictable weather, rugged terrain and vast distances are just a few of the many challenges faced by aircrew flying in Canada's Arctic, but those weren't enough to stop yet another first for 429 Transport (T) Squadron, based at 8 Wing Trenton.

On Feb. 11, the squadron carried out the first ever landing of a CC-177 Globemaster III, more commonly known as the C-17, in Hall Beach, Nunavut, carrying cargo to support Operation NUNALIVUT. This milestone once again demonstrated the reach and capability that the C17 and 429 (T) Squadron bring to the Royal Canadian Air Force

(RCAF).

Hall Beach is a small village of only a few hundred people well above the Arctic Circle. This year it will host the annual Operation NUNALIVUT, aimed at asserting Canada's northern sovereignty and demonstrating the capability of the Canadian Armed Forces (CAF) to operate in the Arctic. The snow-covered, gravel runway is too small for most large aircraft to land, but it was no problem for the massive C-17, which can land on small, unpaved runways as short as 3,500 feet.

The C-17 is ideally suited to operate from these small, semi-prepared airfields. It's equipped with a Heads-Up-Display (HUD), responsive flight controls, and incredible power and braking ability.

In order to land on such a short runway, the aircraft must do what is called an "Assault Landing." This procedure is a steep approach which allows a precise touchdown and shorter stopping distance. The landing must be so precise that if the aircraft doesn't touchdown

within a landing zone less than three aircraft lengths in size, the pilot must go around and try again.

No go-around was required though, and Lieutenant-Colonel (Lt.-Col.) Bill Church, Commanding Officer (CO) of 429 (T) Squadron, touched down right in the middle of the landing zone.

After the historic landing, the loadmasters got to work offloading the cargo, braving temperatures below -40°C with a wind chill feeling closer to -55°C.

429 (T) Squadron has been a leader among C-17 users in operating from frozen, unpaved runways. Hall Beach, NU is the fifth unpaved arctic airfield that the C-17 has successfully flown to, the others being Canadian Forces Station (CFS) Alert, Resolute Bay, Cambridge Bay in Nunavut, as well as Station Nord in Greenland.

With even more arctic airfields in their sights for the future, 429 (T) Squadron will continue to lead the way in expanding the CAF's capabilities in the Far North.



*A pilot's-eye view of the landing zone in Hall Beach, NU, just prior to touchdown. This picture shows just how challenging it can be to distinguish the runway from the rest of the landscape. Photo by Captain (Capt.) Steve Alexander*



*The crew of the CC-177 Globemaster III braves -55° C wind chill to pose for a photo after their first landing in Hall Beach, NU. The crew consisted of Lt.-Col. Bill Church (Squadron CO), Capt. Steve Alexander, Capt. Dan Abbott, Warrant Officer (WO.) Graham Howe, WO. Don Sharma, Master Corporal (MCpl.) Bryan Hogg, Corporal (Cpl.) Dan Ord, and Cpl. Trent Hudyma. Photo by Capt. Steve Alexander*



*After making the first ever trip to Hall Beach, NU, Globemaster 177702 starts the return flight to Trenton on Feb. 11. Photo by Neil Williams*



*177702 sits on the ramp in Hall Beach, NU on Feb. 11, the first C-17 to make the long trip to this remote area. Photo by Neil Williams*



## SO THAT WE MAY BE FREE.

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

IT IS THESE BRAVE FEW WE HONOUR.

**Trenton East**  
29 Bay Street  
613-394-2433

**Trenton West**  
170 Dundas St. W.  
613-392-3579



**BELLEVILLE**  
D E N T A L C A R E



OVER 35 YEARS  
SERVING 4 GENERATIONS

When you trust us with your smile, friendly & comprehensive care is only the beginning.

3D X-RAYS | GENERAL DENTISTRY  
ORAL SURGERY | IMPLANTS | VENEERS | & MORE

613-969-8800 | 135 VICTORIA AVE. | BELLEVILLEDENTAL.CA

# Family spy-themed day a boon for inquisitive families

*It is estimated over 1,100 visitors took advantage of the free event to visit the National Air Force Museum of Canada*

**By Ross Lees**

The National Air Force Museum of Canada (NAFMC) free Family Day was an overwhelming success, according to Josh Bambrough, public relations for the museum.

"Overwhelming" was not an inappropriate word for the early arrivals, as long lineups were the norm throughout the first two hours of the event.

"I guess the word got out," a jubilant Bambrough noted of the spy-themed event. "We estimate that over 1,100 people were in attendance, which is almost triple the participants from last year."

Feedback from both staff and visitors was completely positive, both in person and from the museum's Facebook page, according to Bambrough.

"We will defiantly be doing something next family day, but as for the theme, that is yet to be determined," he said.

"On behalf of the National Air Force Museum of Canada, we would like to thank the community for their overwhelming support and interest in our event and displays. Without your support we couldn't do what we do," he stated.



*This young lady gets an opportunity to experience sitting in a jet cockpit for the first time in her young life. Photo by Ross Lees*



*The NAFMC was overrun with curious community spies on Family Day. Photo by Ross Lees*



*This family was enthralled with the invisible ink test that was part of the spy-themed day at the NAFMC. Photo by Ross Lees*



*These youngsters emerge happily from the laser maze. Photo by Ross Lees*

## On the move?

**Our dedicated mortgage experts are ready to help.**

CIBC Group Mortgage Plan (GMP) is honoured to have served the Military for over 18 years. CIBC GMP offers mortgage solutions to meet the unique needs of the Military.

- **New!** Changes to mortgage penalty fees for relocations\*
- MIB and MIS envelope options
- Simple and seamless remote process
- Expert advice on buydown and subsidy programs



**For more information contact us today.**

1 800 663-4819  
IRP@cibc.com

Banking that fits your life.



