Members of 426 Transport Training Squadron are being thanked for the integral role they played during the Korean War.

In an outdoor ceremony held at the National Air Force Museum of Canada, delegates from the eastern chapter of the Korean Air Force Veterans Association presented past and present members of the ‘Thunderbirds’ with commemorative plaques on June 1.

In addition to thanking members of 426 Squadron, the event paid tribute to the 65th anniversary of the signing of the Korean Armistice Agreement, which put an end to the fighting on the Korean Peninsula in 1953.

Taking to the podium to address the crowd was Korean Air Force Association representative Yun Back Kim. In his speech, he noted how important it was to reflect “I feel that it is our duty to remember their fight to keep our freedom and the peace,” he said. “I hope that we will all remember this day and pass on our knowledge from one generation to the next.”

Also speaking on how proud he was of his predecessors was 426 Transport Training Squadron’s commanding officer Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott.

Members of 426 Transport Training Squadron, War Veterans Association of Korea and the Korean Air Force Association gathered at the National Air Force Museum of Canada to mark the 65th anniversary of the Korean War armistice on June 1, 2018.

By Makala Chapman

Photos by Makala Chapman

Korean Air Force Association representative Yun Back Kim (right) presents 426 Transport Training Squadron Lt.-Col. Brent Hoddinott with a commemorative plaque June 1, 2018.
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

POSTED? Call us to get a pre-approved mortgage before your house hunting trip.

VOUS VEZ RECU UNE AFFECTATION?
Appelez-nous pour obtenir un pret preapprové avant votre voyage de recherche de maison.

At Mortgage Forces, we pride ourselves in supporting military and DND by providing mortgage services. We promise to make this exciting and busy time go as smoothly as possible for you.

Chez Mortgage Forces, nous sommes fiers de soutenir les militaires et le MDN en offrant des services hypothécaires. Nous vous faciliterons la vie au cours de cette période stimulante et pleine de défis.

KINGSTON LOCATION OPENING SOON

SPECIAL DND OFFERS AVAILABLE.
CALL TODAY!
Use the “Support Our Troops” Promo Code for a .10 rate cashback on your approved rate. OAC

OFFRES SPÉCIALES RÉSERVÉES AU MDN.
APPELEZ DÉS AUJOURD’HUI!
Utilisez le code “Support Our Troops” et obtenez une réduction de 0,10% Sur votre taux approuvé. S.A.C.
FOLLOW US | SUIVEZ-NOUS

1.800.991.7993 | MORTGAGEFORCES.CA | INFO@MORTGAGEFORCES.CA
610 BRONSON AVE, SUITE 210, OTTAWA, ON K1S 4E6

Golf Tip of the Week

Pro Per Posture for a Better Swing

there are many aspects of golf that people struggle with. I believe one of the problems golfers have in trying to perfect the swing, lies in their posture. Good posture at set up will inevitably lead to a better swing and a better result.

we call this “slouching.” the problem with slouching is the golfer is rounded through the back and shoulders. the spine is at a disadvantage and will not be able to rotate effectively. this will lead to other areas of the body compensating and increasing the likelihood of a bad shot.

• A proper swing relies heavily on a proper trunk rotation. imagine your spine as an axis. by turning on your axis with a straight spine and square shoulders you will have the greatest amount of rotation.
• Now imagine that you have increased your rotation and now you are like a tightly wound spring. with one twitch of the hip you are releasing the built up tension in that spring which will give an added bonus of power and thus creating more distance.
• If you are sitting at your desk begin by sitting up straight, push your pelvis back as if you were shutting a car door with your buttocks.
• Pull your shoulders back (pulling your shoulder blades together). feel the stretch through your chest. you may feel some discomfort in your lower back but this is a good pain. you are now engaging your hip flexors chest muscles and your lower back muscles that have become weakened through bad posture practices.
• To test your posture on the range. Set up at address. Take your club with your right hand over your head and let it lay down the length of your back. if your posture is correct you should feel the club touching your body in three key points. the back of your head, your spine, midway down your back and most importantly your tailbone. you should feel the club table to a full back swing. keep testing your posture on and off the course. your body will thank you.

Family Dental Centre

10% Military Discount!
Cleaning & Polishing Only $99

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

POSTED? Call us to get a pre-approved mortgage before your house hunting trip.

