

# contact

Serving 8 Wing/CFB Trenton • 8<sup>e</sup> Escadre/BFC Trenton • <http://thecontactnewspaper.cfbtrenton.com>

**FRANKFORD**  
**Outbound HHT**  
**SOLD IN**  
**2 DAYS!!**

**DAVID WEIR\*** BA, CD  
Call/Text: 613-392-7777  
[www.davidweir.com](http://www.davidweir.com)

*Helping 220*  
*Buyers and Sellers in 2018*

**ROYAL LEPAGE**  
Pro Alliance  
Team Weir, Brokerage  
\*Broker of Record

**TEAM WEIR**  
Client focused • Results Oriented

## INSIDE

CELEBRATING  
INTERNATIONAL  
WOMEN'S DAY



Story on page 3

MAJOR SEARCH AND  
RESCUE MISSION COMES  
TO AN END



Story on page 5

TRENTON MFRC  
WELCOMING NEW BOARD  
MEMBERS



Story on page 7



437 Transport Squadron  
**75<sup>th</sup> ANNIVERSARY**  
75<sup>e</sup> anniversaire du 437<sup>e</sup> Escadron de transport

## Trenton MFRC gearing up for 15th annual Invisible Ribbon Gala



Photos by Makala Chapman

Members of 8 Wing Trenton, The Trenton Military Family Resource Centre and Scotiabank at this year's media launch for the 15th annual Invisible Ribbon Gala on March 11.

By Makala Chapman

Grab your boarding passes and get ready to be whisked away by Military Family Resource Centre (MFRC) Airways at this year's Invisible Ribbon Gala. On top of celebrating all things travel, guests to this event will be support-

becomes increasingly important as the needs of military families expand and change, said Taylor. While the MFRC receives some government funding from Military Family Services, the additional support from the community allows the MFRC to go above and beyond. As an example, several

ing the local Trenton MFRC. Staff members say they have been working hard to ensure guests will thoroughly enjoy this year's "jetsetter" theme to be hosted at the National Air Force Museum of Canada on May 11. "The theme we have chosen is really about embracing the adventure and that excitement of air travel," said the MFRC's communications and development coordinator Devon Taylor. "Yes, this is a fundraising event, but we want to make sure all of our guests have a night that they can enjoy and feel proud to have supported." Now in its 15th year, supporting the annual Invisible Ribbon Gala



**Best Military  
Discount  
Anywhere!**

1-877-857-7726  
613-962-7100  
[bellevillenissan.com](http://bellevillenissan.com)

Continued on page 6



**Granite, Quartz, Marble, Slate, Soapstone**  
Kitchen and Vanity Tops  
Backsplashes and Fireplace Surrounds

**FLOORING & TILE  
SHOWROOM**

Ceramic, Porcelain, Mosaic, Marble,  
Hardwood, Laminate, Vinyl

**STONE VENEERS**  
Canadian Stone Industries  
Canyon Stone

Authorized Distributor  
Professional Installation

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

Mon - Fri 9am-5pm • Saturday By Appt.

30 CREELMAN AVE., TRENTON 613-965-1800



# Photos of the Week



Photo by Cpl A. Medeiros

## CFS Alert: Polar Bear!

Content submitted

On March 4, CFS Alert was visited by a curious polar bear. This was the first time a polar bear has been seen on station since September 2018. While beautiful, these arctic animals can pose as a significant threat to station members. Station personnel react quickly and professionally to persuade the bear to leave the station before having to resort to the worst-case scenario. The polar bear was reluctant to leave, but was finally convinced to do so when a couple arctic wolves stopped by as well. Kudos to everyone at CFS Alert for reacting calmly and professionally in this threatening situation.

## Mission Support Squadron



Photo by Sergeant Johnson

## 8 OSS team awarded



Photo by Leading Seaman Paul Green

By Makala Chapman

Members of 8 Operations Support Squadron's (8 OSS) Claim Cell were recently awarded the Wing Commander's Commendation on March 8. In attendance to present each member of the team with a coin was 8 Wing Commander Colonel Mark Goulден. The team was given the prestigious honour in recognition of their hard work during a busy operational period for the Wing.

By Warrant Officer Duggan

Travis Rushlow is seen here repairing hydraulic hoses on a JCB Runway Sweeper. This versatile machine is used in the winter for SNIC and in the summer to landscape. Mr. Rushlow was selected as the Technician of the Year at TEME Flight for his excellence in obtaining Grand Master certification from General Motors, normally a five year program.

(from left to right) Wing Chief Warrant Officer Troy Zuorro, Master Corporal (MCpl.) Sebastian Shank, Sergeant Fanny Chalifoux, Aviator (Avr.) Catherine McGrath, Avr. Tamara Ginn, MCpl. Muriela Dich and 8 Wing Commander Colonel Mark Goulден.



## VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members,  
Medically Released Veterans and their Families

## PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, Les vétérans Libérés pour des raisons médicales et leur famille

[CAFconnection.ca](http://CAFconnection.ca) • [ConnexionFAC.ca](http://ConnexionFAC.ca)

# 8 Wing celebrates International Women's Day

By Makala Chapman

Members of 8 Wing Trenton recently partook in a series of activities and events in recognition of International Women's Day on March 8. Starting with sunrise yoga, led by members of Personnel Support Programs (PSP), it was a full house at 8 Wing Trenton's Bakers Island. Shortly after, those in attendance were encouraged to walk around the various information booths provided by the Trenton Military Family Resource Centre, Health Promotion and the Trenton Military Wives' Women's Choir. But the highlight of the day was the discussion panel hosted by 436 Transport Squadron's Honorary Colonel Julie Lange, who was accompanied by guest speakers Lieutenant-Colonel (Lt.-Col.) Teresa Brown, Lt.-Col. Diane Baldasaro and Lt.-Col. Elizabeth Cameron. Together, all four women held an informative discussion on their experience in the military and in their careers. Having attended this year's event was 8 Wing Trenton's Aerospace and Telecomunications Engineering Support Squadron's Warrant Officer (WO) Guillaume Durand. He noted he initially went to support his colleagues but was pleased with all that he had learned about the importance of International Women's Day

as a whole. "It was very interesting just to see their perspective as women in the Canadian Armed Forces and how things have changed since they first got into their careers," he said. "The perspective, the mentality of the troops and the Canadian Armed Forces as a whole has changed so drastically in the last 30 years. It's very impressive." WO Durand added that while it's important to see everyone as equals, taking the time to celebrate the accomplishments of women is critical considering they were not always given the same opportunities as their male counterparts. In terms of the workplace, he noted it was especially important to encourage and celebrate equality. "Everyone brings something different to the team, which is what makes a group of people stronger together," he said. "Diversity is important." As for what he plans to do with the information he learned from the event, he said he hopes to relay the information on to his young daughter and son. While only five and seven years old, he said it was important that they learn the importance of a gender-balanced world early on. "Women are blazing a path for a new generation, like for my daughter and my son," he said. "It's important that they understand that women and men are equally as strong."