*Displays and events provided entertainment and education for everyone. Photo by Ross Lees*

**FRIEL**  
HEATING & AIR CONDITIONING INC.  
"Fireplace Showroom"  
*Specializing*  
in your Home Comfort

**REDUCE YOUR ENERGY COSTS**  
WITH AN AMANA HI-EFF  
NATURAL GAS OR  
PROPANE FURNACE

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

*plus*  
**\$250.00**  
O.P.A. rebate

**Amana**  
Heating & Air Conditioning  
**LASTS & LASTS & LASTS**

**OLD MAN WINTER IS HERE !!!!**  
Schedule your furnace tune-up  
**NOW ONLY \$99** Plus hst

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

**122 Parks Dr. Belleville 613-966-8848**  
*Locally owned and Operated to Serve You Better Since 1995*

11:16 PM  
You are  
unconscious  
at a party.  
No one knows about  
your diabetes.  
The paramedics  
arrive.

11:21 PM  
You're in  
insulin shock.

**MedicAlert**  
*Speaks For You.*

**www.medicalert.ca**  
**1-800-668-1507**

\*Eligibility: Client must be actively employed by the Canadian military, a borrower or co-borrower on the mortgage, relocating within or outside of Canada as initiated by the Canadian military, and the mortgage is being paid out or ported. Some conditions apply. Terms and conditions are subject to change without notice. CIBC Group Mortgage Plan is an administrative division of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

# Crews highlight CAF trades for recruitment material

*Recruitment videos are important tools supporting efforts to meet targets and recruit suitable personnel into the military*

Continued from page 1

"Recruitment videos are important tools that support our efforts to meet targets and recruit suitable numbers of personnel into each military occupation," noted Taylor. "These videos are updated regularly to ensure they accurately represent the military occupations and the CAF." "There are over 100 trades in the CAF, she advised. "In order to give accuracy and authenticity to the productions, "our CAF personnel are featured to describe their specific trade, their daily tasks, and activities that they perform," she said. "They highlight their operational experiences and what is "cool" about their job." "These videos are found on FORCES.ca website under "Find a job"

*DMA's still photographer Richard Guertin and Senior Marketing Advisor and project lead Katherine Taylor photograph this CAF Aviation Technician (Avn Tech) last week at CFB Trenton. Photo by Ross Lees*



*A trade video production cameraman is seen here filming Refrigeration and Mechanical technicians checking radar sites for mechanical maintenance. Photos supplied by Director, Marketing and Advertising (DMA) Multimedia*



*DMA's still photographer Richard Guertin and Senior Marketing Advisor and project lead Katherine Taylor photograph this Loadmaster (LM) at CFB Trenton last week. Photo by Ross Lee*

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

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



Home Auto Life Investments Group Business Farm Travel

**the co-operators**  
A Better Place For You®



**Paul Moran**  
Financial Advisor  
Paul Moran Insurance Group Inc  
17538B Highway 2 | Trenton  
613-392-3501 | [www.cooperators.ca/Paul-Moran](http://www.cooperators.ca/Paul-Moran)

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

C&C

**WTS WHITE'S TAX SERVICE**



Jeff White

Income Tax Preparation & Electronic Bookkeeping  
**Year Round Service**

**15% MILITARY DISCOUNT**

196 Front St., Downtown Belleville

**613-771-0158**

F: 613-771-0164 • [www.whitestax.ca](http://www.whitestax.ca)

**Lottie Jones Florist Ltd.**

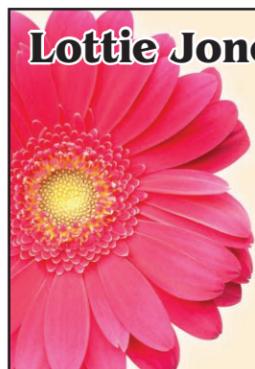
Family Owned and Operated Since 1923

**Eleanor Barker  
MaryAnne White**

44 Quinte Street  
Trenton, ON K8V 3S9

Ph: 613-392-2537

[www.lottiejonesfloristltd.com](http://www.lottiejonesfloristltd.com)



# Wibit obstacle course a new fitness tool for PSP

*This new fitness tool will allow members a new way to enhance cardiovascular and muscular fitness*

Personnel Support Programs (PSP) Fitness, Sports and Recreation has procured new inflatable training equipment which has recently been christened at the Rec Plex pool.

A Wibit obstacle course was purchased in order to enhance the training capabilities for 8 Wing/CFB Trenton. This tool will allow members a new way to enhance cardiovascular and muscular fitness.

When this Wibit obstacle course was implemented into a training session, staff was amazed by the required energy expenditure.

Pool workouts provide many opportunities to enhance fitness while giving your joints a nice break from the day-to-day pounding they may be exposed

to on land.

"Two members of every unit were offered the opportunity to test our new training capability on Feb. 9," stated Kendra Lafleur, Manager of Fitness, Sports and Recreation. "The trial was conducted with members in uniform which brought extra demands to the workout."

Units can determine in advance if they will conduct training in uniform, fitted exercise clothing or swimwear, she added.

"Not only is this a great opportunity to switch up your unit physical training or give your bodies a break from circuit training, it is also a great opportunity to promote teamwork while building morale and welfare."

With this new kit, recreation will also have the opportunity to introduce this form of fitness to our military community. Stay tuned to our new website, follow us on Facebook or Twitter or reach out to the Military Fitness Coordinator at extension 3328 or the Aquatic Recreation Coordinator at extension 5230 for more information.



## Squash, badminton teams compete hard at Nationals

By Ross Lees

Squash and badminton teams had a successful competition recently at the Canadian Armed Forces (CAF) National Championships in Borden at the end of January.

In squash, team Ontario finished a close second to the Quebec region by one match out of a total of 36.

