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## Canada 150

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### Prime Minister visits CFB Trenton



Doris Wilson was tickled to have her picture taken with Prime Minister Justin Trudeau at CFB Trenton's Yukon Galley Friday morning while Wing Commander Colonel (Col.) Colin Keiver looked on.

Photo by Ross Lees

See story and more photos on pages 8 & 9.

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### United Way campaign falls short of goal

*Service cuts may be unavoidable due to funding shortfall, according to executive director*

By Ross Lees

United Way Hastings and Prince Edward (UWHPE) organizers felt from the get-go they would struggle to reach their 2016 campaign goal of \$2,115,600 and that prediction has proven prophetic.

UWHPE executive director Judi Gilbert

was quoted early in the 2016 campaign launch as say, "We understand that \$2,115,600 is a lot of money. It is a lofty goal. We know that this year is going to prove to be very difficult, given our experience last year of exceeding our goal by less than \$1,000. But we cannot, in good conscience, lower our target when we know how badly these dollars are needed by local charities."

Despite the continuing need, some service cuts may be unavoidable with the funding shortfall, according to Mrs. Gilbert, who noted in a press release that applications were being reviewed but that nothing would be finalized until mid-February.

Contributors to the fundraising short-

fall included increased competition, the economic landscape and a reduction in workplace campaigns, according to Mrs. Gilbert.

"There is not a single reason that stands out for why the campaign fell short, but instead there were a variety of barriers faced by many workplaces that found them struggling to fundraise as much as they had in prior years," she stated.

Ironically, some campaigns – like that of the Government of Canada Workplace Charity Campaign (GCWCC) at 8 Wing/Canadian Forces Base (CFB) Trenton co-chaired this year by Major (Maj.) Christopher Hepburn and

Continued on page 7



\*Based on 2010 closed transactions. Source CREA and RE/MAX internal data.

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The RCAF Flyers men's hockey team skated to the Ontario Regional Championship in Borden last weekend - despite having only 11 skaters against Petawawa in the final, which they won 4-2. Team members in the back row, left to right, are: Major (Maj.) Shawn Duffy, Private (Pte.) John Ulman, Chief Warrant Officer (CWO.) Rick Plante, Corporal (Cpl.) Trevor Archer, Maj. Andrew Davidson, Cpl. Rob Shields, Aviator (Avr.) Bee Shonias, Avr. Scott Wallace, Sergeant (Sgt.) Jamie Pilatzke and Bryan Pearce. Front row, left to right: Captain (Capt.) Doug Young, Master Corporal (MCpl.) Jon Wall, Second Lieutenant (2Lt.) Dave Thebault, MCpl. Matt Archer, Cpl. Jordan Mercer, Capt. Jonathan Ferlatte, Capt. Colin O'Rourke and WO. Tommy Mailloux. Missing from the picture are Cpl. Dylan Squires and Sgt. Lance Browne. Submitted photo

## RCAF Flyers skate to Ontario Regional Championship

*Undermanned Flyers use defensive system to shoot down powerhouse Petawawa in final 4-2*

By Ross Lees

An under-manned RCAF Flyers men's hockey team skated their hearts out in the final game to become the Ontario Regional Champions in Borden on the weekend.

Meeting Petawawa for the second time in the final - a team they lost 4-0 to in the round-robin portion of the tournament - the RCAF Flyers were missing five skaters due to injury or work commitments, but the 11 players taking part incorporated a strong defensive-style of game to down Petawawa 4-2.

"We were tired but they didn't figure it out," noted coach Bryan Pearce Tues-

day morning. "They didn't make adjustments and our guys stepped up."

The style of play Mr. Pearce had his team play limited the shots on net, resulting in a 3-2 lead for the Flyers late in the third period. Petawawa pulled their goalie for the extra attacker, but it was the Flyers who scored into an empty net with just 35 seconds remaining to cinch the win. With his depleted 11-man squad missing five players, Mr. Pearce readily admits Petawawa had the better team, "...but not that game," he added.

"We had a couple of guys who were skating every other shift and our goaltending came up big when it had to," he said.

In round-robin play against North Bay, Kingston, Borden and Petawawa, the Flyers emerged with a 2-1-1 record, tying their first game against Borden 2-2, defeating Kingston 1-0, defeating North Bay 12-1 and then losing to Petawawa 4-0.

In the semi-final match, the Flyers eliminated Borden 4-1 to advance to the final.

The team will now advance to the Canadian Armed Forces (CAF) National Hockey Championships at CFB Valcartier March 19-25, an amazing accomplishment for a team featuring eight new guys this year.

In advancing to the national championships, the Flyers are allowed to pick up three players from other Ontario teams to face the Atlantic, Quebec, Prairie and Pacific region champions.

Even with operational tempo perhaps preventing some players from attending the national championships in Valcartier, Mr. Pearce expects his team to be in the mix at the end.

"We'll be in the fight," he noted without hesitation.

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# Josh Bambrough takes over Public Relations at National Air Force Museum of Canada

*Position at Trenton museum incorporates his interests and skill sets*

*By Ross Lees*

Josh Bambrough has been appointed head of public relations at the National Air Force Museum of Canada and he truly is like a kid in a candy store.

When Mr. Bambrough saw the position being advertised, he jumped at the chance to apply, he said in an interview Tuesday morning.

In looking at the requirements, he felt his qualifications met the requirements.

"I thought it incorporated my interests and skill sets," he noted, adding that he studied history at Brock University, he has worked with the military and the cadets from 2002 to 2010 and took a Unit Public Affairs Representative (UPAR) course this past summer to enhance his qualifications while serving in a public affairs capacity with the Trenton Cadet Training Centre (TCTC).

"It just seemed like a good fit for me," he acknowledged.

At the same time, he wants people to understand he has big shoes to fill, as Barb Neri held



*Josh Bambrough is like a kid in a candy store in his new position as the public relations person for the National Air Force Museum of Canada. He is show here in the new gift shop at the museum. Photo by Ross Lees*

the position for six years and basically created the position, Mr. Bambrough said.

"We have some big projects public to know that I'm really coming up and I hope to do as well," he said. "But I want the with me. Good things are com-

ing up, so keep your attention on social media and the websites (www.airforcemuseum.ca)."

## Free Family Day coming to National Air Force Museum of Canada

*Feb. 20 Family Day is spy, espionage and cryptology-themed with an X Camp component*

to those wishing to take part.

"It's a spy and espionage-themed," he said. "Our Halifax was a spy Halifax so we have a future exhibit coming that won't be quite ready for Family Day, but we will have a spy, espionage and cryptology exhibit shortly."

The new man in charge of public relations at the National Air Force Museum of Canada is wasting little time in getting his feet wet in his new position.

According to Mr. Bambrough, activities will include a minimum of five stations featuring activities spy and espionage-themed.

Josh Bambrough is in the process of publicizing the museum's Family Day, which will take place on Feb. 20 from 11 a.m. to 3 p.m. and is free

"We'll also have a photo booth, so we're encouraging the public to dress up as a spy with their trench coats, hats, sun glasses, shirts and ties and get their pictures taken," he said,



adding there would also be an X Camp component to the event.