International women's day kicks off with yoga and booths from the MFRC, Health Promotion and the Women's Choir at Bakers Island, 8 Wing Trenton, on March 8.



Photos by Corporal Ryan Moulton

Participants listen to the International Women's Day guest speakers HCol Julie Lange, Lt.-Col. Brown, Lt.-Col. Baldasaro and Lt.-Col. Cameron at Bakers Island, 8 Wing Trenton, on March 8.

**Bryan's** Timed Online Auction  
AUCTION SERVICES LTD.

**GRAND OPENING**  
160 North Murray St., Trenton  
**613.955.SOLD**  
March 16 - 20, 2019

Join us for our inaugural Timed Online Auction in the Belleville-Trenton area **Over 2000 lots** Items close continuously throughout the day

**Preview and online bidding start Sat Mar 16 from 8am-2pm**

The first 100 customers through the door will receive a Bryan's water bottle 12:30-2pm a live band performance by Kingston's The Enrights Food truck over lunch time

Mar 17 (Sunday)  
We are closed  
Mar 18-20 - 8am to 5pm

**What we sell:**

- Municipal, construction and agricultural equipment
- Turf and landscape equipment • RVs and vehicles
- Kitchen cabinets and renovation supplies
- Trailers - dump, flat deck, RV, etc.
- Trucks - van, highway, stake, plow • Tractors • Skid steers
- Forklifts • Generators • Snow removal equipment • Lumber
- Golf carts and camping supplies • Tools
- ... and more

TERMS & CONDITIONS: • debit • e-transfer • bank draft w/bank verification • M/C & Visa chip cards only. All purchases subject to a 13% buyer's premium. A 3% discount to the buyer's premium will apply to payments made by debit, e-transfer, wire transfer or bank draft. The buyer's premium is a taxable service.  
Register and Bid at [www.bryansauctionsale.com](http://www.bryansauctionsale.com)

Visit our website to register and bid  
[www.bryansauctionsale.com](http://www.bryansauctionsale.com)

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](http://www.FamilyDentalCentre.com)

# Safety



## Are you headed for burnout?

Enthusiasm and hard work are highly valued in the workplace. But a single-minded concern with the job is actually counter-productive. Workers who are wrapped up in the job around the clock eventually burn out, suffering from the physical and emotional consequences of excessive stress. Workaholics reach a point when they are no longer effective or efficient. They are not able to do quality work. A severely stressed employee cannot work safely or make good decisions.

Are you a workaholic? See if you recognize these traits in yourself:

- Are you always rushing? Do you walk and talk fast and get impatient with people who take their time?
- Do family and friends complain you are not available to them because you are always working?
- Do you frequently take work home?
- Are you unable to relax?
- Do you lie awake at night thinking about work?
- Do you have an emotional need to work constantly? Does the idea of time off make you uncomfortable?
- Are you a perfectionist?
- Do you expect others to be perfect too?
- Do you feel no one can do the work as well as you?
- Do you try to do several things at once?
- Do you skip meals to work, or eat meals at your work station?
- Do you skip exercise so you can work?
- Do you suffer from physical symptoms of stress? These may include digestive problems, fatigue, pounding heart, trembling, headaches, nervous tics and other problems.

Burnout is a serious condition from which it takes a long time to recover. Learn the symptoms so you can recognize them early.

- Try to do everything a little more slowly. Besides working at a more reasonable pace, try to walk, talk, drive and eat more slowly.
- Take a good look at your organizational and time management habits. You may find you are wasting time on unnecessary tasks, repairing sloppy work or looking for lost information or tools.
- Spend some time each day planning your work.



- Learn to zero in on the most productive activities. Do the most important things first.
  - Work regular hours. Many workaholics find they can get their work done during the regular shift if they make a goal of leaving at quitting time.
  - Take the time for stress reducing and health enhancing activities.
  - Get regular exercise. Schedule your exercise into your daily planner and plan around it. Sit down to leisurely meals.
  - Get to bed on time.
  - Book regular time off. Use evenings, weekends and vacations for enjoying other aspects of your life. Define boundaries between your personal life and your work life. Spend social time with people who don't have anything to do with your job.
- Your employer appreciates dedication to work. But when this dedication turns into a work addiction, nobody benefits. Keep a balance between your work and personal life.

### 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. Mark Goulden., 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. Mark Goulden

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

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

**PSP Manager:** John Snyder

#### Metroland Media Staff:

**General Manager:** Adam Milligan 705-761-7990

**Advertising Sales:** Orlinda Johnston 613-966-2034 ext: 795015

**News and Feature Content:** Makala Chapman 613-392-2811 ext: 3976

**Circulation:** Kim Wonnacott 705-742-8450

250 Sidney Street, Belleville, Ontario K8P 3Z3, CANADA

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

### ARTICLES AND PHOTOS

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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

### Letters to the Editor:

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



### A Military Community Newspaper

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



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



# Search for two people onboard missing helicopter between Sudbury and Kapuskasing, Ontario ends

By 8 Wing Public Affairs

The search for two people onboard a Robinson R66 helicopter, which went missing between Sudbury and Kapuskasing, Ontario, has ended with the discovery of their aircraft. Unfortunately, when Royal Canadian Air Force Search and Rescue Technicians (SAR Techs) arrived on scene, they were found without vital signs. The missing helicopter was discovered by an RCAF CC-130 Hercules at 1:22 p.m. EDT and deployed SAR Techs from a RCAF CH-146 Griffon helicopter at 1:54 p.m. EDT. The Ontario Provincial Police (OPP) and Transport Canada have been advised and the OPP has taken control of the crash site. The Transportation Safety Board will be launching an investigation into the cause of this crash. The helicopter with two people onboard was initially reported missing Wednesday, March 6, after their family contacted the OPP. They had been flying from Sudbury to Kapuskasing, Ontario. Joint Rescue Coordination Centre Trenton began the search with RCAF aircraft and Civil Air Search and Rescue Association (CASARA) personnel on Wednesday March 6, and it was upgraded to a major SAR operation on Saturday, March 9. "While this is not the outcome we hoped for, we hope it brings closure to the family and friends of Jody and Nicole Blais," said Captain Marty Zimmer, Searchmaster from 424 Transport and Rescue Squadron, "We would like to thank the local communities for their support, as well as those that phoned in with tips. We also thank the OPP, Canadian Coast Guard and CASARA volunteers for their tireless efforts over the past several days." At its height, the search involved: 7 RCAF aircraft; a Canadian Coast Guard helicopter; and 3 Civil Air Search and Rescue Association (CASARA) aircraft flown by volunteers. Personnel and aircraft from: 424 Transport and Rescue Squadron, 8 Wing Trenton; 435 Transport and Rescue Squadron, 17 Wing Winnipeg; 439 Combat Support Squadron, 3 Wing Bagotville; 405 Long Range Patrol Squadron, 14 Wing Greenwood; as well as the Canadian Coast Guard and several CASARA volunteers both on the ground and in the air. Approximately 85 RCAF, Canadian Coast Guard, and CASARA personnel took part in the search in