Lieutenant (Lt.) Courtney Whynot, Base Hospital Kingston, was the runner up in the women's category, Chief Warrant Officer (CWO) Stacy Martin (CADTC HQ Kingston) won the men's 45-plus category, Master Warrant Officer (MWO) Kevin Torfason (1st Cdn Div HQ Kingston) finished fourth in the men's 45-plus category, Lt.-Col. Allan Taylor (CFSTG Borden) finished 6th in the men's 45-

plus category, and Trooper Christopher Haines (RCD Petawawa) was the runner up in the men's under 30 category.

Major (Maj.) Jean-Francois Moreau of Trenton won the men's open category, Captain (Capt.) Ryann Musson (8 Wg Operations) finished 6th in the women's category, MWO Scott Creamer finished 7th in the men's 45-plus category and Corporal Lee Miller (8 AMS) finished 8th in the open category.

In badminton, team Ontario ended up 4th overall, just two points out of 2nd place. PO2 R.G. Tremblay finished 1st in the Masters Singles, and he combined with MWO J.M. Pelletier for runners-up in the Masters Doubles competition. MCpl. S.G. Gagnon and Henry Liang were the runners-up in the Open Doubles.



From left to right in the picture are squash competitors Cpl. Lee Miller (Trenton), Capt. Ryann Musson (Trenton), Pte. Chris Haines (Petawawa), MWO Kevin Torfason (Kingston), Lt. Courtney Whynot (Kingston), Lt.-Col. Allan Taylor (Borden), CWO Stacy Merriam (Kingston), MWO Scott Creamer (Trenton), and Maj. Jean-Francois Moreau (Trenton). Submitted photo

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

**Sandra Hussey**  
Sales Rep

<p style="background-color: #008080; color: white; text-align: center; padding: 2px;"><b>LARGE LOT 20 FAIRLAWN ROAD</b></p> <p>Custom home to be built with walkout. Located next to park.  <b>MLS#QR1700106 • \$480,000</b></p>	<p style="background-color: #008080; color: white; text-align: center; padding: 2px;"><b>NEWLY BUILT 4 FAIRLAWN ROAD</b></p> <p>2200 SQ. FT.              4 bed/2 bath bungalow with high end features. Minutes to base and amenities.  <b>MLS#511750616 • \$409,000</b></p>
<p style="background-color: #008080; color: white; text-align: center; padding: 2px;"><b>OPEN HOUSE SUN. FEB. 26TH 1 - 2 PM 694 HAMILTON ROAD</b></p> <p>Stunning 11/2 story home with complete in-law suite on 3 acres, 10 minutes to CFB Trenton.  <b>MLS#403670062 • \$490,000</b></p>	<p style="background-color: #008080; color: white; text-align: center; padding: 2px;"><b>COUNTRY LIVING 58 HANTHORN ROAD</b></p> <p><b>SOLD</b>              Country home with 2 kitchens, in-law suite and 2 garages on almost an acre.  <b>MLS#550150199 • \$245,000</b></p>
<p style="background-color: #008080; color: white; text-align: center; padding: 2px;"><b>KENRON ESTATES 13 PARTRIDGE LANE</b></p> <p><b>LIKE NEW!</b>  <b>SOLD IN 20 DAYS</b>              Gorgeous 2 bed/2 bath mobile home in Kenron Estates.  <b>MLS#QR1700638 • \$185,000</b></p>	<p style="background-color: #008080; color: white; text-align: center; padding: 2px;"><b>PRIDE OF OWNERSHIP 22 BAY STREET</b></p> <p>Move in ready semi in the heart of Trenton.  <b>MLS#404010022 • \$120,000</b></p>

**BE FUSSY CALL HUSSEY! 613-438-5588**

**HAMILTON'S CLOCK & JEWELLERY**

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

**Batteries changed on Site**  
**Pick Up & Delivery Available**  
 Located at  
 49 Greenway Circle, Brighton

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

Email: hamiltons007@gmail.com  
 Website: www.hamiltonsclockandjewellery.com

Visit us on Facebook   
 EST 1978 - FREE ESTIMATES - ONE YEAR GUARANTEE



# TRENTON Military Family Resource Centre



**TOGETHER WE ARE STRONGER**

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

### New Programs at the Trenton MFRC

Visit our website - [www.trentonmfr.ca](http://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](http://www.trentonmfr.ca) - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

### Car Smarts: The Secrets of Auto Financing

Monday, Feb. 27 from 6:30 p.m. to 8 p.m. Free Workshop at the MFRC. Register at MFRC reception. Learn from a local auto financing professional how to be prepared for making your next car deal! Learn the ins and outs of leasing versus financing and explore steps to quickly repair your credit!

### Sagesse automobile: Les secrets de financement auto

Le lundi 27 février de 18h30 à 20h. Atelier gratuit au CRFM. Inscrivez-vous à la réception du CRFM. Un professionnel en financement automobile vous expliquera comment vous préparer pour votre prochaine acquisition d'un véhicule. Apprenez ce qu'il faut savoir sur la location versus l'achat et explorez les étapes pour rétablir rapidement votre crédit.

### 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.

### 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 Ses-

sions 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: 19:15h à 20:15h - 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 Jaclyn Hunter 613-392-2811 ext. 4017.

### Trouver son équilibre émotionnel

Stratégies pour maîtriser les émotions fortes. Un pro-

gramme 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 Jaclyn Hunter 613-392-2811 poste 4017.