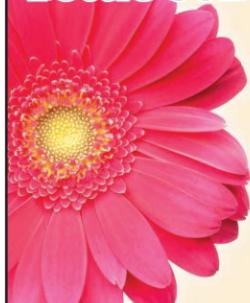
"We're emphasizing that this is a free event complimentary to our future display themed around spying, espionage and cryptology. We're hoping to have good attendance at this free day, despite the implementation of administration fees prior to that time period," he noted.

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# CFS Alert outgoing CO impressed with Station personell's optimism

*Over the course of her tour, Lt.-Col. Tsai-Lamoureux took pride in the Station's many accomplishments*

**By Second Lieutenant Valérie L. Rousseau**

As the Change of Command is fast approaching at CFS Alert, the Station Project Officer, Second Lieutenant (2nd Lt.) Valérie L. Rousseau, had the opportunity to sit with the outgoing Commanding Officer (CO), Lieutenant-Colonel (Lt.-Col.) Amy H.Y. Tsai-Lamoureux, to look back at her six-month tour. As soon as Lt.-Col. Tsai-Lamoureux arrived at Alert on July 19, 2016, she was struck by the high optimism at the Station. She was amazed by everyone's energy and the warm welcome she received.

Over the course of her tour, Lt.-Col. Tsai-Lamoureux took pride in the Station's many accomplishments. One of her

proudest is the progress of the Station Project (GRIP), which consists of phasing out all single use



*Lt.-Col. Tsai-Lamoureux's painting is proudly displayed by the stairs leading up to the Station's Mess. Photo by: Private Alexandre Thibault*

utensils and containers on Station to significantly reduce the environmental impact to the Arctic.

The tour also came with its fair share of challenges.

CFS Alert has been around for many years and the infrastructure is constantly aging. Some maintenance requirements which needed immediate attention. However, the perseverance of the men and women was phenomenal and they worked to ensure the Station returned to a functional state.

When asked what she will take away from her experience in the Great North, Lt.-Col. Tsai-Lamoureux quickly answered: "Despite the harsh elements, the understated perseverance of the men and women on the Station enables CFS Alert to quietly stand on guard."

This was the theme of her

tour and resonated in her leadership. As a gift to the Station, she presented one of the paintings she did during her tour. Below the painting, a plaque reads: "Not by Strength but by Perseverance."

On the eve of handing the command over to the incoming CO, she is confident that everyone on Station will offer her successor the same fantastic support she received.

After the Change of Command on Jan. 25 January, Lt.-Col. Tsai-Lamoureux will be returning to CFB Cold Lake to finish her current posting at Aerospace Engineering Test Establishment (AETE). Afterwards, she will be on her way to CFB Greenwood to be the CO of 14 Air Maintenance Squadron (AMS).

Everyone at CFS Alert wishes her great success in her career.

*Lt.-Col. Tsai-Lamoureux enjoyed the unique and amazing Arctic scenery, by the CFS Alert airfield. Photo by: Private Alexandre Thibault*



*Lt.-Col. Tsai-Lamoureux salutes during the Station's Remembrance Day Ceremony. Photo by: Private Alexandre Thibault*

## 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

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**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.

## Guidelines for submissions:

### 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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# Wing Logistics and Engineering Picture of the Week

Replenishing clothing stores at 8 Wing/CFB Trenton



Meet Shawn Lucas, a Wing Replenishment Squadron Clothing Stores civilian employee. Shawn is in the process of restocking tan flight shirts received from 7 Canadian Forces Supply Depot located in Montreal, QC. Photo and description by Master Corporal Aaron Chiasson



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# 8 Wing leadership supports Bell Let's Talk Jan. 25



The 8 Wing leadership team supports the Bell Let's Talk campaign set for Jan. 25 and encourage everyone to join the conversation regarding mental illness. They want everyone to talk about and join them in removing the stigma. So join the team and get involved in Bell Let's Talk Jan. 25! 8 Wing Chief Warrant Officer (WCWO) Darcy Elder, Chief Warrant Officer (CWO) Martine Guay, Wing Administration CWO, and 8 Wing Commander Colonel (Col.) Colin Keiver give the "thumbs up" to the Bell Let's Talk program. Photo by Ross Lees

# Great program being offered in Health Promotion! Don't miss out!

With New Year Resolutions upon us, here is an amazing program to consider. This lifestyle program entitled Weight Wellness combines nutrition, physical fitness, stress management and more to help participants with lifestyle changes. This 6 week program is offered on Fridays at Health Promotion and is geared towards people wanting to make healthy changes to lifestyle, wellness and health. Join our team of professionals for this highly popular program open to military members, their spouses, the DND community, retired members, and NPF staff. Find the details in the promotion poster, or call 3768.

**Attention all Unit Reps and Training Officers!** Health Promotion is booking in Unit requests for this quarter and next. Please consider offering any of our programs within the Unit Lines. We will come to you for any of our 4 Core Program Areas to include: Nutritional Wellness, Injury Reduction and Active Living, Social Wellness and Addictions Awareness. To book a course for your Unit call 3768 or email us on the DIN at +Health-Promotion.

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# United Way campaign falls short of goal

## Continued from page 1

Master Warrant Officer (MWO) Scott Creamer – were up from the previous year. While there were other instances like that, they could not reverse the trend set in many other workplace campaigns throughout the fund-raising effort.

It was a disappointing result for Mrs. Gilbert, who was running her final campaign for the UWHPE, as she announced at the beginning of the campaign she would relinquish her position as executive director in March of 2017.

“I am disappointed, but not because this is my last campaign,” she said. “More so from an organizational perspective because this will have an impact on services. This will definitely impact programs in the community but we will not know what this looks like until after the allocation process wraps up in February.”

*United Way Hastings and Prince Edward executive director is shown here with GCWCC co-chairs for the 2016 campaign Maj. Christopher Hepburn and MWO Scott Creamer.*

*Contact file photo by Ross Lees*



# Mandatory registration for Vimy 100 Commemorative Ceremony in France

*Canadians must register online no later than Feb. 28 to attend France ceremony*

*By Veteran's Affairs Canada*

Canadians planning to travel to France to attend the Government of Canada commemorative ceremony marking the 100th anniversary of the First World War and the Battle of Vimy Ridge on April 9, 2017 at Canadian National Vimy Memorial must register online by Feb. 28.

Safety and security are paramount to this ceremony, therefore registration is mandatory. If you do not register in advance, you will be denied access to the site. Attendees will need to provide a printed copy of their official e-ticket and government-issued photo identification, such as a passport or driver's license, on the day of the event.

“To mark the centennial of the Battle of Vimy Ridge, events will be held both in France and in Canada. It is our duty to preserve the

memory of all the heroes who have made Canada the country it is today,” noted The Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence.

To register, please follow the instructions found at: [Link TBD]. If you have questions about the registration process, please email VAC.Vimy2017.ACC@vac-acc.gc.ca.

An official Government of Canada delegation will travel to France to attend ceremonies and events during the week of April 5-12. Event information will be added to

the Veterans Affairs Canada website as details are confirmed.

There will be site restrictions between April 1 and 10 at the Canadian National Vimy Memorial due to event preparations. Visitors should note that the site will be closed April 6 to April 9. The site will reopen on April 10 at 9 a.m. with re-

stricted access.

For more information about traveling to France, please visit Global Affairs Canada's Travel Advice page for France. please visit Canada.ca/vimy-100 and Advisories page for France.