VOUS VEZ RECU UNE AFFECTATION?
Appelez-nous pour obtenir un pret preapprové avant votre voyage de recherche de maison.

At Mortgage Forces, we pride ourselves in supporting military and DND by providing mortgage services. We promise to make this exciting and busy time go as smoothly as possible for you.

Chez Mortgage Forces, nous sommes fiers de soutenir les militaires et le MDN en offrant des services hypothécaires. Nous vous faciliterons la vie au cours de cette période stimulante et pleine de défis.

KINGSTON LOCATION OPENING SOON

SPECIAL DND OFFERS AVAILABLE.
CALL TODAY!
Use the “Support Our Troops” Promo Code for a .10 rate cashback on your approved rate. OAC

OFFRES SPÉCIALES RÉSERVÉES AU MDN.
APPELEZ DÉS AUJOURD’HUI!
Utilisez le code “Support Our Troops” et obtenez une réduction de 0,10% Sur votre taux approuvé. S.A.C.
FOLLOW US | SUIVEZ-NOUS

1.800.991.7993 | MORTGAGEFORCES.CA | INFO@MORTGAGEFORCES.CA
610 BRONSON AVE, SUITE 210, OTTAWA, ON K1S 4E6

Golf Tip of the Week

Pro Per Posture for a Better Swing

there are many aspects of golf that people struggle with. I believe one of the problems golfers have in trying to perfect the swing, lies in their posture. Good posture at set up will inevitably lead to a better swing and a better result.

we call this “slouching.” the problem with slouching is the golfer is rounded through the back and shoulders. the spine is at a disadvantage and will not be able to rotate effectively. this will lead to other areas of the body compensating and increasing the likelihood of a bad shot.

• A proper swing relies heavily on a proper trunk rotation. imagine your spine as an axis. by turning on your axis with a straight spine and square shoulders you will have the greatest amount of rotation.
• Now imagine that you have increased your rotation and now you are like a tightly wound spring. with one twitch of the hip you are releasing the built up tension in that spring which will give an added bonus of power and thus creating more distance.
• If you are sitting at your desk begin by sitting up straight, push your pelvis back as if you were shutting a car door with your buttocks.
• Pull your shoulders back (pulling your shoulder blades together). feel the stretch through your chest. you may feel some discomfort in your lower back but this is a good pain. you are now engaging your hip flexors chest muscles and your lower back muscles that have become weakened through bad posture practices.
• To test your posture on the range. Set up at address. Take your club with your right hand over your head and let it lay down the length of your back. if your posture is correct you should feel the club table to a full back swing. keep testing your posture on and off the course. your body will thank you.
Milestone year for Highway of Heroes Ride and Rally

By Makala Chapman

While the sound of airplane engines are nothing new to the community of Trenton, this year’s Heroes Highway Ride and Rally was sure to add a little extra noise to the mix.

More than 2,000 motorcyclists from all across the region descended upon the parking lot of 8 Wing Trenton’s Flyers Arena for the annual memorial ride, now in its tenth year, on June 2.

Noting how happy he was for the continued support from the base and the participants was the event’s founder and executive director Lou DeVuono.

He went on to explain that he was first inspired to do something to honour the country’s fallen, as well as those currently serving, after witnessing the repatriation of a soldier killed in Afghanistan more than a decade ago.

“I knew for (the) families their lives would never be the same,” he explained, “so I wanted to do something that would recognize the fallen, currently serving, the injured and their families who all make sacrifices while their loved ones are away.”

Using 8 Wing Trenton as their starting point, each year the motorcyclists make the trek along the Highway of Heroes before finishing their ride at Memorial Park in Port Hope.

Once at their destination, the participants take the afternoon to socialize, have lunch in the park and speak to some of the visiting veterans organizations and vendors on site. When asked if he ever thought the memorial ride would have gotten as big as it has over the years, DeVuono took a moment to look out into the sea of chrome before delivering a heartfelt “no.”

“These people come out here for the right reasons and it’s a chance for them to demonstrate their support,” he said.

Once again helping organize and supervise the event from the Base was 426 Transport Training Squadron’s Chief Warrant Officer (CWO) John Nichols. Whether it’s been as support staff or as a participant in the ride itself, CWO Nichols said he’s been proud to be part of the event since its inception.