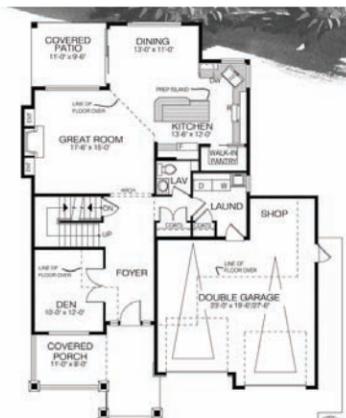
### The Power of Essential Oils - 10 Week Series

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 Feb. 28; essential oils emotions March 7; essential oils first aid March 21; essential oils and our immune response March 28; essential oils and detox April 4; essential oils and digestion April 11; essential oils and hormones April 18; essential oils - DIY night April 25. Sign up for one or join all classes! One class: \$20. Five classes: \$75. Ten classes: \$150. Register and pay at Trenton MFRC reception. For more information email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

Continued on page 13

# Home of the Week

Your Building Renovation Experts



Plan No: 7-3-1000

Two-storey homes, square metre for square metre, provide the most living space on a property, and this three-bedroom family home is no exception.

Entry is through a covered porch with a veranda to the left. Once in the foyer, double doors open to a den, with the U-shaped staircase to the second floor beyond. A window above the stairwell will let in lots of natural light.

The great room, separated from the foyer by an archway, has a lofty sloped ceiling that is open to the floor above. A gas fireplace is flanked by entertainment units, and large windows look onto a covered patio at the back of the home.

From the dining area, access to the covered deck is easy, through sliding glass doors. A prep island divides the kitchen

from the dining area, which has large windows overlooking the back garden.

Natural light will enter the kitchen through windows over the double sink, which is set into a corner at an angle. The U-shaped counter configuration will provide adequate working space as well as efficiency. A walk-in pantry will offer extra storage space.

Across from the powder room located near the foyer is a handy coat closet. Another closet is included in the laundry room, which has access to the double garage, large enough to include a workshop. Upstairs, the master suite looks out to the back garden. The generous en-suite includes a soaker tub as well as double basins and a shower stall. The walk-in closet will be roomy enough for a couple's clothing and accessories.

The second and third bedrooms share a three-piece bath. A linen closet is located outside the entrance to the third bedroom.

Part of the second floor is open to the great room below, and is railed for safety.

On the outside, the home is clad in horizontal siding, with wooden shingles and decorative woodwork in the gables.

Pilasters with brick bases mark the entry and veranda, and brick accents flank the two garage doors.

This home measures 42 feet wide by 58 feet deep, for a total of 2,079 square feet of living space, not counting the unfinished basement included with the plans. Ceilings rise to nine feet throughout the main floor, except where otherwise indicated.

"YOUR ONE STOP BUILDING CENTRE"

COMPLETE LINE OF BUILDING SUPPLIES  
KITCHEN & BATH SHOWROOM  
DELIVERY AVAILABLE  
RENTAL CENTRE  
[www.colestimbermart.ca](http://www.colestimbermart.ca)

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

**Tree Service**

Trenton Tree Service

Tree Trimming & Removal, Chipping & Stumping

- Free Estimates
- Fully Insured

A fair price for everyone

**613-392-7415**



**Community Events**  
generously sponsored by...

**SMYLIE'S**  
OWNED & OPERATED BY  
YOUR NEIGHBOURS

**independent**  
YOUR INDEPENDENT GROCER

**DRUGStore**  
PHARMACY

President's Choice

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

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

### CFAWC Library Now Open

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

### Bibliothèque du CGAFC maintenant ouverte

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

### 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](http://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](http://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](mailto: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](http://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 [danceparkinsonsqbsc@gmail.com](mailto:danceparkinsonsqbsc@gmail.com)

### March 3 – World Day of Prayer Service

A local World Day of Prayer service will be held at Our Lady of Peace and St. Clement Astra Chapel, 91 Namao Drive East, 8 Wing Trenton. Please join together for this ecumenical service on March 3 at 7 p.m.

### International Women's Day

The 8 Wing Defence Women's Advisory Organization will host International Women's Day on March 8. The theme of this year's event is Strength Through Diversity. All 8 Wing members are encouraged to attend this day, which begins with group yoga at Baker Island Community Centre at 7:30 a.m. A lunch and learn on the cadet side of the Yukon Galley (\$5) with soup and sandwich available will feature National Hockey League veteran Shawn Antoski as the guest speaker from 11:30 a.m. to 1:30 p.m. In the evening be-

ginning at 6:30 p.m., keynote speaker Lieutenant-Colonel (Lt.-Col.) (Retired) Karen McCrimmon, a past Commanding Officer of 429 (Transport) Squadron and now a Member of Parliament, will speak at the National Air Force Museum of Canada. For more information, please contact Capt. Natasha Dargan at [natasha.dargan@forces.gc.ca](mailto:natasha.dargan@forces.gc.ca) or Capt. Emmanuelle Gratton at [emmanuelle.gratton@forces.gc.ca](mailto:emmanuelle.gratton@forces.gc.ca)

### March 11 – St. Patrick's Day Dance

St. Patrick's Day Dance featuring the live band "The Reasons" on Saturday, March 11, at 8 p.m. at The Royal Canadian Legion Branch 110, Trenton. Cost for advance tickets is \$8 for Legion members, \$10 for non-Legion members. Tickets are available in the Legion office. For more information, call 613-392-0331 or visit our website at [www.rclbr110@bellnet.ca](http://www.rclbr110@bellnet.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](http://www.rclbr110@bellnet.ca)

### May 27 – 50s Dance

50s Dance featuring the live band "The Reasons" Saturday, May 27, at 8 p.m. at The Royal Canadian Legion Br. 110, Trenton. Dress in 50's wear if you like, prizes for best dressed man and woman! Cost for advance tickets is \$8 for Legion members, \$10 for non-Legion members. Tickets are available in the Legion office. For more information, call 613-392-0331 or visit our website [www.rclbr110@bellnet.ca](http://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.