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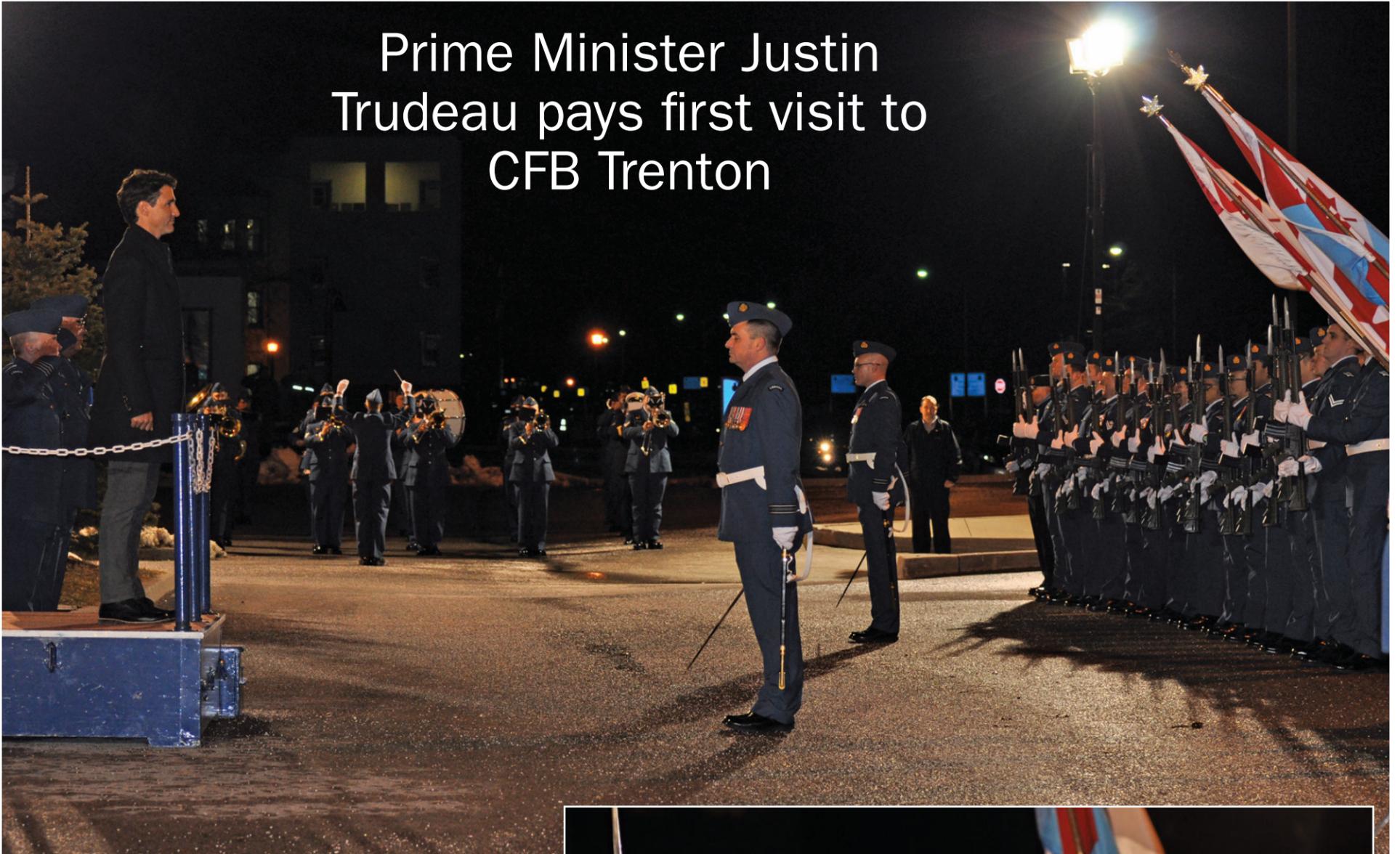
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# Prime Minister Justin Trudeau pays first visit to CFB Trenton



Canadian Prime Minister Justin Trudeau received a full military welcome from a 100-person Honour Guard, the 8 Wing Band and 8 Wing/CFB Trenton leadership, Thursday evening, to end the first day of his campaign-style cross-country tour.

Photos by Ross Lees

## A 100-person Honour Guard welcomed the Prime Minister to 8 Wing

By Ross Lees

Canadian Prime Minister Justin Trudeau completed his first day of his cross-country tour with stop at 8 Wing/Canadian Forces Base (CFB) Trenton, where he was welcomed by a 100-person Honour Guard, the band and Wing leadership.

Despite high winds and plummeting temperatures, an impressive ceremony was held in honour of the Prime Minister's first visit to CFB Trenton, and the first by a Prime Minister in recent history.

During his campaign-style trip, the Prime Minister made stops in Kingston and Belleville for two-hour-long town hall-style meetings with Canadians where he responded to questions.

During the brief military reception, Mr. Trudeau took time to speak with the troops at CFB Trenton as he honoured them with an inspection.



Prime Minister Justin Trudeau took a moment to speak to troops during an inspection of the 100-person Honour Guard which welcomed him to the Base Thursday night.

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Prime Minister Trudeau spent the night at Yukon Lodge on the base, before rising early Friday morning for a run around Baker Island

with members of the Canadian Army Advanced Warfare Centre (CAAWC).

Mr. Trudeau then played to a packed house at the Yukon Gallery Friday morning as he had breakfast with the troops and their families.

And if there was a better way for Doris Wilson to celebrate

her retirement after 34 years of working at the base, she couldn't think of it.

Mr. Trudeau took the time to have a picture taken with her as he paid for his breakfast, and Doris beamed from ear-to-ear.

Retiring on March 31, Doris said of Mr. Trudeau, "He's such a nice man!"

With his breakfast tray, Mr. Trudeau proceeded to sit at a table with troops, introduce himself and talked with those around him.

To create an environment where people would feel free to voice concerns or opinions, the attending media was kept at a respectable distance.

By 8:30 a.m., Mr. Trudeau was back on the road on his tour to Bewdley, Peterborough, Toronto and London.

The visit provided many proud moments for the personnel of 8 Wing/CFB Trenton and 8 Wing Commander Colonel (Col.) Colin Keiver.

"8 Wing was honoured to host the Prime Minister during his cross-Canada tour," Col. Keiver noted.

"I am extremely proud of the way in which the men and women of 8 Wing and their families looked after and interacted with him during his stay. They were gracious hosts and have once again brought great credit to the men and women of the Canadian Armed Forces (CAF)."

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# Prime Minister Justin Trudeau pays first visit to CFB Trenton

Mr. Trudeau is shown here at the Earl of Bessborough Social House mingling with the troops at CFB Trenton. Photo by Adam Scott



This young military family was excited to be in the lineup at the Yukon Galley in front of Canadian Prime Minister Justin Trudeau at CFB Trenton Friday morning.

Photos by Ross Lees



(Above) Prime Minister Justin Trudeau introduces himself to a military family as he prepares to sit down for breakfast at the Yukon Galley at CFB Trenton Friday morning.



(Above left) Prime Minister Justin Trudeau inspected the troops that formed a 100-person Honour Guard that welcomed him to the base along with the 8 Wing Band and 8 Wing/CFB Trenton Leadership Thursday evening to end the first day of his campaign-style cross-country tour.

