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Submitted photo

## Op SANTA CLAUS spreads Christmas spirit in Canadian military theatres

*Patrick Begbie, manager of Sobeys Brighton store, organized this year's operation*

By Catherine Stutt and Ross Lees

Whoever said, "don't sweat the details" probably never served in the dusty barrens of Afghanistan, or remote outposts in Africa as a member of the Canadian Forces. For soldiers deployed to some of the world's hotspots, everyday conveniences back home become a coveted wish list.

For the past several years, Operation SANTA CLAUS attempted to help fill these requests, with thousands of items donated and shipped overseas. For the past several years Patrick Begbie, the manager of Sobeys Brighton store assisted his counterpart in Barrie. This year, Begbie assumed command for the corporation's effort and worked closely with the Canadian Forces to provide relief from home to those serving on front lines around the world.

"It's a great way to give back, to say thank you for what these brave men and women are doing in foreign lands to protect what we cherish at home," said Begbie. "It's also a way to personally acknowledge our friends and neighbours at CFB Trenton. We have staff members whose parents or

*continued on page 10*

## Trenton Golden Hawks win first Battle of Quinte West

Defeat scrappy RCAF Flyers 6-3 in front of approximately 400 fans

By Ross Lees

The inaugural Battle of Quinte West produced competitive hockey and entertainment value that was hard to beat.

The 6-3 win by the Trenton Golden Hawks over a scrappy RCAF Flyers squad attracted only about 400 spectators, but was well worth the \$10 entry fee which saw proceeds split between the two teams and the Afghanistan Repatriation Memorial.

Ranked third in Canada, the Ontario Junior Hockey League Golden Hawks are a formidable club, and they jumped off to a quick 4-0 lead in the game, but the Flyers

battled back.

Goal scorers for the Flyers were Cpl. Marc Andre Lapense, Cpl. John Wall, MCpl. Gabe Proulx.

"They may have slowed down a step or two," said John McDonald, President and Assistant General Manager of the Golden Hawks, "but they're an excellent hockey club. They can play! Hands and heart are a great thing. It was a fun night for everyone."

McDonald said he was disappointed in the crowd, having expected better attendance, but he hoped to keep this game going annually.

"Maple Leaf Sports and Entertainment made the intermissions exciting and we got some very positive

*continued on page 8*



Photo: Ross Lees

The first Battle of Quinte West began with this ceremonial puck-drop and ended in a 6-3 victory for the Trenton Golden Hawks over the RCAF Flyers.

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## 2012-13 Christmas/New Years travel program summary

*2 Air Movements helps families get together for the holidays once again*

By Capt Tony Johnson, Passenger Terminal Officer, 2 Air Movements Squadron

2 Air Movements Squadron once again helped to ensure that CF members were given the opportunity to share moments with family this past holiday season via the annual Christmas/New Years travel program.

Sixteen thousand, three hundred and fifty passengers flew on 200 legs of Christmas flights in and out of 12 different airports throughout Canada on Airbus CC-150s and Hercules CC-130Js. Other aircraft from all over Canada also flew additional legs, ensuring near complete flight coverage for all those wishing to travel.

Work at 2 Air Mov Sqn, especially at National Passenger Service Centre (NPSC), Flight programming and Travel Services was quite intense. On Dec. 18, four aircraft departed Trenton at half hour intervals, all headed towards different destinations. Suffice it to say, this made for an extremely busy early morning at the Passenger Terminal for Line Crew and Travel Services staff.

Civilian staff member Carol Harvey and others remained fully dedicated throughout the time period, including offering to remain on call even when on their own vacation time. NPSC IC and Passenger processing expert Sgt. Lynn MacKenzie, on leave herself and making her way back home via the program, took time to stop to help Greenwood passengers, ensuring the smooth flow of personnel.

"I did what any Traffic Tech would do," she was overheard saying.

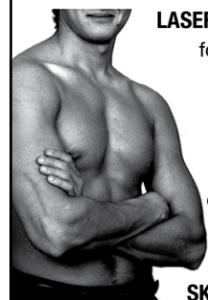
Passenger bookings began in September and the program did not finish until Jan. 7. The squadron also deployed Traffic Technicians such as Sgt. Marcella Matthews and Cpl. Kerri Welce to Edmonton and Goose Bay to process passengers over the holiday period.