“It gets pretty emotional, especially when you see the support from the different communities over the bridges while you’re travelling down the Highway of Heroes,” he said. “All in all, it’s a great ride.”

Participants of the Highway of Heroes Ride and Rally event being their ride by departing from the Royal Canadian Air Force’s Flyers Arena at 8 Wing Trenton on June 2, 2018.

Highway of Heroes Ride and Rally executive director Lou DeVuono thanks the participants for their 10 years of support on June 2, 2018.
Safety

Repetitive motion injuries: Carpal Tunnel Syndrome

Some on-the-job injuries occur quickly, in an unmistakable and dramatic way. Others build up gradually over a period of time. They are known as repetitive motion injuries or cumulative trauma disorders. One of the most common of these is Carpal Tunnel Syndrome. It affects the hands and wrists, and can result in permanent disability. Carpal Tunnel Syndrome generally occurs in people whose occupations involve repeated motion or vibration to the hands. Some of the typical occupations where Carpal Tunnel Syndrome tends to occur include keyboarding, cashiering and assembly line work, but it can occur in many other kinds of work.

The carpal tunnel is the name of a little channel, which runs through the middle of the wrist. Fasing through this channel are tendons and a major nerve. When the hand or wrist is subjected to repetitive work, impact or vibration the tissues swell. This squeezes the nerve and the tendons. Problems with the hands and the fingers are the result.

Some of the symptoms include a tingling feeling in the hands, followed by numbness and clumsiness. After a while, the pain becomes so bad and the hand becomes so weak that it cannot grasp objects.

Carpal Tunnel Syndrome is much easier to prevent than to cure.

Here are some tips:

- Make it a habit to work with your wrists straight, not turned at an angle.
- Make adjustments to your work station and to your tools so that you can work with your wrists and hands in a comfortable and neutral position.
- Grip tools and materials with your whole hand where possible. Tools, which extend only part of the way across the palm, can contribute to Carpal Tunnel Syndrome.
- Take advantage of tools, which are designed to allow you to keep your wrists in the correct position.
- Use other devices, which help keep wrists in the correct position, such as wrist rests for keyboards and wrist braces.
- Do not subject the hands to impact. Remember never to pound with your hands.
- Also make an effort to avoid continuous vibration to your hands. Special padding on tools and equipment can help reduce vibration.
- Switch tasks to give your hands a break. Do not repeat the same motion hour after hour.
- Do flexibility and strength exercises for your hands, wrists and arms.

Seek medical help if you think you might be developing Carpal Tunnel Syndrome. Methods of treatment can include rest, therapy, splints, medicine and surgery. Don’t wait for the problem to go away on its own. If it becomes worse, it will be more difficult to treat. It is possible to end up with permanent disability from Carpal Tunnel Syndrome.

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 if used throughout. Place a box around the acronym. (CFB) should always be saved in a jpeg format at a high resolution for quality reproduction.

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.
He shared that the 'Thunderbirds' participation during the Korean War was a “proud moment” in his squadron’s history due to the fact that most of the approximately 800 RCAF personnel in the Korean theatre, from 1950 to 1954 served with 426 Squadron. In total, they flew an estimated 6 million miles, as well as carried more than 13,000 people and 7 million pounds of cargo during their time of service.

“To put that into perspective, 6 million miles is to the moon and back, 15 times,” Lt.-Col. Hoddinott explained. “and we did not have a single casualty or a single passenger or piece of cargo go missing. In all respects, it was a very outstanding operation.”

Also in attendance at the ceremony was Korean War veteran and retired ‘Thunderbird’ Flight Lieutenant (Flt.-Lt) Robert James Rose. He noted he was happy to take part in the ceremony and reflects fondly on his time serving during the Korean War.

“It was very thoughtful of the Korean Air Force Veterans Association) to recognize those of us who participated in the airlift operations and I appreciate that very much,” he said.

Flt.-Lt. Rose added that he would always remember those he served alongside and is proud of the work they accomplished.

“That was a good part of my career and it was a wonderful thing,” he said with a smile. “I started there as a Thunderbird and I will one day likely fly away as a Thunderbird.”

Continued on page 5
By Makala Chapman

434 ‘Bluenose’ Squadron is officially back in business with its headquarters in Trenton. A ceremony held at the National Air Force Museum of Canada officially marked the rebirth of the Royal Canadian Air Force’s (RCAF) historic Second World War bomber squadron on May 31.