Hosted by the 8 Wing Defence Women's Advisory Organization  
**Wednesday, 8 March 2017**

## Change Begins With You, Change Begins With All of Us

**0730-0815 Group Yoga** at Baker Island Community Center

**1130-1330 Lunch and Learn** at the Yukon Galley (cadet side), soup and sandwich available for \$5.00 (cash), guest speaker Shawn Antoski, National Hockey League (NHL) Veteran

**1830-2030 An evening at the National Air Force Museum of Canada (NAFMC)** keynote speaker Lt.-Col. (retd) Karen McCrimmon, MP and past Commanding Officer of 429 (Transport) Squadron

Guest speakers, Info booths, refreshments, and door crasher prizes provided  
**FREE ADMISSION** and open to all 8 Wing military and civilian members

For more information please contact:  
Capt. Natasha Dargan at [natasha.dargan@forces.gc.ca](mailto:natasha.dargan@forces.gc.ca) or  
Capt. Emmanuelle Gratton at [emmanuelle.gratton@forces.gc.ca](mailto:emmanuelle.gratton@forces.gc.ca)

# Sports & Recreation



## March Break Kids Camp

March 13 to 17 for ages 6-12. Come enjoy a week of fun at the RecPlex. Community Recreation is offering an all new March Break Camp with cool activities that haven't been done in the past! Partnered with MFRC we are offering new programming, new activities, new equipment, active Wii video games, organized sports, exciting and creative crafts and more fun than ever before! Special events include painting with Suso, a trip to Frink Centre, CFB Trenton simulators, St. Patrick's Day Green Party, and the brand new Wibit! For more information, contact 613-392-2811 ext 3348.

## Steve Nash Youth Basketball free promo event

Thursday, March 9, for ages 6-12 from 6 p.m. to 7 p.m. Come to our free promo event. Kids ages 6 to 12 welcome. Participate in an hour of awesome basketball skills, drills and games. Sign up at the RecPlex.

## Steve Nash Youth Basketball Program

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

## Yoga

Come join a relaxing environment with an experienced, certified yoga teacher. Practice breath control, simple meditation and specific bodily postures for health and relaxation. Where: South Side Gym Studio. When: Tuesday, March 28 to May 16 from 4:15 p.m. to 5:15 p.m. Costs: Military Community \$45; general

public \$52, drop-in military community \$7, drop-in general public \$8.

## Adult and infant yoga

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

## Tyke Terrain Drop-in Program

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

## Spin.

Spin class is a group exercise class performed on stationary bikes. The instructor simulates hill-climbing, sprints, and races. Get prepared for the workout of your life! Water and towels are a must. Where: South Side gymnasium. When - Option 1: Tuesdays, March 28 to May 16 from 5 p.m. to 6 p.m. 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).

## MFRC continued from page 11

### 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 le 28 fév; huiles essentielles et les émotions le 7 mars; huiles essentielles et les premiers soins le 21 mars; huiles essentielles et la réponse immunitaire le 28 mars; huiles essentielles et la détoxification le 4 avril; huiles essentielles et la digestion le 11 avril; huiles essentielles et les hormones le 18 avril; huiles essentielles – Vous ferez vos projets le 25 avril. Inscrivez-vous pour un ou tous les ateliers! Un atelier: 20\$. Cinq ateliers: 75\$. 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 behaviour 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.

### Triple P Raising Confident, Competent Children

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

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

Apprenez comment les encourager à être respectueux et prévenants, à communiquer et à bien s'entendre avec les autres, à se sentir bien dans leur peau et à résoudre les problèmes de façon autonome. Le 22 mars de 18h à 19h30. Pour renseignement veuillez contacter Jaclyn Hunter 613-392-2811 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 Orleana 613-392-2811 ext. 3953 or orleana.b@trentonmfrc.ca.

### Royal Ontario 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

**Dr. R. Younes**  
**DENTAL CARE**  
FAMILY • COSMETIC & IMPLANT DENTISTRY

Your complete dentistry in one office backed by a warm & caring team

*Now Accepting New patients*

Dr. R. Younes  
DENTAL CARE

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

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

96 Division St., Trenton  
[www.youmakemesmile.ca](http://www.youmakemesmile.ca) **613-208-0817**

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

**Hôtel La Saguenéenne**

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

**Rates from : \$96** plus taxes per night for the Canadian Forces Community

**CFAppreciation.ca**

250, rue des Saguenéens, Saguenay, Québec, Canada, G7H 3A4 **418.545.8326 | 1.800.461.8390**  
[www.lasaguenenne.com](http://www.lasaguenenne.com)

# Classifieds

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

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

**Belleville Volkswagen**



**2015 Jetta Highline**  
 1.8T, automatic with Bluetooth and Backup Camera, Sunroof.  
 White on Black Leather, 45,000km  
 Finance from 0.9% oac.

Email: [Paul@bellevillevw.ca](mailto:Paul@bellevillevw.ca)  
*for additional details and to schedule a test drive.*

**613-966-3333**  
 239 North Front  
 Belleville  
[www.bellevillevw.com](http://www.bellevillevw.com)

**NEW & USED REFRIGERATORS**

Stoves, washers, dryers, freezers, dishwashers, 3 months old & up. Sold with written guarantees. Fridges \$100 and up

**NEW APPLIANCES** at the lowest prices in the area. Trade-ins accepted on the new appliances. Big selection to choose from

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

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

**SMITTY'S APPLIANCES LTD.**  
 613-969-0287

**8 Wing Chapel / Chapelle de la 8e Escadre**

**Location/Adresse:**  
 91 Namoo Drive East  
 91 Promenade Namoo Est

**Office hours/ Heures de bureau:**  
 Monday to Friday 0800 - 1600 hrs  
 Du lundi au vendredi 08h00 à 16h00

**Services Times/ Heures des services religieux**  
 Protestant Service: 1115 hrs  
 Service protestant: 11h15

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

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

RC Weekday Masses at noon  
 Messes CR quotidiennes à 12h00

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

**Wing Chaplain/Aumônier de la 8e Escadre:**  
 Maj. (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](mailto: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

## Confined spaces can be deadly



Confined spaces are dangerous for many reasons. They may be poorly ventilated, causing an accumulation of toxic gases, hazardous airborne substance or a lack of oxygen. There might be moving equipment, slippery or dangerous surfaces, electric shock hazards, falling objects, water or other liquid contents, chemicals or extreme temperatures. Noise, poor visibility or shifting materials, such as grain or sand, could be present.