Prime Minister Justin Trudeau kicked off his second day of the cross-country connect with Canadians tour with an early morning run with members of the Canadian Army Advanced Warfare Centre (CAAWC), followed by breakfast at the Yukon Galley with 8 Wing military members and their families.

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# RRSP or TFSA...Which one is best for you?

By Joyce Sharp,  
Marketing and  
communications  
Manager, Commercial  
Services, CFMWS



When it comes to retirement savings, many are still unsure which to choose: the Registered Retirement Savings Plan (RRSP) or the Tax Free Savings Account (TFSA)!

As a young Canadian Armed Forces (CAF) member, you are likely not even considering retirement as it seems too far off. However, it may be time to give it some thought, since the decisions you make now could have a considerable impact on your retirement income.

The table below, featuring a 40 year old investor at different income levels (lower, mid and higher), compares these two options and the differences, depending on which contribution type you make with your first \$5,500 of after-tax savings.

Keep in mind there are other elements that come into play which may not

apply to your particular situation. For example, we have assumed:

- No change to annual income/salary over the years.
- Marginal tax rates are based on 2015 and average

for Canada. All three income levels qualify for Old Age Security.

In addition there are instances where an RRSP should be avoided, making a TFSA the better choice:

EXAMPLES*	Lower	Medium	Higher
Annual Income	\$30,000	\$60,000	\$90,000
Tax Rate	21%	31.3%	39.3%
RRSP Contributions	\$5,400	\$8,000	\$9,060
Tax refund on RRSP contributions	\$1,135	\$2,500	\$3,560
TFSA contribution (after tax equivalent of RRSP contribution)	\$4,265	\$5,500	\$5,500
Expected income at age 65	\$10,000	\$25,000	\$40,000
Will the Guaranteed Income Supplement be available at retirement?	Only if a TFSA is used	No, income would be too high	No, income would be too high
Will Old Age Security be clawed back	NO	Yes, but not much	Yes, more than 50% if RRSP is used; only slightly with a TFSA
Which is best	TFSA	RRSP	RRSP

\*Calculations are based on the TFSA vs. RRSP Calculator provided at TaxTips.ca

- You expect to be in a higher tax bracket at retirement.
- You have a lower income.

Above, however, are only examples and may not apply to your specific case. The best way to determine with considerable accuracy whether an RRSP or TFSA is right for you is to speak to a Financial Advisor. Serving or former

members can contact their local SISIP Financial Advisors who, understanding the complexity of your military lifestyle, can assess your personal financial situation (taking into account all elements including severance payments, investment options and tax planning) to help ensure you are financially healthy when you retire!

utilized, what matters most is that every CAF member should be saving a portion of their current income for their financial objectives...." – Pierre Goulet, Associate Vice-President, Client Services Delivery, SISIP Financial

Mutual Funds are provided through FundEX Investments Inc.

"Regardless of the tool

# Le REER ou le CELI...Lequel vous convient le mieux?

Joyce Sharp, gestionnaire des communications et du marketing, Services commerciaux, SBMFC

Lorsque se présente le choix de véhicule d'épargne pour la retraite, bien des gens hésitent entre lequel choisir: soit un régime enregistré d'épargne-retraite (REER) ou un compte d'épargne libre d'impôt (CELI)!

En tant que jeune membre des Forces armées canadiennes (FAC), il se peut que vous n'avez même pas songé à la retraite puisque celle-ci vous semble probablement trop loin. Toutefois, c'est peut-être le temps d'y penser, car les décisions que vous prenez aujourd'hui pour-

raient avoir un effet considérable sur votre revenu de retraite.

À titre de comparaison, le tableau ci-dessous présente trois résultats qu'un investisseur âgé de 40 ans obtiendrait en fonction de son niveau de revenu (faible, moyen et élevé) et de la façon dont il investit ses premiers 5 500 \$ en épargnes après impôt.

N'oubliez pas que d'autres facteurs entrent en ligne de compte, mais ils ne s'appliquent pas nécessairement à votre situation. Par exemple, nous avons fait les suppositions suivantes :

- Le revenu annuel et le salaire ne changent pas au fil des années.
- Les taux d'imposition marginaux reflètent les taux de 2015 et la moyenne pour le Canada.

L'investisseur est admissible à la prestation de la Sécurité de la vieillesse dans les trois catégories de revenu.

En outre, il faut éviter le REER dans certains cas, faisant du CELI le choix privilégié:

- Vous prévoyez que votre revenu atteindra une tranche d'imposition supérieure à la retraite.
- Vous avez un revenu moins élevé.

Toutefois, ceux-ci ne sont que des exemples et votre situation pourrait être différente. Afin d'établir en toute exactitude si c'est le REER ou le CELI qui vous convient le mieux, il est recommandé de consulter un conseiller financier. À titre de membre actif ou vétéran des FAC, vous pouvez communiquer avec un des conseillers financiers de la Financière

SISIP de votre localité; comprenant la nature complexe de votre style de vie militaire, ils sont en mesure d'évaluer votre situation financière (en tenant compte de tous les éléments comme l'indemnité de départ, les choix de placements et la planification fiscale) pour vous aider à vous assurer une situation financière saine lors de votre retraite!

« Quel que soit l'outil utilisé, ce qui importe le plus, c'est que chaque membre des FAC mette une partie de son revenu actuel de côté en vue d'atteindre ses objectifs financiers. » – Pierre Goulet, vice-président associé de la prestation des services à la clientèle, Financière SISIP.

Les fonds mutuels de placement sont offerts par l'intermédiaire de FundEX Investments Inc.

EXEMPLES*	Faible	Moyen	Élevé
Revenu Annuel	30,000 \$	60,000 \$	90,000 \$
Taux d'imposition	21%	31.3%	39.3%
Cotisations à un REER	5,400 \$	8,000 \$	9,060 \$
Remboursement d'impôt par suite d'une cotisation à un REER	1,135 \$	2,500 \$	3,560 \$
Contributions à un CELI (équivalent du montant reçu après impôt par suite d'une cotisation à un REER)	4,265 \$	5,500 \$	5,500 \$
Revenu prévu à 65 ans	10,000 \$	25,000 \$	40,000 \$
Reçoit-il le Supplément de revenu garanti à la retraite?	Seulement dans le cas d'un CELI	Non, puisque le revenu est trop élevé	Non, le revenu est trop élevé
La prestation de la Sécurité de la vieillesse fait-elle l'objet d'une réduction?	NON	Oui, mais très faible	Oui, de plus de 50 % dans le cas d'un REER; légère réduction avec un CELI
Lequel est préférable?	CELI	REER	REER

\* Les calculs sont basés sur le calculateur « CELI ou REER » du site Web TaxTips.ca

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# TRENTON Military Family Resource Centre

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### 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!

### Al Anon meeting

Al Anon meetings at the Trenton MFRC are open to the general public, offering strength and hope for friends and families of problem drinkers. On Sundays from 6:30 p.m. to 7:30 p.m. For more information, please contact Linda Reade 613-392-2811 ext. 4583.

### Rencontre Al Anon

Des rencontres Al Anon ont lieu au CRFM de Trenton offre de l'espoir et de la force aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Les dimanches de 18h30 à 19h30. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou [linda.r@trentonmfr.ca](mailto:linda.r@trentonmfr.ca).