nel on Wednesday March 6, and it was upgraded to a major SAR operation on Saturday, March 9. "While this is not the outcome we hoped for, we hope it brings closure to the family and friends of Jody and Nicole Blais," said Captain Marty Zimmer, Searchmaster from 424 Transport and Rescue Squadron, "We would like to thank the local communities for their support, as well as those that phoned in with tips. We also thank the OPP, Canadian Coast Guard and CASARA volunteers for their tireless efforts over the past several days." At its height, the search involved: 7 RCAF aircraft; a Canadian Coast Guard helicopter; and 3 Civil Air Search and Rescue Association (CASARA) aircraft flown by volunteers. Personnel and aircraft from: 424 Transport and Rescue Squadron, 8 Wing Trenton; 435 Transport and Rescue Squadron, 17 Wing Winnipeg; 439 Combat Support Squadron, 3 Wing Bagotville; 405 Long Range Patrol Squadron, 14 Wing Greenwood; as well as the Canadian Coast Guard and several CASARA volunteers both on the ground and in the air. Approximately 85 RCAF, Canadian Coast Guard, and CASARA personnel took part in the search in



Photos by Corporal Zebulon Salmaniw

Various photos of search and rescue technicians and Griffon helicopters as they prepare for a search in the Timmins, Ontario region on March 10, 2019.



A CC-130 Hercules aircraft from 435 Squadron Winnipeg performs a search and rescue mission in the Timmins, Ontario area on March 10, 2019. Photo By: Corporal Zebulon Salmaniw

the air, on the ground and in the search headquarters. Search and rescue (SAR) incidents under the federal SAR mandate are defined as all aircraft incidents and all marine incidents in waters under federal jurisdiction. With the exception of federally owned National Parks, the overall responsibility for land and inland water search and rescue rests with the provinces, territories

**THE ALL NEW!** *Len's RV* **OPEN SUNDAYS!** We support our troops! *Support Our Troops* **ASK US ABOUT OUR DISCOUNT!**

# SUPER SHOW & SALE

## 4 DAYS ONLY!

MARCH 7<sup>TH</sup> TO 10<sup>TH</sup>

<p><b>2019 JAY FLIGHT SLX</b> All under 3000LBS!</p> <p>175RD - Reg: \$18,999 <b>SALE PRICE \$17,895</b></p> <p>195RB - Reg: \$19,999 <b>SALE PRICE \$18,995</b></p> <p>232RB - Reg: \$24,999 <b>SALE PRICE \$22,995</b></p> <p>267BHS - Reg: \$28,999 <b>SALE PRICE \$27,495</b></p>	<p><b>2019 JAY FEATHER</b> ALL NEW!</p> <p>22RB - Reg: \$29,999 <b>SALE PRICE \$26,878</b></p> <p>24RL - Reg: \$37,999 <b>SALE PRICE \$34,995</b></p> <p>2018 MODEL</p> <p>27RL - Reg: \$37,999 <b>SALE PRICE \$31,878</b></p> <p>278H - Reg: \$40,999 <b>SALE PRICE \$37,486</b></p>	<p><b>2018 EAGLE</b></p> <p>28.5RSTS - Reg \$72,999 <b>SALE PRICE \$51,878</b></p> <p>25.5REOK - Reg \$52,999 <b>SALE PRICE \$46,878</b></p> <p><b>2019 HUMMING BIRD 10RK</b></p> <p><b>JEEP LOVERS #1 CHOICE!</b> ONLY 1500LBS</p>
---	---	---

**FINANCING ONSITE!** TD Desjardins BMO RBC Royal Bank **2 YEAR JAYCO WARRANTY!** **OVER 100 JAYCO'S ON SITE!** Weekly payments include all fees and taxes!

**(613) 475-1441**  
305 Main St, Brighton, ON.  
THUR FRI SAT 9AM TO 6PM / SUN 10AM TO 4PM  
[www.lensrv.com](http://www.lensrv.com)

*Len's RV* EST. 1988 SALES & SERVICE

\*O.A.C. Conditions apply. Units may not be exactly as shown. See dealer for complete details.

# EASTER COLOURING CONTEST

## ALMOST HERE

# Annual Contest Starts March 29th

## Become a SPONSOR!

### Call 613-969-8896 today!

Continued from page 1

of the organization's programs offered, such as the Special Needs Inclusion program, are a direct result of fundraising dollars. "We rely heavily on fundraising to make the Trenton MFRC stand out and to help support the military families to the best of our ability," noted Taylor. "Yes, we are raising money, but, we are also raising awareness about the MFRC and the unique challenges that military families face." As for what this year's funds will help go towards, Taylor said it would be to hopefully hire a master's level councillor to their mental health team. "This will help address the waitlist we see in our community," she said, "but also so we can offer family counselling and couple's counselling. It takes a whole team of people to make a flight happen, such as the pilots and grounds crew, and it's the same way with MFRCs, whose main purpose is to make a family feel a part of the community." This year the goal is to get at least 280 guests in attendance and to raise at least \$100,000 in donations. When asked if she thought this was an attainable goal, the Trenton MFRC's special events coordinator Amy LeGresley noted it was certainly doable. To help reach their goal, LeGresley explained that there would be a live and silent auction on the night of the gala, as well as an online auction held the week prior to the event. "We wouldn't be able to do an event of this calibre without the support of our community," said LeGresley, "both through the sponsorships and the donations of auction items. There will certainly be some unique opportunities and items from our community up for grabs." She added that more details about some of the auctions items would be revealed in the upcoming weeks and noted it would be worth the wait. As for the actual night of the event, she said those in attendance will get the chance to enjoy a full course meal, live entertainment and the opportunity to learn more about the military community. But it's going to take a small army of volunteers to help ensure things go off without a hitch on the night of the gala. As a



Members of 8 Wing Trenton, The Trenton Military Family Resource Centre and Scotiabank at this year's media launch for the 15th annual Invisible Ribbon Gala on March 11.

result, LeGresley added that anyone looking to donate his or her time to the cause would be greatly appreciated. Speaking to how pleased they were to once again be supporting the gala was Ken Mayfield and Michelle MacKay from Scotiabank, this year's title sponsor. Having raised children in the community and being a military spouse herself, MacKay said supporting the gala was a no-brainer and something her branch was happy to do. "The MFRC has been an invaluable resource for so many in the community," she said. "We are community based and we want to be able to do what's right for the community. There's just a huge interlink between (the MFRC and Scotiabank)." Those looking to purchase tickets to the gala can do so by going online at invisibleribbon.ca or by calling the MFRC at 613-392-2811 ext. 3575. The online auction will run from May 1-6, with more details to come about the gala in the upcoming weeks.