Atmospheric hazards cause most deaths in confined spaces. Instead of using test equipment, people think they can rely on their sight, taste and smell to detect toxic atmospheres. The air in confined spaces can present respiratory and other physiological hazards.

When there is too little oxygen in a confined space, a person can smother. The oxygen can become used up by displacement with another gas, from combustion or simply breathing.

Toxic gases, dusts and fumes can cause injury or death when inhaled or contacted by the skin.

Fire and explosion are other dangers that may be caused by confined space atmospheres. These could occur when a space is ventilated with oxygen instead of air. Flammable gases, vapors or dusts can also be set off by a spark.

You should never enter a confined space without training. Written procedures and an entry permit system are essential. Here are some of the guidelines that might be included, depending on the type of work to be carried out.

Take atmospheric precautions. The atmosphere should be tested before you enter by trained people using the right equipment. The confined space should be ventilated until it tests safe, and possibly afterwards. If this is not possible, the right respiratory protection should be worn.

Purging may be necessary. Inert gas is pumped into the confined space to replace the hazardous atmosphere with breathable air. Pure oxygen should not be used, however, since it could contribute to fire and explosions.

Lock out energy sources. Lines carrying gases, liquids or solids should be disconnected or blocked off before you enter. Valves and electrical circuits should be locked out and tagged.

Remove possible sources of ignition. Use non-sparking tools and lighting devices in a potentially flammable atmosphere. Barricade the area if ventilation or rescue equipment will interfere with traffic.

Be fully prepared before entry. Be sure you are wearing the required Personal Protective Equipment (PPE) including hard hat, safety-toed footwear, gloves and your breathing apparatus.

Wear a lifeline. The lifeline should be connected from your body harness to a winch outside the confined entrance so you can be pulled out in case of emergency.

Have trained and equipped personnel outside of the confined space, for communication and rescue if necessary. Backup personnel must be equipped for confined space entry, trained in first aid and ready to contact emergency agencies if necessary.

Make sure you are fully trained in confined space procedures for your workplace. Take all the right precautions before entering a confined space, even in an emergency.

**Your next home could be just a click away...**

**[www.homefinder.ca](http://www.homefinder.ca)**

**Visit today to view homes in your area**



# Come back to a great team!

## From the Air Force Intake and Liaison Team

Do you miss working with some of the greatest people and technology in the Canadian Armed Forces (CAF)? Would you like to put your skills back to work for Canada and Canadians?

If so, there may be a place for you (again!) in the Royal Canadian Air Force (RCAF).

The RCAF has established a dedicated team – the Air Force Intake and Liaison Team (AFILT) – to work with the Canadian Forces Recruiting Group to actively attract and enroll former trained members of the CAF.

Working together, the two teams are focused on supporting RCAF occupations that face particular personnel shortages and can benefit immediately from the return of individuals who have the skills

and experience that the Air Force needs.

The AFILT, which is based in Ottawa, works to identify and put into action initiatives that improve the re-enrollment of skilled former members into the RCAF. The team works closely with the Recruiting Group and the career managers to streamline and expedite the re-enrollment process. In addition, they can provide individual support and guidance to each re-enrollee's file, which helps ensure the process moves forward as smoothly as possible.

There are many advantages to re-enrolling fully qualified personnel.

The RCAF recognizes the qualities of leadership, maturity and experience that former personnel bring with them. Evidence has shown that these personnel can have an immediate and positive effect on Canada's aerospace capabilities – as well as on the health of stressed occupations.

Returning members also contribute the fresh ideas and perspectives that they gain during the time they have spent outside of the military environment.

And as an added bonus, those returning also help to demonstrate to both the public and to serving personnel that the Canadian military remains an employer of choice.

If you are interested in receiving more information about this initiative, you can contact the AFILT through their website, by email or by telephone (at no charge)

**Website:** <http://www.airforce.forces.gc.ca/en/re-enrollment.page?>

**Email:** [AFILT-EALFA@forces.gc.ca](mailto:AFILT-EALFA@forces.gc.ca)

**Telephone (it's a free call!):** Former officers 1-866-355-8195 and former non-commissioned members 1-877-877-2741

And for general information on how to



*If you're a former skilled member of the RCAF and want to return to the RCAF family, give us a call or send us an email!*  
[AFILT-EALFA@forces.gc.ca](mailto:AFILT-EALFA@forces.gc.ca)

Image: DND

the Canadian Armed Forces recruiting website at [www.forces.ca](http://www.forces.ca).

# Retrouvez une équipe formidable!

## De l'Équipe d'attraction et de liaison de la Force Aérienne

Travailler avec des personnes et des technologies parmi les plus remarquables des Forces armées canadiennes vous manque? Vous aimeriez remettre vos compétences au service du Canada et des Canadiens?

Si oui, il pourrait de nouveau y avoir une place pour vous dans l'Aviation royale canadienne (ARC).

L'ARC a mis sur pied l'Équipe d'attraction et de liaison de la Force Aérienne (EALFA), une équipe spéciale qui travaillera en collaboration avec le Groupe du recrutement des Forces canadiennes pour attirer activement et recruter d'anciens militaires d'expérience des Forces armées canadiennes.