### Limitless Youth Night

Every third Monday of the month from 6 p.m. to 8 p.m. Do you want to meet new people, play games and have some fun? Then this group is for you! 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@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

### Possibilités Infinies

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

### Trenton MFRC Special needs parent support group

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

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

Venez rencontrer d'autres familles de la communauté pour discuter, échanger, obtenir du soutien et des ressources. Ce groupe d'entraide est pour les aidants naturels de personnes avec des besoins particuliers.

Ces rencontres ont lieu le deuxième jeudi du mois de 18h à 19h30. La prochaine rencontre sera le 13 octobre.

Pour information contactez Orlana Bourgoin 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

### The Puzzle Project

For children ages 8 to 12. Support group for siblings of a child with Special Needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs. This is done through discussion, activities, games designed to be unique, upbeat and appealing to a wide ability range, craft activities, and special guests who may teach participants new skills. \$16 per child for eight weeks. To register contact Kendra Bickford 613-392-2811 ext. 4582 or [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

### Le projet casse-tête

Pour les enfants de 8 à 12 ans. Ce programme a pour but de partager les joies et les défis d'avoir un frère ou une sœur ayant des besoins particuliers. A travers des jeux, des bricolages, des discussions et des invités spéciaux, les participants apprendront de nouvelles habiletés personnelles. Le coût est de \$16.00 par enfant. Pour inscription on contact Kendra Bickford 613-392-2811 poste 4582 ou [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

### Building Block Club

Trenton MFRC and Autism Ontario - An evidence based social skills program using Legos to assist in the development of communication. This six-week free program is for children with special needs and their siblings ages six to 10. Starting Jan. 19 from 6:30 p.m. to 8 p.m. For information,

contact Orlana : 613-392-2811 ext. 3953 or [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

### Club des blocs de construction

Le CRFM de Trenton et Autisme Ontario - Un programme éprouvé pour le développement des aptitudes sociales qui utilise des "Légos" pour améliorer la communication. Pour une durée de 6 semaines, cette activité gratuite est spécialement conçu pour les enfants ayant des besoins particuliers et aussi pour leurs frères et sœurs âgés de 6 à 10 ans. Commence le 19 janvier de 18h30 à 20h00. Pour information contactez Orlana au 613-392-2811 poste 3953 ou [orlana.b@trentonmfr.ca](mailto:orlana.b@trentonmfr.ca).

### Trenton MFRC and Autism Ontario Present:

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

### Autisme Ontario et le 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 Orlana Bourgoin 613-392-2811 poste 3953.

### Babies and Beyond

The place for teen parents and 'mommies-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 offers 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

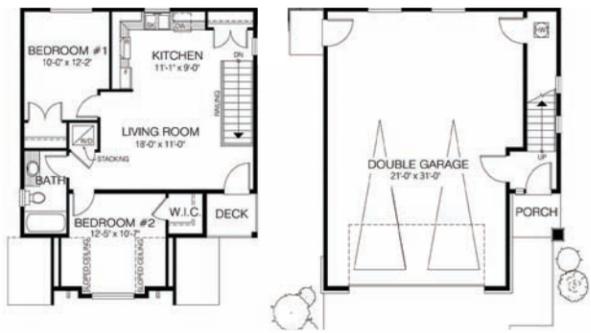
Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les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

Continued on page 13

# Home of the Week

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**Plan No: 14-2-275**

The living area in this attractive two-bedroom family home is located over a garage large enough to accommodate an extra room.

The main entry, at one side of the house, is sheltered by a porch and leads into a foyer. To the left is a doorway to the double garage, and directly ahead is the stairway to the living area.

Upstairs, the living room

and kitchen form one large space, with the kitchen overlooking the back garden. The living room enjoys access to a small deck.

The main bedroom is at the back of the house, while the second bedroom looks out to the front garden and has a 12-foot ceiling that slopes toward the sides, as well as a walk-in closet.

The two bedrooms share a three-piece bath, with a stacked washer and dryer

nearby.

Exterior finishes include wooden shakes, as well as brick accents and decorative horizontal siding with woodwork.

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**Yoga Drop-in**

Drop in for Yoga classes beginning Jan. 10 to Feb. 28 at the South Side Gymnasium studio from 4:15 p.m. to 5:15 p.m. This event is sponsored by the Community Recreation Association at CFB Trenton and costs \$7 for the military community and \$8 for the general public. For further information, please call 613-392-2811, ext. 3348 or go to [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com) or [www.facebook.com/trenton.recplex](http://www.facebook.com/trenton.recplex)

**Trenton Trimettes – Free Dues for January**

The Trenton Trimettes, a support group for losing weight, holds their regular meeting on Mondays at the Trenton Wesleyan Church. There is a guest speaker

each month and dues for January are free. For more information, contact Sheila at 613-392-0353.

**Jan. 21 – Quinte Branch of the Ontario Genealogical Society's Lecture Series**

The Quinte Branch of Ontario Genealogical Society's Crouse Wanamaker Lecture presents "Taking Root in a New Land" by Cheryl Levy, PLCGS. Explore the early immigration movements, including specific groups and settlement plans, for those who chose Canada. Place - Quinte West Public Library, 7 Creswell Drive, Trenton, from 1 p.m. to 3 p.m. Everyone welcome. For more information, visit [www.rootsweb.ancestry.co/~canqbogs/](http://www.rootsweb.ancestry.co/~canqbogs/) and facebook. Have you started your family tree?

**Jan. 21 – Trenton MFRC and PSP January Jubilee**

Trenton Military Family Resource Centre and the Personnel Support Programs are hosting the January Jubilee at the Batawa Community Centre from 11 a.m. to 3 p.m. on Jan. 21. This is a free event for military families. Enjoy winter activities for all ages. Warm up with hot chocolate and refreshments inside. For more information, call 613-965-3575 or [www.trentonmfr.ca](http://www.trentonmfr.ca). Children must be accompanied by an adult.

**Jan. 24-25 – Resolving Conflict Effectively**

Registration deadline for a conflict resolution training session at 8 Wing Trenton is Dec. 27, although the session takes place on Jan. 24-25 in a classroom located at LCC. The RCE has three components: a pre-classroom module will be delivered using the Defence Learning Network (DLN) and will require seven hours to complete. The second component consists of a classroom module consisting of a two-day course in class. The third portion is a post-classroom module delivered using the DLN and will require two hours to complete. Nominations are to be sent to: +RCE Registration Inscription RCE@CMP DGADR@Ottawa-Hull This session is hosted by the Conflict Resolution Centre Central. For further information, go to ++CRC Kingston@CFB Kingston@Kingston or call 613-541-5010 ext. 5641.

**Jan. 28 – Legion Branch 110 Winter Dance**

The Royal Canadian Legion Branch 110 is having a Winter Dance with Live Band "The Shadows" on Jan. 28 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. 3-5 – 2017 CFB Trenton Pond Hockey Classic**

The 2017 CFB Trenton Pond Hockey

Classic takes place this year from Feb. 3 to 5, beginning with the the Puck Drop dinner Feb. 3 at the Batawa Community Centre starting with a cocktail hour at 5:30 p.m. and dinner at 6:30 p.m. Guest speakers for the event will be Ottawa Senators owner and Honorary Colonel Eugene Melnyk and Linda Blanchette, who will speak about being the spouse of a veteran with PTSD. Tital sponsors for the 2017 CFB Trenton Pond Hockey Classic are Scotiabank and Scotia Wealth Management and 32 teams are expected to play Canadian Pond Hockey rules on five regulation pond hockey rinks at the Batawa location this year. Tickets and more information are available at [www.hockeyfortroops.com](http://www.hockeyfortroops.com) or [www.tmhfoundation.com](http://www.tmhfoundation.com)

**Feb. 11 – Legion Branch 110 Valentine's Dinner and Dance**

The Royal Canadian Legion Branch 110 is having their Annual Valentine's Day dinner and dance featuring live band "The Reasons" on Feb. 11 at 6 p.m. Advance tickets must be purchased at the Legion office. Call 613-392-0331 or visit [rcl110.ca](http://rcl110.ca) for more information.