Now known as 434 Operational Test and Evaluation (OT&E) Squadron, the unit will fall under the leadership of the RCAF Aerospace Warfare Centre at 8 Wing Trenton. Its primary responsibilities will be to ensure the integration of operational and test evaluation activities throughout the RCAF. This will include investigating, developing and testing new technologies, as well as procedures and tactics for the future of the RCAF’s air power capabilities.

The squadron will also see the amalgamation of seven test and evaluation flights from around the country which include Long Range Patrol at 14 Greenwood, Nova Scotia; Maritime Helicopter at 12 Wing Shearwater, Nova Scotia; Land Aviation Test and Evaluation Flight at St. Hubert, Quebec; Fighter Operation Test and Evaluation Flight at 4 Wing Cold Lake, Alberta; Rescue Test and Evaluation Flight at 19 Wing Comox, British Columbia; Aerospace Test and Evaluation Flight and Transport Operational Test and Evaluation at 8 Wing Trenton, Ontario; and Search and Rescue Operational Test and Evaluation at 19 Wing Comox, British Columbia.

Speaking at the ceremony on his exciting return to the RCAF, commanding officer Lieutenant-Colonel (Col.) Shayne Elder, Lt.-Gen. Al Meinzinger and Lt.-Col. Graham Edwards officially sign the documents making 434 Operational Test and Evaluation (OT&E) Squadron a part of the RCAF’s Aerospace Warfare Centre at 8 Wing Trenton on May 31, 2018.

By Makala Chapman

‘Bluenose’ Squadron reborn and ready to work

Invisalign—what you should know!

1. Dr. Madison will create custom aligners that discreetly fit over your teeth to gradually shift them into place.
2. Your Invisalign® aligners are removable! Take them out to enjoy your favorite foods and beverages. Without worry.
3. Invisalign® aligners are also virtually clear. Wear them at work, school or a party. Photo op? Simply remove and smile!

The Contact

Photos by Makala Chapman


RCAF commander Lt.-Gen. Al Meinzinger (right) entrusts the squadron’s colours to commanding officer Lt.-Col. Graham Edwards at 434 Operational Test and Evaluation (OT&E) Squadron’s stand-up ceremony on May 31, 2018.

By Makala Chapman

434 ‘Bluenose’ Squadron is officially back in business with its headquarters in Trenton. A ceremony held at the National Air Force Museum of Canada officially marked the rebirth of the Royal Canadian Air Force’s (RCAF) historic Second World War bomber squadron on May 31.

Now known as 434 Operational Test and Evaluation (OT&E) Squadron, the unit will fall under the leadership of the RCAF Aerospace Warfare Centre at 8 Wing Trenton. Its primary responsibilities will be to ensure the integration of operational and test evaluation activities throughout the RCAF. This will include investigating, developing and testing new technologies, as well as procedures and tactics for the future of the RCAF’s air power capabilities.

The squadron will also see the amalgamation of seven test and evaluation flights from around the country which include Long Range Patrol at 14 Greenwood, Nova Scotia; Maritime Helicopter at 12 Wing Shearwater, Nova Scotia; Land Aviation Test and Evaluation Flight at St. Hubert, Quebec; Fighter Operation Test and Evaluation Flight at 4 Wing Cold Lake, Alberta; Rescue Test and Evaluation Flight at 19 Wing Comox, British Columbia; Aerospace Test and Evaluation Flight and Transport Operational Test and Evaluation at 8 Wing Trenton, Ontario; and Search and Rescue Operational Test and Evaluation at 19 Wing Comox, British Columbia.

Speaking at the ceremony on his excitement to have the squadron up and running was RCAF Commander Lieutenant-General (Lt.-Gen.) Al Meinzinger.

“It will be your squadron that will be paving the way for the future of the RCAF,” he remarked while adding, “It will be essential work.”

He also noted he was looking forward to tracking the work being done by the squadron and reiterated his expectations, which were to “build a stronger and more vital RCAF capacity and capability at 8 Wing Trenton, Ontario; and Search and Rescue Operational Test and Evaluation at 19 Wing Comox, British Columbia.”

Taking leadership of the newly reinstated squadron was commanding officer Lieutenant-Colonel (Lt.-Col.) Graham Edwards. He too shared a few words at the ceremony and went onto thanks those who helped lay the foundations for the squadron’s return.