**La Saguenéenne**  
HÔTEL ET CENTRE DE CONGRÈS  
★★★★

COMING TO  
**BAGOTVILLE?**  
WE'VE GOT THE PLACE TO STAY!

- 118 ROOMS WITH REFRIGERATOR AND MICROWAVE OVEN
- TROPICAL ATRIUM WITH SWIMMING POOL, SPA AND SAUNA
- ON-SITE RESTAURANT
- WALKING DISTANCE FROM THE SHOPPING MALLS
- FREE LONG-DISTANCE CALLS TO CANADA AND USA
- FREE WIRELESS HIGH-SPEED INTERNET
- 15 MINUTES FROM BAGOTVILLE AIRPORT





RATES FROM

**\$99**

PLUS TAXES PER NIGHT  
FOR THE CANADIAN  
FORCES COMMUNITY

250, RUE DES SAGUENÉENS  
SAGUENAY, QUEBEC  
CANADA G7H 3A4

418.545.8326 • 1.800.461.8390  
WWW.LASAGUENEENNE.COM

WWW.CFAPPRECIATION.CA



# SO THAT WE MAY BE FREE.

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

IT IS THESE BRAVE FEW WE HONOUR.



**weaver**

REINVENT TRADITION

www.weaverfuneralhomes.com

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

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

# Trenton MFRC welcoming new board members to the team

By Makala Chapman

The Trenton Military Family Resource Centre (MFRC) is looking to recruit new members to their board of directors. Pamela Charest, the chair of the governance committee, noted she hopes to have at least two new members in place by the Annual General Meeting in June. "We currently have quite a dynamic board of directors with all different skills sets and expertise sitting around the table," she said, "but we're looking to expand that." As it stands, the board is made up of individuals from the military community and is about seven members strong. Together, they play a role in the governance, operation and the strategic direction of the MFRC. The board members meet a minimum of once a month for a couple of hours, with additional meetings possible. Charest noted she hoped anyone potentially interested in the position, either military or civilian, would apply as everyone has different skills and abilities to offer. In particular, people with backgrounds in finance, human resources, not-for-profit experience and communications would be an asset to the team, she noted. "It's a volunteer position," added board chair Linda Blanchette, "so we want the applicants to have a real desire to work with the MFRC." Having been on the board for the past five years, she explained the reasons she keeps coming back is her passion for the organization

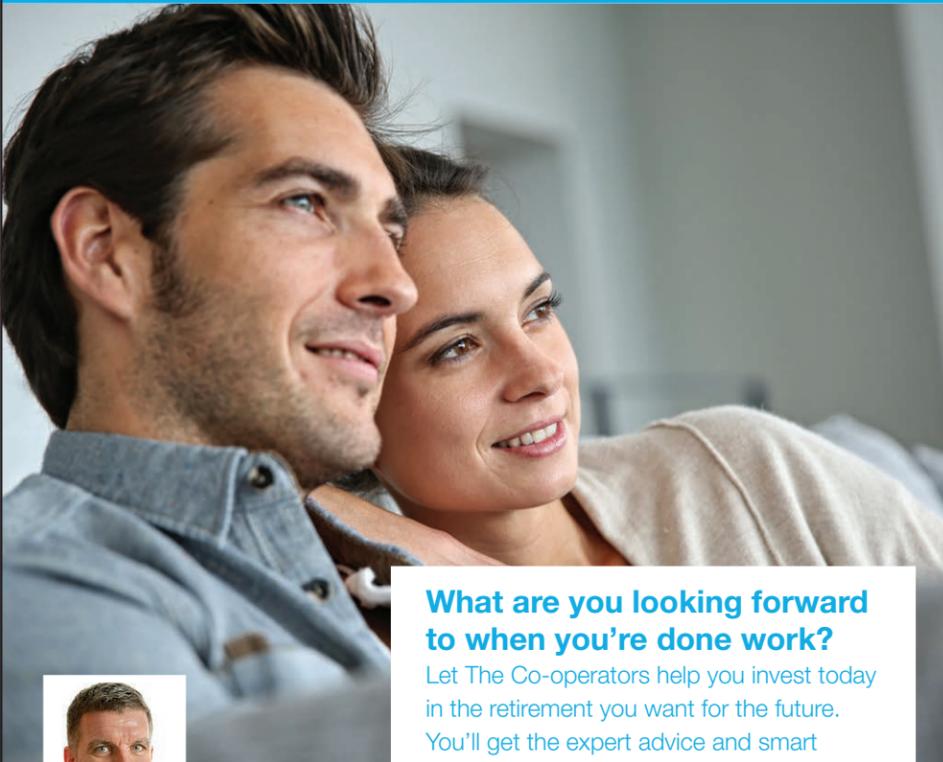
and her desire to help. Blanchette has been vocal in the past about the MFRC's role in changing her family's life for the better when she had needed them the most and once again reiterated her feelings. "My husband was ill and I went into the MFRC and asked for help 20 years ago," she said. "Ever since I have been volunteering. They helped give me my life back so now I can give back to them." Charest too shared that as a military spouse, the MFRC has been an invaluable asset to her family on countless occasions. "The MFRC in Gagetown was key to helping my daughter and I get through the multiple deployments my husband went through," she said. "I believe in what the MFRC does and I believe how it helps military families, as well as the resources it makes available at our fingertips." As for what the dynamic of the group is like, Blanchette noted it's nothing short of a family. She added that it's not simply a case of just reading the minutes and voting yes or no, instead, it's a close-knit group that's accepting and open to each other's opinions and thoughts. "I can't say enough about my directors," said Blanchette. "For

me, it's such a great honour to be sitting on such a great board." The deadline for applications is April 1 and from there the board will meet to review the candidates. Those interested can send their resumes to Kate Buttaro at [kate.b@trentonmfr.ca](mailto:kate.b@trentonmfr.ca).



A past photo of the Trenton Military Family Resource Centre in June 2018.

Home Auto Life Investments Group Business Farm Travel



**What are you looking forward to when you're done work?**

Let The Co-operators help you invest today in the retirement you want for the future. You'll get the expert advice and smart investment options to help you reach your financial goals.