**Feb. 12 – Belleville Ostomy Group Monthly Meeting**

The Ostomy group of Belleville and area will be holding it's monthly meeting on Feb. 12 at 2 p.m. in room P21 in the Quinte Business Centre Loyalist College. Remember, you might not need us now but others in the group can learn from your experiences. Please come and share your expert advice with other Ostomates.

**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. 25 – Legion Branch 110 Concert and Dance**

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 te cycle trainer and run a 5 km outdoor run. Those wishing to participate can do so by registering online at [www.myrace-time.ca](http://www.myrace-time.ca)

**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)

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Season starts Tuesday January 24th - April 11th (No games on March Break)  
Games will be played between 6:00 to 9:00 pm

# 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
<b>TRIP DAY Frink's Centre March 16th: Additional \$10 (HST Included)</b>	
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 ontinued from page 11

#### 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](mailto:rabia.s@trentonmfr.ca).

#### Groupe de pleine conscience

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](mailto:rabia.s@trentonmfr.ca).

#### 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 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 Jaclyn Hunter 613-392-2811 poste 4017.

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

Tuesdays starting Feb. 7. 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@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

#### Le pouvoir des huiles essentielles - Une série de 10 ateliers

Les mardis débutant le 7 février. 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@trentonmfr.ca](mailto: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.

#### Halte-garderie du vendredi

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.

#### 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

#### Royal Ontario 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.

#### Baby, Bounces and Books at the Trenton MFRC

A fun rhyme time for parents and their babies, birth to 12 months. Come explore the joy of moving, singing and sharing books in a relaxed playful way, with Donna Kaye a Literacy Specialist. Lots of literacy resources! Four Monday mornings: Jan. 9, 16, 23 and 30, 2017 from 10 a.m. to 11 a.m. This is a free program but you must register. Please call 613-392-2811 ext. 3575 or 3317.

#### Bébé, bonds et livres au CRFM de Trenton

Une heure amusante de comptines pour les parents et leurs bébés, de la naissance à 12 mois. Venez explorer la joie de bouger, chanter et partager des livres de façon relaxe avec Donna Kaye, spécialiste en alphabétisation. Beaucoup de ressources en alphabétisme. Les lundis 9, 16, 23 et 30 janvier 2017 - de 10h à 11h. Gratuit mais vous devez vous inscrire. Téléphonez au 613-392-2811 poste 3575 ou 3317

#### Cook with Grace's Chinese New Year Feast

Ring in the Chinese New Year by learning to make a traditional meal. Don't forget your tupper ware for some yummy take-homes! Saturday, Jan. 28, 11 a.m. to 2:30 p.m. at the 8 Wing Chapel. \$30 per person. Registration deadline is Jan. 20. Payment and registration can be made at the MFRC by cash or debit. Spaces are limited. For more information, email [rabia.s@trentonmfr.ca](mailto:rabia.s@trentonmfr.ca).

Continued on page 15

# 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)

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for additional details and to schedule a test drive.

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

## 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

# Safety

## Falls of children can have dire consequences



As a cause of unintentional deaths, falls are outranked only by deaths due to motor vehicle injuries.

Falls account for 40 per cent of all the unintentional deaths in Canadian homes and are responsible for a great deal of pain and suffering.

Falls can happen anywhere: from heights as low as the kitchen counter or as great as from a high rise apartment. The results range from minor discomforts such as a skinned knee, to injuries that may be devastating, or even life threatening. For instance, a fall could result in paralysis from the neck down. That sort of injury could hospitalize your child for the rest of their lives.

In Toronto, Ontario, a child fell out of a third floor window. When the mother screamed a man who happened to be walking by looked up and caught the baby. The baby was virtually unharmed.

Since then there have been many fatalities where infants have fallen to their deaths from apartment balconies.

### Counters and change tables

- Never leave a small child unattended on a kitchen table or bathroom counter for "just a second" to answer the phone or to get something. Don't do it! It is frighteningly easy for the child to fall off.

- Don't leave a child unattended on a change table. Most change tables have a safety belt on them. These belts are intended only to restrain an active infant while you are standing next to them. Do not think because the belt is attached you can leave your child unattended.

### Balconies and windows

- Railings should be placed along stairs and balconies to prevent falls. A narrow vertical railing spaced 6 cm or 2 3/8 inches or less is recommended.

- Balcony doors should be locked to prevent children from going out alone. Fit balcony railings with guards to prevent a child from squeezing through the rungs or climbing over the top of the railing. A child could squeeze through railings head first which can result in a disas-

trous fall; or he can go through ment window. He fell to his death.

feet first, and get his head caught between the rails. This could result in strangulation. Even small children can climb onto balcony furniture, window boxes, or barbecues, and fall over the railing. Railing guards may be purchased from any store that carries child safety products.

- Children have fallen through windows that have been opened as little as 13 cm (five inches). Check the elevated windows to make sure they cannot be opened wide enough for a child to crawl through.

- Don't leave furniture or other things that a child can climb close to a window. Use window locks; most window and sliding glass door locks can be adjusted to permit ventilation.

- Don't rely on window screens to prevent falls; they are often not securely mounted in the window frame, and a child may push out the screen or break through the screen material. Install proper window guards.

In 1999 in Toronto, a four year old child pushed through a screen from a third floor apart-

### Kids and snow

- Children love a heavy snowfall because it provides material for building big snowmen, forts, slides and other creations. Parents should keep a close eye on these construction projects to make sure they proceed safely. Children have been buried beneath collapsing snow structures, unable to escape to the air.

- Another danger is building snow forts and other structures near roads or driveways, where an unsuspecting motorist may accidentally run over a child hidden in the snow. Don't let your children play in snow piles created by plowing streets or parking lots, because a plow or grader could strike an unseen youngster.











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

**MFRC continued from page 13**

**Cuisine avec Grace un festin pour le Nouvel An chinois**

Accueillez le Nouvel An chinois en apprenant à préparer un repas traditionnel. Apportez vos contenants pour rapporter ces délices à la maison! Le samedi 28 janvier de 11h à 14h30 a la chapelle de l'Escadre. 30\$ chacun. La date limite d'inscription est le 20 janvier. Les inscriptions et paiements se font à la réception du CRFM, en argent comptant ou débit. Les places sont limitées. Pour plus d'information, contactez rabia.s@trentonmfr.ca

**Cook with Grace- Beginning Feb. 1**

These cooking classes are for parents their children eight to 16 years old. Learn how to make simple and delicious Asian style comfort food, in a safe and fun kitchen. Each class will begin with a Food Safe demonstration by our certified instructor. Then the group will learn to prepare a family-style meal. Bring containers for some tasty take-homes! Every participant has to bring your own apron, knife, two clean dishtowels, and two cutting boards (one for raw meat, one for fresh vegetable or fruit). Bring empty Tupperware on the occasion that there is leftover food. Dates: Wednesdays, Feb. 1, 8, 15 and 22. Time: 6 to 8 p.m. Where: The 8 Wing Chapel kitchen. Cost: \$30/class or \$110 for all

four classes. Visit the MFRC events calendar to see the full description and menu. Contact MFRC reception or Rabia Stobart for more information: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.