Ensemble, les deux équipes s'emploient à soutenir les groupes professionnels de l'ARC qui font face à une pénurie de personnel grave et qui pourraient profiter immédiatement du retour de personnes qui possèdent les compétences et l'expérience dont la Force aérienne a besoin.

L'EALFA, qui est établie à Ottawa, s'efforce de créer et de prendre des mesures qui améliorent le recrutement d'anciens militaires d'expérience dans l'ARC. L'équipe collabore étroitement avec le Groupe du recrutement et les gestionnaires des carrières pour simplifier et accélérer le processus de réenrôlement. De plus, les membres de l'Équipe peuvent fournir des conseils et du soutien aux militaires qui s'enrôlent de nouveau pour que le processus se déroule aussi bien que possible.

Réenrôler d'anciens militaires d'expérience s'accompagne de nombreux avantages.

L'ARC est consciente du leadership, de la maturité et de l'expérience que possèdent les anciens membres du personnel. Des données probantes montrent que ces personnes peuvent avoir un effet favorable immédiat sur les capacités aérospatiales du Canada, ainsi que sur l'état des groupes professionnels en difficulté. Les anciens militaires qui reviennent dans les forces ont aussi des idées et des points de vue nouveaux, qu'ils se sont formés pendant le temps qu'ils ont passé à l'extérieur du milieu



*Vous êtes un ancien militaire d'expérience de l'ARC et vous souhaitez rejoindre la famille de l'ARC? Appelez-nous ou écrivez-nous à [AFILT-EALFA@forces.gc.ca](mailto:AFILT-EALFA@forces.gc.ca).*

Image : MDN

militaire.

Par ailleurs, ces personnes montrent au public et aux militaires actuels que les Forces armées canadiennes demeurent un employeur de choix.

Si vous souhaitez obtenir plus de renseignements au sujet de cette mesure, vous pouvez communiquer avec l'EALFA par l'intermédiaire de son site Web, par courriel ou par téléphone (sans frais).

Site Web : [www.airforce.forces.gc.ca/fr/reenrolement.page](http://www.airforce.forces.gc.ca/fr/reenrolement.page)

Courriel : [AFILT-EALFA@forces.gc.ca](mailto:AFILT-EALFA@forces.gc.ca)

Téléphone (sans frais) : anciens officiers, 1-866-355-8195, et anciens militaires du rang, 1-877-877-2741

Pour obtenir de l'information générale sur la façon de se joindre à l'Aviation royale canadienne, rendez-vous au site Web de recrutement des Forces armées canadiennes, au [www.forces.ca](http://www.forces.ca).

## BALL HOCKEY Belleville

### REGISTRATION AGES 3 TO 18

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

at  
**QUINTE SPORTS CENTRE**

FOR MORE INFO:  
[www.bellevillehockey.ca](http://www.bellevillehockey.ca)



Book your classified ad today!  
**613.966.2034**

**Your dream home awaits!**  
Begin your home search here...  
Pick up your copy of HomeFinder.ca today, or view the many property listings online at [www.insidebelleville.com](http://www.insidebelleville.com)

Quinte Area  
**HomeFinder.ca**

THE BELLEVILLE News. BRIGHTON Independent. CENTRAL EASTERN NEWS.  
THE QUINTE WEST News. Contact

[www.insidebelleville.com](http://www.insidebelleville.com)

**10% Military Discount!**

**Cleaning & Polishing Only \$99**

**fdc**

## Family Dental Centre

*Personalized & Comfortable*

Call Today for Your **FREE** Consultation and Necessary X-Ray!  
Same-Day Emergencies & On-Site Denture Lab!  
Early Morning, Late Evening & Saturday Appointments!  
Implants • Sedation Dentistry • Invisalign®  
Day Care from 10am-4pm!

**Three Locations to Better Serve You!**  
Frankford 613-398-8888  
Belleville 613-961-7050  
Cobourg 905-372-7400  
[www.FamilyDentalCentre.com](http://www.FamilyDentalCentre.com)

PHOTO: JAMES

# Up to **600** Vehicles In Stock

# BayviewAuto.ca

Service Selection Finance

The Way Used Car Buying Should Be!



**APPLY NOW!**

Start before our "Spring Rush" Sales & Finance Opportunities

Bring in Resume or contact [butch@bayviewauto.ca](mailto:butch@bayviewauto.ca)



**16 VW BEETLE**  
 29319E Auto, 1.8 4cyl TSI, keyless entry, tract ctrl, heat seats, AC, CD, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr windows. 28,719 km  
**PREVIOUS DAILY RENTAL**

**\$17,495**  
**\$106**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**15 FORD FOCUS ST**  
 29623 Manual 6spd, 2.0 4cyl turbo, hatchback, keyless entry, alloys, pwr roof/seats, push btn start, leather, heat seats/steer, dual climate, rev cam, park aid, Sync, cruise. 34,880 km

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



**13 JAGUAR XF RS**  
 29647 Auto, 5.0 V8 supercharged 550HP, RWD, pwr roof/seats, push btn start, leather, memory seats, dual climate, nav, rev cam, park aid, Bluetooth, adaptive cruise. 19,156 km

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



**13 KIA FORTE EX**  
 29697 Auto, 2.4 4cyl, keyless entry, alloys, heat seats, AC, CD, MP3, sat radio, Bluetooth, compass, ext temp gauge, pwr windows/locks/mirrors, cruise, pwr fold side mirrors. 52,399 km

**\$10,795**  
**\$82**  
 bi-weekly  
 72 mths @ 5.9%  
 0 DOWN + HST



**14 CHEVROLET CRUZE LT**  
 29588 Auto, 1.4 4cyl turbo ecotec, keyless entry, fact remote start, tract ctrl, AC, CD, MP3, sat radio, OnStar, compass, ext temp gauge, pwr windows/locks/mirrors. 55,305 km