**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](http://www.cooperators.ca/Paul-Moran)

Not all products available in all provinces.



## Readers Choice 2018 Favorite Dentist

**Come meet our doctors: Andrew, Sue & John**



Marinovich

D E N T A L

**WE ARE ACCEPTING NEW PATIENTS**

Direct payment from insurance company's accepted upon request.

Call Us To Book An Appointment Today!

613-392-3939 | [contact@marinovichdental.com](mailto:contact@marinovichdental.com)  
[MarinovichDental.com](http://MarinovichDental.com)

# Community Events

generously sponsored by...

# independent

YOUR INDEPENDENT GROCER

*President's Choice*

CFB Trenton | Smylie's Independent Grocer

(Hwy #2) Dundas St. E.

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

*March Break ...*

## FREE SWIMMING

### 11:00 TO NOON

### AT THE RECplex

Monday to Friday

SPONSORED BY:

Sandra Hussey  
cell 613.438.5588

TRENTON MFRC / CRFM

SATURDAY, MARCH 30 | LE SAMEDI 30 MARS

# Brunch & Ball Hockey

Brunch & Hockey Balle

Youth Centre | Centre des jeunes

11h - 14h  
Ages 6-12  
\$5.00 pp

Register by Mar. 27 | Inscrivez-vous avant le 27 mars

## Kids Have Stress Too!®

Nos enfants et le stress!

Parent 2-Part Workshop:  
March 25 & April 1 | 6:00-8:00 pm  
Trenton MFRC | Free

Parent session de 2 ateliers:  
25 mars et 1 avril | 18H00 - 20H00  
CRFM de Trenton | Gratuit

Registration Deadline / Date limite d'inscription:  
**21 March/mars**

kendra.b@trentonmfc.ca | 613-392-2811 ext./poste 4739

A program from The Psychology Foundation of Canada designed to help children develop the coping skills they require to manage the stress in their lives.

Un programme de la Fondation de psychologie du Canada pour aider les enfants à développer des habiletés d'adaptation pour mieux gérer leur stress.

YOUTH SPRING FLING DANCE!

ÉLOGE AU PRINTEMPS, DANSE POUR LES JEUNES

22 March / Mars  
7-11pm / 19H00-23H00  
Recplex Gym / gymnase du RecPlex  
Ages / Âges 8-14  
\$10 per person / 10\$ par personne

613-965-3575

Belleville's Largest International

# PSYCHIC EXPO

READERS BOOKS CRYSTALS FREE LECTURES AND DEMOS

Admission \$10 GOOD ALL WEEKEND

March 22, 23 & 24

Travelodge Hotel  
11 Bay Bridge Road, Belleville  
Friday: 12-9 pm • Saturday: 11-9 pm  
Sunday: 11-7 pm

www.PsychicExpos.com for FREE stuff!

# FRIEL

HEATING & AIR CONDITIONING INC.  
"Fireplace Showroom"

*Specializing*  
in your Home Comfort

## REDUCE YOUR ENERGY COSTS

WITH AN AMANA HI-EFF NATURAL GAS OR PROPANE FURNACE

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

plus up to **\$1,000** O.P.A. rebate

**BABY IT'S COLD OUTSIDE!!!**  
CALL TODAY TO SCHEDULE YOUR FURNACE TUNE-UP

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

122 Parks Dr. Belleville  
613-966-8848

Locally owned and Operated to Serve You Better Since 1995



# TRENTON Military Family Resource Centre

www.trentonmfr.ca • 613-965-3575 • 50 Rivers Drive East, Siskin Centre • With locations in Belleville & Frankford



## March / April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18 Knit & Chat	19 Healthy Relationships 101 – Night 1, Girls	20 Good Food Box Pick -Up Community Connection What About Me?	21 Essential Oils: Hormone Horror Healthy Relationships 101 – Night 1, Boys	22 Youth Spring Fling Dance	23
24	25	26 Healthy Relationships 101 – Night 2, Girls	27 Budgeting for Release Picasso & Pinot	28 Healthy Relationships 101 – Night 2, Boys	29	30 Window of Tolerance & EFT Tapping Brunch & Ball Hockey (Youth Centre)
31 Creative Sunday	1 Dance with France – Ladies Night + Level 1 Kids Have Stress Too Bellydancing with Amara	2 Dance with France – Level 2 Mental Health First Aid	3 Mental Health First Aid Community Connection What About Me?	4 Herbal Health Series: Pain & Inflammation	5 Registration Deadline for Second Language Classes	6

● **Mental Health First Aid – Veteran Community**  
Tuesday, April 2 and Wednesday, April 3, 2019  
8:30 a.m. – 4:30 p.m.

Join us to become certified in Mental Health First Aid for the Veteran Community. This course is in support of the Veteran Community and in partnership with Veteran Affairs Canada and is a customized version of Mental Health first Aid for members of the Veteran Community. Register by emailing Tanya Bown at tanya.b@trentonmfr.ca by March 19, 2019.

● **Youth Spring Fling Dance**  
Get your dance moves ready for the Trenton MFRC and PSP Youth Spring Fling Dance! Enjoy your favourite music and a chance to win some awesome door prizes! Don't forget to bring some change for our cash canteen! Register and pre-pay at MFRC reception by March 20.

● **Youth Centre Brunch & Ball Hockey**  
Join us for a day of fun outdoors! \$5/person  
Ages 6-12 years old Register by March 27 at the Trenton MFRC Youth Centre

● **Knit & Chat**  
Our next group for knitting and crocheting is on March 18 from 6 – 8 p.m.

This is a free group and open to knitters and crocheters of any level but registration is required. Please register by calling reception at 613-965-3575.

● **Hormone Horrors**  
March 21, 2019, 6:30-8:30 p.m.  
Every month they come around and wreak havoc: learn to manage your hormones naturally. Go from a hot mess to cool, calm and collected with a little help from essential oils. \$10 per person - Hands-on (and nose) experience with oils, including a free take home essential oil roll-on blend.  
Register by March 19, 2019

● **Healthy Relationships 101**  
Healthy relationships begin at a young age. Youth aged 12 – 14 are invited to learn about how to use technology safely in their relationships and learn fun, self-defense tricks. This program is for youth ages 12 – 14 years old.

March 19 & March 26, 5:30 – 7:30 p.m. – girls  
March 21 & March 28, 5:30 p.m. – 7:30 p.m. – boys  
For more information and to register, please email maria.p@trentonmfr.ca.

● **Budgeting for Release**  
The Veteran Family Program & SISIP Financial present this workshop. March 27, 2019 from 6 – 8 p.m. At the Trenton MFRC. Child care available upon request. Please register prior to March 20 by emailing tanya.b@trentonmfr.ca.