**Cuisinez avec Grace- Débute le 1 février, 2017**

Ces cours de cuisine sont pour les parents et leurs enfants âgés de 8 à 16 ans. Apprenez à préparer de délicieux repas-réconfortants asiatiques, dans une cuisine sécuritaire et amusante. Chaque classe commencera avec une démonstration sur la sécurité alimentaire par une instructrice certifiée, Ensuite le groupe apprendra à préparer un repas familial. Apportez des contenants pour rapporter à la maison de la nourriture restante. Date: les mercredis 1, 8, 15 et 22. Heure: de 18h à 20h. Endroit: La cuisine de la chapelle de l'Escadre. 30\$/classe ou 110\$ pour 4 classes. Chaque participant doit apporter un tablier, un couteau, 2 linges à vaisselle propres et 2 planches à découper ( une pour la viande crue, une pour les légumes et fruits frais). Apporter un contenant de plastique car il pourrait avoir des restes de nourriture. Pour plus d'information, contactez CRFM de réception ou Rabia Stobart : 613-392-2811 poste 2568 ou rabia.s@trentonmfr.ca.

**HERCS - Online Entrepreneur Program - Winter French Session**

Are you tired of job searching every

time you are posted? Do you want a career that can travel with you? Are you interested in having your own business? Whether it is direct sales, a franchise, your own business idea, or even if you just want to learn what being an entrepreneur is all about, this program is for you! Who: Open to the entire military community. When: Thursday, Feb. 9 from 1 - 3 p.m., Tuesday, Feb. 14 from 1 - 3 p.m., Thursday, Feb. 16 from 1 - 3 p.m. Where: ONLINE via Webex Cost: Free which includes your manual. Required: A headset with microphone and a business idea or sample idea to work with. \*Please note that this session is offered in French only but there will be an English session in March 2017. Please register by Jan. 16, 2017 by contacting Priscilla at 613-392-2811 ext. 3852/4655 or priscilla.t@trentonmfr.ca or elizabeth.nicholas@forces.gc.ca.

**HERCS - Programme virtuel pour entrepreneur - Session d'hiver en Français**

En avez-vous assez de chercher un emploi à chaque mutation? Voulez-vous un carrière qui peut vous suivre partout? Souhaitez-vous lancer votre propre entreprise? Que ce soit pour la vente direct, une franchise, une idée d'entreprise, ou seulement pour en apprendre davantage sur le rôle d'entrepreneur, ce programme est pour vous! Qui : Ouvert à la communauté militaire. Quand : Jeudi le 9 fév de 13h à 15h.

Mardi le 14 fév de 13h à 15h. Jeudi le 16 fév de 13h à 15h. Où : En ligne via Webex. Coût : GRATUIT incluant le manuel. Matériel requis : Un casque d'écoute muni d'un micro et une idée d'entreprise ou toute autre idée. Inscrivez-vous d'ici jeudi le 16 jan 2017 en contactant Priscilla Tremblay au 613-392-2811 ext. 3852/4655 ou priscilla.t@trentonmfr.ca ou elizabeth.nicholas@forces.gc.ca.

**Winter Symposium**

Rediscover, rejuvenate. Save the date Saturday, Feb. 25. Tickets on sale soon!

**Symposium hivernal**

Redécouvrir, renouvellement. Réservez la date ! Le samedi 25 février. Billets en vente bientôt !

**Monthly E-News/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 !

**CAF Running National Championship**

May 26-28 in conjunction with the Ottawa Race Weekend and the 49th CISM World Marathon Championship

Race Distances	Marathon		Half Marathon		10 Km		5 Km	
	Male	Female	Male	Female	Male	Female	Male	Female
Age Categories								
Under 19	3:10:00	3:40:00	1:25:00	1:35:00	36:00	42:00	17:30	21:00
20-24	3:10:00	3:40:00	1:25:00	1:35:00	36:30	43:00	18:00	22:00
25-29	3:10:00	3:40:00	1:30:00	1:40:00	37:00	43:30	18:00	23:00
30-34	3:10:00	3:40:00	1:30:00	1:40:00	38:00	44:30	18:30	23:30
35-39	3:15:00	3:45:00	1:35:00	1:45:00	39:00	48:00	20:00	25:00
40-44	3:20:00	3:50:00	1:40:00	1:50:00	41:00	50:00	21:30	25:00
45-49	3:30:00	4:00:00	1:42:00	1:52:00	43:00	52:30	23:00	28:00
50-54	3:35:00	4:05:00	1:45:00	1:55:00	45:00	56:00	25:00	31:00
55 & over	3:45:00	4:15:00	1:55:00	2:10:00	50:00	60:00	25:00	40:00

The qualifying times listed below are the minimum qualifying times that a CAF runner must have achieved on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day. Proof of times are required.

Members with qualifying times can register for their race through their respective Military Sports Coordinator (Kendra.lafleur@forces.gc.ca) by COB 23 Jan 17. Selected CAF runners will be eligible for CFMWS TD support i.e.; R & Q, transport,

awards and registration fees. All eligible CAF Runners must not pay any registration fees to the Ottawa Race Weekend. All runners must hand in an official qualifying time that meets the requirements for the distance that they

wish to run at the 2017 CAF National Running Championship. Regional Sports Managers will establish a priority list of those athletes who meet the requirements to attend as per the qualifying times indicated.

**New rinks for Batawa and surrounding community being unveiled Saturday**



Local dignitaries will be on hand to officially open the new rinks

The CFB Trenton Pond Hockey Classic tournament is scheduled for Feb 4 and 5. Thanks to generous donations, there will be excellent new rinks to skate on

during this stellar annual event. The Batawa Lions Club is hosting a grand opening of the new rinks on Saturday, Jan. 21 at 11 a.m. at the Batawa Community Centre. Mayor Jim Harrison, MP Ellis and MPP Lou Rinaldi will be on hand to help celebrate the occasion. While these rinks are put to good use throughout the annual pond hockey tournament, they have also proven to be a great outdoor skating rink for families throughout the

Quinte region through the entire winter season.

Funds for the upgraded and expanded rinks were partially funded through grants from the Ontario Trillium Foundation and the Canada 150 Fund.