**\$11,495**  
**\$77**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**14 CHEVROLET IMPALA LT**  
 29598 Auto, 3.6 V6, alloys, push btn start, leather trim seats, pwr seats, heat seats, nav, rev cam, park aid, OnStar, cruise, collision alert, lane keep, MyLink, blindspot detect. 62,373 km

**\$17,995**  
**\$121**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**13 VW JETTA HIGHLINE**  
 29639 Auto, 2.5 5cyl, keyless entry, alloys, pwr roof, push btn start, tract ctrl, leather, heat seats, AC, CD, MP3, sat radio, nav, rev cam, park aid, Bluetooth, cruise. 90,678 km

**\$14,495**  
**\$110**  
 bi-weekly  
 72 mths @ 5.9%  
 0 DOWN + HST



**15 SCION XB**  
 29579E Auto, 2.4 4cyl, hatchback, keyless entry, fog lights, tract ctrl, AC, MP3, rev cam, Bluetooth, compass, ext temp gauge, pwr windows. 69,878 km  
**PREVIOUS DAILY RENTAL**

**\$13,195**  
**\$89**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



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

**\$38,495**  
**\$232**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



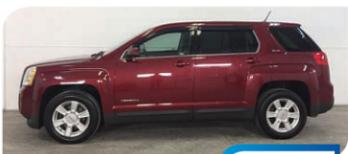
**11 BUICK ENCORE**  
 29651 Auto, 1.4 4cyl ecotec, keyless entry, roof rack, alloys, leather trim seats, pwr seats, heat seats, AC, MP3, rev cam, OnStar, compass, ext temp gauge, cruise. 40,417 km

**\$16,995**  
**\$114**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE JOURNEY LTD**  
 29643 Auto, 3.6 V6, 7pass, fact remote start, alloys, pwr roof/seats, push btn start, heat seats/mirrors/steer, 3 zone climate, DVD, rev cam. 35,992 km  
**PREVIOUS DAILY RENTAL**

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



**12 GMC TERRAIN SLE**  
 26798A Auto, 2.4 4cyl ecotec, keyless entry, alloys, pwr seats, AC, rev cam, OnStar, compass, ext temp gauge, pwr windows/locks/mirrors, cruise. 86,677 km

**\$12,995**  
**\$116**  
 bi-weekly  
 60 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE JOURNEY CROSSROAD**  
 29698 Auto, 3.6 V6, 7pass, flex fuel, alloys, pwr roof, push btn start, leather trim seats, pwr seats, AC, dual climate, rear air ctrl, nav, rev cam. 31,067 km  
**PREVIOUS DAILY RENTAL**

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



**16 CHRYSLER T&C TOURING**  
 29573 Auto, 3.6 V6, fact remote start, flex fuel, alloys, pwr roof/seats, push btn start, leather, heat seats/steer, DVD x2, nav, rev cam, park aid. 13,407 km  
**PREVIOUS DAILY RENTAL**

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



**15 DODGE GRAND CARAVAN CREW**  
 28915 Auto, flex fuel, alloys, rear air ctrl, dual climate, cruise. 38,950 km  
**PREVIOUS DAILY RENTAL**

**\$20,995**  
**\$141**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE CARAVAN SXT**  
 29206 Auto, 3.6 6cyl, flex fuel, alloys, pwr seats, AC, rear air ctrl, CD, MP3, sat radio, dvd, rev cam, U-connect, heat mirrors, cruise, touch screen. 39,075 km

**\$22,995**  
**\$139**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE GRAND CARAVAN SXT**  
 29270E Auto, 3.6 6cyl, keyless entry, flex fuel, tract ctrl, sto'n'go, AC, dual climate, rear air ctrl, CD, MP3, sat radio, U-connect, compass. 34,304 km  
**PREVIOUS DAILY RENTAL**

**\$21,995**  
**\$133**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



**15 DODGE GRAND CARAVAN CREW**  
 28914 Auto, flex fuel, alloys, stow'n'go, dual climate, cruise. 39,789 km  
**PREVIOUS DAILY RENTAL**

**\$20,995**  
**\$141**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**15 DODGE RAM 1500 SPORT**  
 29196A Auto, 5.7 Hemi V8, 4x4, crew cab, trailer hitch, tonneau cover, box liner, chrome step bars, alloys, leather trim seats, pwr seats, AC, U-connect, compass, ext temp gauge. 35,988 km

**\$34,995**  
**\$235**  
 bi-weekly  
 84 mths @ 5.9%  
 0 DOWN + HST



**16 DODGE RAM 1500 SPORT**  
 29341 Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, trailer hitch, box liner, chrome step bars, leather trim seats, pwr seats, AC, MP3. 13,631 km  
**PREVIOUS DAILY RENTAL**

**\$39,495**  
**\$238**  
 bi-weekly  
 96 mths @ 5.9%  
 0 DOWN + HST



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

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



**16 DODGE RAM 2500 OUTDOORSMAN**  
 29499 Auto, 5.7 V8 Hemi, 4x4, crew cab, trailer hitch, box liner, alloys, AC, MP3, sat radio, compass, ext temp gauge, heat mirrors, cruise. 19,948 km  
**PREVIOUS DAILY RENTAL**

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



**16 NISSAN FRONTIER SV**  
 28580E Crew cab, short box, alloys, AC, Bluetooth, heated mirrors, cruise, auto, box liner. 16,525 km  
**PREVIOUS DAILY RENTAL**

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

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



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

**7 Open Days a week!**



Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2011-2012: 60 mths, 2013: 72 mths, 2014-2015: 84 mths, 2016-2017: 96 mths; P.P.S.A. License and taxes extra. EG: \$10,000 + Taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 mths at 5.9% = \$117.34 Bi-Weekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2016 & 2017 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.