● **Window of Tolerance and EFT Tapping**  
Are you often overwhelmed? Do you need techniques to stabilize your mood? Learn how to maintain calm in your life with the Window of Tolerance and EFT Tapping. This is a free workshop for Veterans and Spouses presented by Linda Reade, Family Liaison Officer at the CAF Transition Centre. Saturday, March 30, 9:30 a.m. – 2:30 p.m. Lunch is provided and child care may be arranged upon registration. Please register by emailing linda.r@trentonmfr.ca or tanya.b@trentonmfr.ca.

● **ASIST – DATE CHANGE**  
ASIST (Applied Suicide Intervention Skills Training) teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. March 22 and 23, 2019 from 8:30 a.m. – 4:30 p.m. Registration fee: \$100 Lunch is not provided. To register and make inquiries: 613-965-3575

● **Casual Child Care**  
The Trenton MFRC offers Casual Child Care, Monday – Friday. Child care is available in 'family age groupings' for ages 0-12 years. This is a licensed child care program offering parents an option to access casual child care. For requirements, fees, and more information, please visit www.trentonmfr.ca or www.cafconnection.ca/trenton. For inquiries, please contact Susan Stoddard at susan.s@trentonmfr.ca or 613-392-2811 ext. 2442.

## PLAYSAFE:

Don't Let It Happen to You



In The War Amps new "kids-to-kids" safety video, Adam and Rebecca lead viewers on a SAFETY WALK™ to help them spot the dangers in their neighbourhoods.

Along the way, they introduce stories from other young amputees who, like them, have lost limbs in accidents. Together, they deliver the hard-hitting but positive PLAYSAFE message.

Visit [waramps.ca/playsafe](http://waramps.ca/playsafe) for the video and safety resources.



# WELCH LLP

Congratulates

## NICHOLAS HEERSINK

The partners and staff of Welch LLP congratulate Nicholas Heersink on being promoted to a Welch LLP Manager.

Nicholas obtained an Honours Bachelor of Commerce degree from the University of Ottawa Telfer School of Management, along with his CPA designation in 2016. Nicholas joined Welch LLP in 2012 and is eager to deliver a full range of business services to our Quinte clients.

The scope of expertise our people provide is a major part of the Welch LLP client experience. It is our commitment to deliver the insight you require to effectively manage your business.



Nicholas Heersink, CPA,  
CA, Manager -  
Campbellford Office

Want to know more about the Welch team, or the exciting opportunities at our firm?  
Call us today!

Campbellford: 705.653.3194  
Belleville: 613.966.2844  
Trenton: 613.392.1287



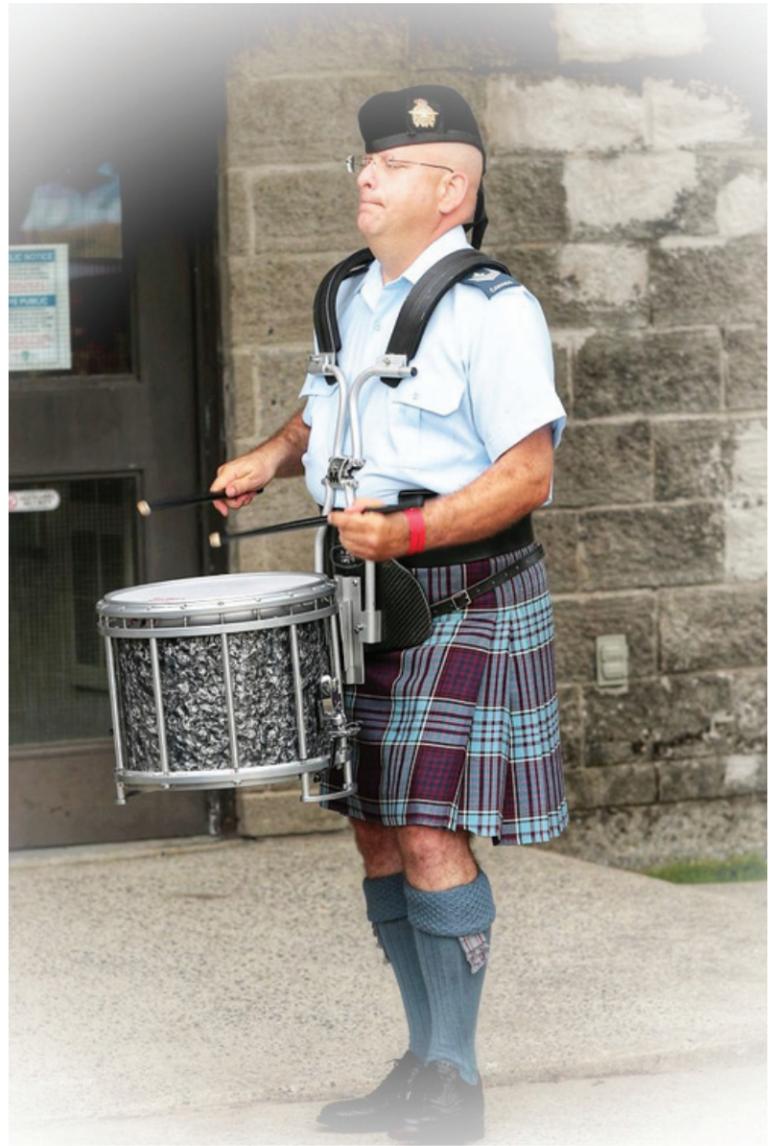
# 8 Wing Trenton Pipes and Drums Welcomes new drum instructor

By Sergeant Mark Passmore

Almost 60 years ago my Grandfather was posted to Royal Canadian Air Force (RCAF) Station Trenton 6RD as an aircraft metal technician. Soon after moving, my father and his brother (being RCAF teenage brats) saw the RCAF Trenton Pipes and Drums marching down the streets of Trenton. In awe they followed the band to the end of the parade and shyly asked the Drum Sergeant how they could be a part of this band. They started band practice immediately and that was the birth of pipe band drumming in the Passmore family. July 16, 2018 I was posted here myself as the RCAF 8 Wing Trenton Drum Instructor. It's funny how life works, because of that one parade 60 years ago I'm here today to give back. I am grateful for the RCAF and The Pipes and Drums to have started a life of music, friends, travel, and education, which has now gone on for three generations with my sons being drummers as well. I am passionate about giving back to the community and hope to carry on the Passmore tradition of inspiring and developing local youth, military and civilian personnel. Sergeant (Sgt) Passmore started drumming at the age of 8 under his father's direction at the local Militia Pipe band in his native town Peterborough, ON with The Hastings and Prince Edward Regiment Pipes and Drums (B Coy) as a Boy Drummer. A student of the Master Warrant Officer (MWO) Kerr style of Drumming (one of several styles of drumming), by the age of 14 he was asked to play in the famed Grade 1 (the highest level), 78th Frasers Highlanders. Unfortunately, he couldn't take advantage of the invite until he was old enough to travel independently. For the most part he is self-taught but the instruction