**Employee Assistance Program**  
 Referral agents  
 Drew Craig (Chairperson) 3930  
 Karen Brake 7911 • Nathalie Serre 7413  
 Rhonda Loomes 7588  
 James Leblanc 3053

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**BALL HOCKEY**  
 Quinte West

**REGISTRATION**  
 AGES 5 TO 15

**Sat., Feb. 18th** 8:30am to 12pm  
**Sat., Feb. 25th** 8:30am to 12pm

at  
**TRENTON COMMUNITY GARDENS**  
 FOR MORE INFO:  
 www.quinteballhockey.ca

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**15 MITSUBISHI MIRAGE**

29528E Auto, 1.2 3cyl, hatchback, keyless entry, rear spoiler, tract ctrl, AC, CD, MP3, Bluetooth, pwr windows/locks/mirrors. 62,675 km

**PREVIOUS DAILY RENTAL**

**\$9,495**  
**\$64**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**16 SCION IM**

29318E Auto, 1.8 4cyl, hatchback, alloys, tract ctrl, AC, dual climate, MP3, rev cam, Bluetooth, compass, ext temp gauge, cruise. 26,092 km

**PREVIOUS DAILY RENTAL**

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



**15 SMART FOR TWO TRIDON**

29186 Auto, 1.0 3cyl, RWD, keyless entry, hubcaps, airbags, bucket seats, heat seats, AC, AM-FM, ext temp gauge, pwr windows/locks, touch screen. 27,460 km

**\$7,995**  
**\$53**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**15 KIA SOUL EX**

29289 Auto, 2.0 4cyl GDI, keyless entry, roof rack, alloys, tract ctrl, econo mode, heat seats, AC, MP3, sat radio, Bluetooth, compass. 61,159 km

**PREVIOUS DAILY RENTAL**

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



**13 FORD CMAX SE**

29297 Auto, 2.0 4cyl, electric/gas hybrid, hatchback, keyless entry, alloys, econo mode, AC, dual climate, CD, MP3, sat radio, nav, park aid, Sync, cruise, touch screen. 58,600 km

**\$15,495**  
**\$118**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**16 SUBARU LEGACY**

29531 Auto, 2.5 4cyl, AWD, keyless entry, tract ctrl, pwr seats, height adj seat, heat seat, AC, CD, MP3, sat radio, rev cam, Bluetooth. 10,134 km

**PREVIOUS DAILY RENTAL**

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



**13 VW GOLF TRENDLINE**

29358 Auto, 2.5 5cyl, keyless entry, tract ctrl, heat seats, AC, CD, MP3, compass, ext temp gauge, cruise, tilt steer, wagon. 55,413 km

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

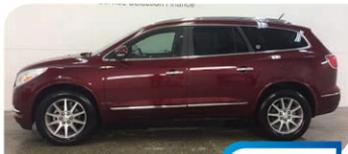


**15 HONDA CIVIC LX**

29177E Auto, 1.8 4cyl, keyless entry, tract ctrl, econo mode, heat seats, AC, CD, MP3, rev cam, Bluetooth, cruise, steer ctrl. 58,216 km

**PREVIOUS DAILY RENTAL**

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



**16 BUICK ENCLAVE**

29283 Auto, 3.6 6cyl, 7pass, AWD, fact remote start, alloys, pano roof, leather, pwr seats, memory seats, heat seats/steer, AC, rear air ctrl. 13,082 km

**PREVIOUS DAILY RENTAL**

**\$40,995**  
**\$247**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 INFINITI QX 50 PREMIUM**

29497 Auto, 3.7 V6, AWD, keyless entry, alloys, pwr roof, push btn start, leather, pwr seats, heat seats, AC, dual climate, MP3, sat radio, nav, rev cam, park aid, Bluetooth, cruise. 9,570 km

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



**15 DODGE DURANGO SXT**

29456 Auto, 3.6 V6, 7pass, AWD, keyless entry, flex fuel, roof rack, alloys, push btn start, tract ctrl, econo mode, pwr seats, AC, MP3, 49,642 km

**PREVIOUS DAILY RENTAL**

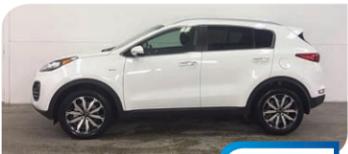
**\$27,995**  
**\$188**  
bi-weekly  
84 mths @ 5.9%  
0 DOWN + HST



**13 JEEP PATRIOT NORTH EDITION**

29326 Auto, 2.4 4cyl, 4x4, fact remote start, trailer hitch, alloys, AC, 6DISC, MP3, heat mirrors, cruise. 39,722 km

**\$15,495**  
**\$118**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**17 KIA SPORTAGE EX**

29268E Auto, 2.4 4cyl GDI, AWD, keyless entry, alloys, push btn start, pwr seats, heat seats, AC, dual climate, MP3, sat radio, rev cam. 22,036 km

**PREVIOUS DAILY RENTAL**

**\$26,495**  
**\$160**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 DODGE RAM 3500 ST**

29324 Auto, 6.7 inline 6cyl cummins turbo, diesel, 4x4, crew cab, long box, trailer hitch, chrome step bars, AC, MP3, sat radio, rev cam, compass, heat mirrors, cruise. 12,299 km

**\$52,495**  
**\$317**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**13 DODGE RAM 2500 SLT**

29197 Auto, 6.7 6cyl Cummins turbo, diesel, 4x4, keyless entry, crew cab, long box, trailer hitch, box liner, chrome wheels, AC, MP3, sat radio. 48,882 km

**PREVIOUS DAILY RENTAL**

**\$40,995**  
**\$312**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**16 DODGE RAM 1500 LTD**

29463 Auto, 3.0 6cyl, diesel, 4x4, fact remote start, crew cab, trailer hitch, box liner, alloys, pwr roof/seats, push btn start, leather, memory seat. 19,716 km

**PREVIOUS DAILY RENTAL**

**\$51,995**  
**\$315**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 DODGE RAM 1500 SLT**

29312E Auto, 5.7 V8 Hemi, 4x4, crew cab, short box, box liner, alloys, tract ctrl, bucket seats, AC, MP3, sat radio, compass, ext temp gauge. 19,496 km

**PREVIOUS DAILY RENTAL**

**\$32,995**  
**\$200**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**11 FORD F150 XLT**

29483, Auto, 5.0 8cyl, 2dr, 3pass, 4x4, keypad entry, short box, flex fuel, trailer hitch, tonneau cover, box liner, chrome step bars, alloys, AC, CD, MP3, sat radio, Sync, compass. 38,302 km

**\$22,495**  
**\$200**  
bi-weekly  
60 mths @ 5.9%  
0 DOWN + HST



**16 JEEP WRANGLER UNLIMITED**

29024 Willy's, auto, 4x4, alloys, AC, U-connect, cruise, hill descent ctrl, fog lights, heated mirrors. 9,357 km

**\$36,995**  
**\$223**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 JEEP WRANGLER UNLIMITED**

28797 Willy's, Manual 6spd, 4x4, alloys, AC, U-connect, heated mirrors, cruise, running boards. 3,139 km !!!

**\$36,995**  
**\$223**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 JEEP WRANGLER SAHARA**

28896 Manual 6spd 3.6 nav, U-connect, cruise, American race rims, Goodyear Wrangler tires, 4x4, heat mirrors. 7,883 km

**\$36,995**  
**\$223**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 JEEP CHEROKEE LTD**

29148 Auto, 3.2 V6, alloys, leather, pwr seats, heat seats/mirrors/steer, MP3, sat radio, rev cam, park aid, U-connect, cruise, lane change alert, stop/start engine sys. 8,366 km

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



**16 JEEP CHEROKEE TRAIL HAWK**

28894 Auto, 4x4, factory remote start, alloys, panoramic roof, leather, heated seats/steering, AC, rev camera, U-connect, cruise. 17,120 km

**PREVIOUS DAILY RENTAL**

**\$31,995**  
**\$193**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

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