“I am very humbled by this opportunity to be a part of the RCAF’s transformation and equally humbled by the unparalleled efforts by the members of the RCAF Aerospace Warfare Centre,” he said.

“I am not naive enough to think the hard work is done and I am very aware that planning is only half the battle, with execution being the more daunting task.”

He then jokingly apologized to Colonel (Col.) Shayne Elder, the commanding officer of the RCAF’s Aerospace Warfare Centre, for all the squadron memorabilia he plans to collect and display in their shared space.

Since its inception in 1943, the former bomber squadron has been stood down four times, but has since returned with a revitalized and even bigger role to play in the RCAF.
A message from the Chief Fire Inspector

By order of 8 Wing CFB Trenton
Chief Fire Inspector

Under no circumstances should anyone STOP or PARK in Fire/Emergency Crew Lanes if you are not in an Emergency Vehicle. Military Police and Wing Transport’s Safety Cell are being notified during each infraction.

With the warm weather here people are outside more which can lead to people wanting to use open flame types for cooking. Here is a friendly reminder:

No bonfire, fire pits or open flame appliances shall be permitted on DND property including Residential Housing Units. Regardless of being solid or liquid fueled operated.

Anyone in RHU’s (PMQ) with a propane burning apparatus (other than approved, designated BBQ units) shall remove them immediately. CFHA, Military Police and Fire Hall will take action by informing the individuals, their Unit/Sqn chiefs to ensure compliancy is met. Also remember to have your BBQ is at least 3m away from the PMQ to decrease risk of fire and damage to eating procedures and established local municipal and or provincial regulations and policies.

Open-air fires at designated campgrounds on DND/CAF property (including Northern Lodges) shall follow local standing operating procedures and established local municipal and/or provincial regulations and policies.

Are you a victim of impaired driving?
We’re here to help.
MADD Canada
Tel.: 1-800-666-MADD

FRASER, GERRY

1991 //

CROATIA - 1992

BOSNIA - 1997, 2003


TRIUMPHS:

WARRANT OFFICER

PPCLI - 2008 //

MASTER WARRANT OFFICER

RHUL - 2016, PRESENT //

LOCATION:

HAMILTON //

TITLE:

ACCOUNT MANAGER //

2016–PRESENT //

WE KNOW THE VALUE OF A VETERAN

Join Canada’s largest private sector employer of veterans

This is as close as you’ll get to Branson or Nashville in Canada.

INFORMATION & TICKETS:
1-800-539-3353 or 705-778-3353

ORDER ONLINE - www.HavelockJamboree.com

EMAIL info@havelockjamboree.com  FAX 705-778-2668

MAILING ADDRESS  P.O. BOX 600 HAVELock, On K0L 1Z0

NO REFUNDS  BANDS SUBJECT TO CHANGE WITHOUT NOTICE  MUSIC RAIN OR SHINE
Upcoming local events

June 9 – Free yoga and creative writing workshop for caregivers of injured military veterans/members. This event will be held at Get Yoga in downtown Trenton from 1 p.m. to 4 p.m. For more information and to pre-register, contact Andrea at amchattiechristensen@gmail.com.

June 10 - Quinte Society for Chamber Music will be holding its Annual General Meeting at 1:00 p.m. at St. Paul’s United Church, 104 Church St., Stirling, Ontario. All interested are welcome to attend. For more information e-mail: info@qcmonic.com or call 613-473-4461.

June 16 - Trenton Legion, 19 Quinte St., is hosting a 50’s Dance with live band “The Reasons” starting at 8 p.m. Advance tickets can be purchased in the Legion Office or by calling 613-392-0331. Visit our website at www.rcrl110.ca.

June 16 – Darren Williams and Wayne Beone Memorial Ride with 1 CAV Afghanistan. Registration for the event starts at 9 a.m. at Hillier Creek Estates, which is located at 46 Stapleton Rd., Hillier, Ontario. For more information contact 613-242-8572.

June 23 – Wounded Warriors Memorial Golf Tournament. To be hosted at Roundel Glen Golf Course CFB Trenton. Shotgun start 11 a.m. to 4 ball best ball. For more information or registration, contact Bryan Pearce at 613-661-4917 or hawk.slj.10@gmail.com.