he did receive was world class and included a wide range of styles from many different drummers. This included his father Gary Passmore, his uncle Bob Passmore (known as the foremost student of John Kerr) Ken Ryan, The Jarvis Brothers, Trevor Ferrier, Reid Maxwell, Harvey Dawson, Mike Steele, Craig Stewart and Mike Hunter. Since he was 8 he has played as an augment civilian volunteer with the military. He traveled all over the world representing the Canadian Armed Forces (CAF) with Canadian Forces Base (CFB) Trenton, CFB Borden and CFB Petawawa, on the civilian side of drumming he has played with the Grade 1 Peel Police Pipe Band, 78th Frasers Highlands Pipe band, and was the Lead Drummer for the G1 Toronto Police Pipes and Drums. He also had great success leading Grade 2 corps such as the Glengarry Pipe Band achieving 1st place North American Drumming Championships and placing 2nd at the world championships. In 2006 he finally joined the ranks and became a member of the Canadian Army Primary Reserve unit The Cameron Highlanders of Ottawa, as a Pipe Drummer. By the end of 2019, he had maxed out his qualification level and was looking for a new challenge. That same year, he entered the Regular Force Audition process and won. As a result, he re-mustered to the RCAF and was posted to 17 wing Winnipeg to be the section leader of the Drums Corps. After 3 years he was posted to CFB Borden and spent 6 years at the Canadian Forces Logistic Training Centre (CFLTC) Music Division, as resource coordinator, Pipe Drum Subject Matter Expert (SME) and Head Drum Instructor. As a secondary duty he ran the CFB Borden Pipes and Drums Volunteer Band, and the drumming at 400

Squadron Pipes and Drums. During his tenure 400 Squadron Pipes and Drums won the Pipers and Pipe Bands Society of Ontario (PPBSO) Champions Supreme G2, three years in a row. The Supreme is awarded to the band that has won most points at competitions throughout the year. He is currently the Lead Drummer for RCAF 400 Squadron Pipes and Drums as well as the 8 Wing Pipes and Drums. Sgt Passmore teaches civilians, cadets, and militia units all over Canada, in his spare time. Today his contributions to CAF music spans over 40 years. The 8 Wing Pipes and drums are an active ambassador of 8 Wing, CFB Trenton, the RCAF and the CAF with many civilian parades, celebrations, festivals and competitions locally, nationally and internationally including a yearly performance at the Virginia international tattoo. They also provide musical support for the wing and the base, including change of command ceremonies, mess dinners, graduation parades and so on. The band has also had great success in competing and are currently the North American Champions at the Grade 4 level for two years running. As a result, the band has been upgraded to Grade 3 and are looking forward to future success. The band practices Wednesday evenings starting at 18:30 and anyone is welcome to stop by, military or civilian. Piping and drumming tuition is free and can be scheduled throughout the week during working hours (08:30 to 16:00). Any questions please contact Pipe Major Sgt McFarlane Joshua. McFarlane@forces.gc.ca , 613-392-2811 x7282 for Piping or Drum Instructor Sgt Passmore Mark.Passmore@forces.gc.ca , 613-392-2811 x3387 for Drumming.



Photos submitted

Are you a victim of impaired driving?  
We're here to help.

**MADD Canada**  
Tel.: 1-800-665-MADD



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

www.madd.ca

"YOUR ONE STOP BUILDING CENTRE"

**COLE'S  
TIMBER MART**

COMPLETE LINE OF BUILDING SUPPLIES  
KITCHEN & BATH SHOWROOM  
DELIVERY AVAILABLE  
RENTAL CENTRE  
www.colestimbermart.ca

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

**CANADIAN SPORT SUBS**

51 South Pinnacle St., Belleville, On K8N 3A1

(613) 966-8903



• Guaranteed Personalized Service  
• Dedicated Instructors - We Work For You  
• All Training Levels

Join the Underwater World!

**BELLEVILLE'S LEADING  
SCUBA SCHOOL**  
Established 1989  
COURSES STARTING NOW

**CAMPBELL'S AUTO SHOP**

327 COLEMAN STREET, BELLEVILLE



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

613-968-5791

E-mail:  
autoshop@bellnet.ca



**Dr. Arin Por**  
**Dr. Maarje Armstrong**  
**Dr. Laura Teminski**

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

# Classifieds

To Place an Ad: 1-888-657-6193  
 For Delivery Inquiries, please call 613-966-2034  
[www.thecontactnewspaper.cfbtrenton.com](http://www.thecontactnewspaper.cfbtrenton.com)

**B** Business Services **B** Business Services

**Kraft Village**  
 Since 1986



**Sewing Machine Need ER?**

We service all makes and models in-house

191 Dundas Street East, Belleville  
 613-966-9964 | [www.kraftvillage.ca](http://www.kraftvillage.ca)

Book your  
 classified ad today!  
 613.966.2034

## 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 Sunday Service: 1100 hrs (English)  
 Service Protestant du dimanche: 11 h 00 (en anglais)

**RC Sunday Mass: 0900 hrs (English)**  
 1000 hrs (French)

\*Last Sunday of each month: 0900 hrs (Bilingual)

**RC Weekday Mass: Tues, Wed, Thurs at 1200 hrs**  
 (Subject to change without notice)

**Messe CR du dimanche : 9h00 (en anglais)**  
 10h00 (en français)

\*Dernier dimanche de chaque mois : 9h00 (bilingue)

**Messe CR en semaine: mardi, mercredi et jeudi à midi (12h00)**  
 (peut changer sans préavis)



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) Richard Bastien

**Unit Chaplains/Aumôniers des unités:**  
 Capt (Rabbi/Rabbin) Bryan Bowley  
 Capt (Fr/Père) 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



### HEALTHY RELATIONSHIPS 101

- Learn about healthy relationships, how to use social media safely, and self-defense!
- Reconnaître les signes, comment créer et maintenir une relation saine, apprenez comment utiliser les médias sociaux en toutes sécurité et participez à un cours d'auto-défense

<p><b>March 19 &amp; March 26</b>                  19 mars et 26 mars                  5:30 p.m - 7:30 p.m                  Girls/filles agé 12 - 14 years</p>	<p><b>March 21 &amp; March 28</b>                  21 mars et 28 mars                  5:30 p.m - 7:30 p.m                  Boys/ garçon agé 12 - 14 years</p>
--	--

**Information & Registration:**  
 Marya Peters, Women's Services Coordinator  
[marya.p@trentonmfr.ca](mailto:marya.p@trentonmfr.ca)

*March Break ...*

## FREE FAMILY SKATING

### 2:00 TO 4:00PM

## RCAF FLYER'S ARENA

Monday to Friday



SPONSORED BY:





## Want to live off Base?

**\$950 per Month**  
 phone, internet, cable/satellite not included

Quiet furnished 730 square foot basement apartment. 26-30 minutes to CFB Trenton, located in Stirling. Includes walk-in closet, lots of storage, 4 pc bath, washer & dryer, single parking space.

**TEXT LISA**  
 (613) 403-2203



## INCOME TAX FINANCIAL SERVICES

**PERSONAL TAXES**  
**BUSINESS TAXES**  
**ESTATE TAXES**



**...BUT WE'RE MORE THAN JUST TAXES**

for more information visit [www.rochefinancialgroup.ca](http://www.rochefinancialgroup.ca)

255 Glen Miller Rd.  
 Unit 6 Riverview plaza, Trenton

or telephone your local office at:  
**613.394.6290**

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

**Direct: 613.438.5588**

Email: shussey68@gmail.com

**www.SandraHussey.ca**

Pre-Qualified Buyers • IRP DND APPROVED



**Sandra Hussey**  
Sales Rep

<p><b>BEAUTIFUL WATERFRONT</b> <b>1105 FRANKFORD STIRLING ROAD</b></p>   <p>48 acres of beautiful waterfront, includes home, hobby farm, barn, riding ring, tack room and an Island. 20 minutes to CFB Trenton and all amenities. <b>MLS# 168849* \$850,000</b></p>	<p><b>EXECUTIVE 2 STOREY HOME</b> <b>1776 RADAGE ROAD</b></p>  <p>4.35 acres! Executive 5 bed, 3 bath 2-storey-home located on a quiet dead end road, only 10 minutes to Cataraqui Mall Kingston and 20 minutes to CFB Kingston. <b>MLS# 172129* \$625,000</b></p>	<p><b>IMECCABLE 8-YEAR-OLD BUNGALOW</b> <b>195 NICHOLAS STREET</b></p>  <p>Impeccable 8-year-old bungalow with 3 bed plus den and 2 baths, walkout basement and attached 1½ garage in a fantastic neighbourhood. <b>MLS# 175637* \$350,000</b></p>	<p><b>22 OAK ST, HAVELOCK</b></p>  <p>Affordable 4 bed 2 bath 2 storey home on a large lot with carport, shop and fenced in dog run in the heart of Havelock and all amenities nearby. <b>MLS# 180995* 250,000</b></p>	
<p><b>SIDE SPLIT WITH GARAGE</b> <b>67 FIRST AVENUE</b></p>  <p>2 bed (possible 3<sup>rd</sup>) 2 bath, side split with garage in a fantastic neighbourhood minutes to all amenities and CFB Trenton. <b>MLS# 176120* \$299,000</b></p>	<p><b>SPACIOUS MOBILE WITH GARAGE</b> <b>12 GROUSE LANE</b></p>  <p>Spacious 2 bed plus den, 1 bath mobile with garage, gas fireplace and sunroom in Kenron Estates. Only \$170 month park fees. <b>MLS# 174513* \$210,000</b></p>	<p><b>SPECTACULAR BRICK BUNGALOW</b> <b>1087 CARMAN ROAD</b></p>  <p>Spectacular 3 bed, 3 bath brick bungalow completely renovated on 3.2 acres. 15 minutes to CFB Trenton, 5 minutes to the 401, Walmart, schools, and all amenities. <b>MLS# 173643* \$400,000</b></p>	<p><b>BRICK BUNGALOW WITH ENSUITE</b> <b>12 MANOR CRESCENT</b></p>  <p><b>SOLD!</b> 4 bed, 3 bath brick bungalow with en-suite, finished walk out basement and attached garage minutes to CFB Trenton.</p>	<p><b>FANTASTIC ALL BRICK BUNGALOW</b> <b>7 WESTVIEW DRIVE</b></p>  <p>Quiet cul-de-sac, 2 bed plus den, 2 bath brick bungalow with en-suite and private yard with garage in Brighton. <b>MLS# 176440* \$375,000</b></p>
<p><b>SPECTACULAR BUNGALOW ON 1 ACRE</b> <b>1274 11<sup>TH</sup> LINE WEST</b></p>  <p><b>SOLD!</b> Completely renovated spectacular 2 bed, 1 bath bungalow on 1 acre with attached garage and detached large insulated garage, minutes from town and all amenities.</p>	<p><b>IMECCABLE BRICK BUNGALOW</b> <b>138 GREENHILL LANE</b></p>  <p>Impeccable 4 bed, 3 bath, 3.5 year old brick bungalow with hot tub and double driveway in a desired neighbourhood. <b>MLS# 179376* \$425,000</b></p>	<p><b>REMARKABLE COLORADO BUNGALOW</b> <b>473 ENGLISH SETTLEMENT ROAD</b></p>  <p>Remarkable 4 bed 2 bath plus den, Colorado Bungalow with double car garage on 3/4 of an acre, minutes to CFB Trenton and all amenities. <b>MLS# 177469* \$425,000</b></p>	<p><b>BRICK BUNGALOW WITH WORKSHOP</b> <b>33 SECOND AVENUE</b></p>  <p>3 bed, 2 bath brick bungalow with workshop in a family friendly desired neighbourhood, minutes to CFB Trenton and all amenities. <b>MLS# 179399* \$250,000</b></p>	<p><b>OPEN HOUSE - SAT MARCH 16TH 1-2PM</b> <b>569 HILLSIDE DR, TRENT HILLS</b></p>  <p>Gorgeous 5 bed 4 bath, Waterfront bungalow with complete in-law suite on main level, .88 of an acre with garage minutes to Hospitals, Shops, all amenities and less than 35 min to CFB Trenton <b>MLS# 180106* \$650,000</b></p>

**SOLD LAST WEEK BY FUSSY HUSSEY!**

 <p><b>SOLD!</b> <b>1193 FRANKFORD ROAD</b></p>	 <p><b>SOLD!</b> <b>70 FARLEY CRESCENT</b></p>	 <p><b>SOLD!</b> <b>16 BAYLEA DRIVE</b></p>	 <p><b>SOLD!</b> <b>18 TRAILER PARK ROAD</b></p>
 <p><b>SOLD!</b> <b>226 MILL STREET</b></p>	 <p><b>SOLD!</b> <b>25 PATRICK STREET</b></p>	 <p><b>SOLD!</b> <b>1876 QUEENSBOROUGH ROAD</b></p>	 <p><b>SOLD!</b> <b>565 FRANKFORD-STIRLING ROAD</b></p>