June 26 – The Trenton Military Family Resource Centre will be holding their Annual General Meeting at their facility located at 50 Rivers Drive, East, Quinte West from 6 p.m. to 7 p.m.

June 28 – Canadian Military Wives Choirs Trenton will be partnering with Mark McGraw and The 413 Wing RCAF Association for a Down Home Night with music, a silent auction, delicious food and great company! For tickets email canadianmwc.trenton@gmail.com or contact 413 Wing at 230 North Murray Street, or through the MFRC.

ANNUAL HYDRANT TESTING/FLUSHING

When: 3 JUL – 9 AUG 18.
What: HYDRANT TESTING/FLUSHING will be happening throughout the base and when maintenance it happening there is a chance of brown water.

NEWS

Community Events

generously sponsored by...

independent

YOUR INDEPENDENT GROCER

Called all Commuters!

Bike to the Base
Breakfast!

19 June, hosted by
Health Promotion

0630-07:30 hrs – Complimentary!

Info @ 3768
June is Bike Month!

Triple P, Positive Parenting seminar
(for parents of children 0-12 years)

Raising Resilient Children:

How can you help your child manage their emotions so they cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

June 18th from 6 to 730

For more information contact:
Jaclyn Hunter
613-392-2811 ex 4017

Health Promotion presents Respect in the CAF

All ranks are encouraged to take this course

June 20, register today
Courses next month – July 5, July 17

THIS COURSE IS MITE CODED
How can you help your child manage their emotions so they cope well with disappointment and in stressful situations. Get the strategies that will allow them to recognize positive and negative emotions – and deal with them in a healthy way.

Monday, June 18, from 6 – 7:30 p.m.
For more information, please contact Jaclyn Hunter: 613-392-2811 ext. 4017.
Raising Resilient Children

Hello Wednesdays
June 13, 2018 – 10 a.m. – noon
Every other Wednesday, visit us at the MFRC to meet and mingle with other members of the community. Whether you’re new or a regular to us, everyone is welcome to have a coffee, share resources, & get to know us better! Any questions or concerns, please contact Rabia at rabia.s@trentonmfrc.ca or Hélène at helene.cg@trentonmfrc.ca. No registration required.

Essential Oils Series
Thursday, June 14 – Essential Skin Care
Learn how essential oils can improve your skin and help protect it.
Contact Rabia at rabia.s@trentonmfrc.ca for more information or register at MFRC reception.

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 June 14 & June 28, 2018 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@trentonmfrc.ca.

In addition to these events, the Trenton MFRC offers various workshops and activities throughout the week. For more information or to register, please contact Rabia at rabia.s@trentonmfrc.ca or Hélène at helene.cg@trentonmfrc.ca.
HAIRDRESSER/BARBER wanted for a busy barber shop for men and women. License required. Call 613-475-6565 ask for Beth.

Paul Moran, CHS, CIP
Financial Advisor
Paul Moran Insurance Group Inc
175388 Highway 2, Trenton, On K8V 0A7
TEL: 613-392-3501 FAX: 613-392-3070
www.cooperators.ca/Paul-Moran

Not all products available in all provinces.

June 8, 2018
Canadian Veterans
Build on your service
New and enhanced services for you and your family

Learn more:
veterans.gc.ca/services
1.866.522.2122

Vétérans canadiens
Mettez à profit votre service
Nouveaux services améliorés pour vous et votre famille

Apprenez-en plus :
veterans.gc.ca/services-acc
1.866.522.2022
MTM Dental Centre

“For A Smile That’s Great Call”

394.88.88

SERVICES

• FAMILY DENTISTRY • EXTRACTIONS
• COSMETIC DENTISTRY • IMPLANTS
• SLEEP DENTISTRY • GUM SURGERY
• INVISALIGN • CONVENIENT HOURS
• DIRECT BILLING TO INSURANCE

OPEN

MONDAY TO WED
8AM - 7PM

THURSDAY
8AM - 6PM

FRIDAY
8AM - 5PM

CLOSED:
SATURDAY & SUNDAY

613.394.8888

169 Dundas St E Trenton ON K8V 1L5
www.mikethemolar.com info@mikethemolar.com

NEW PATIENTS WELCOME

TEETH WHITENING FOR LIFE!

CALL OFFICE FOR DETAILS

For A Smile That’s Great Call