There were delays for weather, de-icing, and maintenance, however the majority of the flights were on time and ensured that CF members were able to spend quality time with family and friends during the holidays.

From all of 2 Air Movements Squadron, we wish you a happy and safe 2013!

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Aircrew from 436 (T) Sqn stand in front of the Vimy Ridge monument. Left to right: Capt Andrew Skinner, MCpl Sean Budden, MWO Mark Kelly, MCpl Warren Brace, Capt Dean Rood, and Cpl Chris Soper.



### 436 (T) Sqn crew attends Remembrance Day service at Vimy Ridge

By Capt D.A. Rood

ACC-130J Hercules crew from 436 (T) Sqn recently had the rare opportunity to attend the Remembrance Day service at the Vimy Ridge national historic site. Tasked to transport freight to and from the Middle East, the crew arranged a stop in Lille, France, which allowed them to participate in the observance.

Captain Andrew Skinner, mission first officer, coordinated a special tour of the tunnel system that remains preserved below the grounds. It was amazing to learn of the logistical issues that were overcome during the construction of the vastly complex network. As the crew exited the underground web, each person found it very humbling to imagine the immense bravery displayed by the thousands of young men who took part in the three-day battle for Vimy Ridge.

The crew then toured both the Allied and German trenches, which were separated by a mere 25 meters. Master Corporal Warren Brace, aviation systems technician, was particularly taken aback

by the primitive and very unhygienic conditions to which the soldiers on both sides were subjected. Personally setting foot in the trenches gave the crew a deep appreciation for both the hardships endured and the sacrifices made during the Great War.

After the tours, the six-member crew participated in the memorial service at the Vimy Ridge monument. Flanked by numerous French and Canadian citizens, the members of 436 (T) Sqn formally paid their respects to the fallen. During the ceremony, Captain Dean Rood, aircraft commander, and Master Warrant Officer Mark Kelly, loadmaster, laid a wreath as a symbol of remembrance.

The crew then proceeded to the Beaumont-Hamel memorial site, a place that had a special meaning to Newfoundlander Master Corporal Sean Budden, avionics systems technician. The airmen then made a brief stop at one of the scores of Commonwealth cemeteries where they each laid their poppies on the grave of an unknown Canadian soldier who made the ultimate sacrifice in the Great War.

Capt Dean Rood and MWO Mark Kelly salute after laying a wreath at the Vimy Ridge monument on November 11, 2012.



### Taekwondo instruction to start soon

By Cpl Mike Power, Taekwondo Instructor

Beginning at the 8 Wing Martial Arts Club on Jan. 28, 2013, we will start offering instruction in traditional Taekwondo, an ancient martial art which will allow you to achieve physical and mental control through concentration and self-discipline, while learning to defend yourself and loved ones in any situation.

Led by our 3rd degree black belt instructor, classes will be held on Monday and Wednesday evenings from 6 p.m. to 8 p.m. in our main Dojo located in Bldg 32 (please enter through the north door).

Military and civilians (14 years old and up) are welcome. Monthly rates start as low as \$32. Please call 613-392-2811 ext 3279 or 613-966-8869 and ask for Cpl. Mike Power.

### Cours de Taekwondo vont débuter bientôt!

Le Club d'Arts Martiaux de la 8ième Escadre va offrir un programme complet en Taekwondo dès le 28 janvier 2013. Le Taekwondo est un art martial ancien qui a ses racines en Corée. La pratique de cet art vous permettra d'améliorer votre condition physique et mentale tout en apprenant à vous défendre.

Sous la tutelle de notre instructeur (ceinture noire 3ième niveau), les classes auront lieu les lundis et mercredis de 18h00 à 20h00 dans notre Dojo qui se trouve au building 32 (SVP, entrez par la porte Nord). L'instruction sera donnée en Anglais seulement.

Personnel militaire et civils (14 ans et plus) sont les bienvenus. Pour plus d'information, appelez le cpl Mike Power au 613-392-2811 (poste 3279) ou composez le 613-966-8869.



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## Alert Pic of the Week

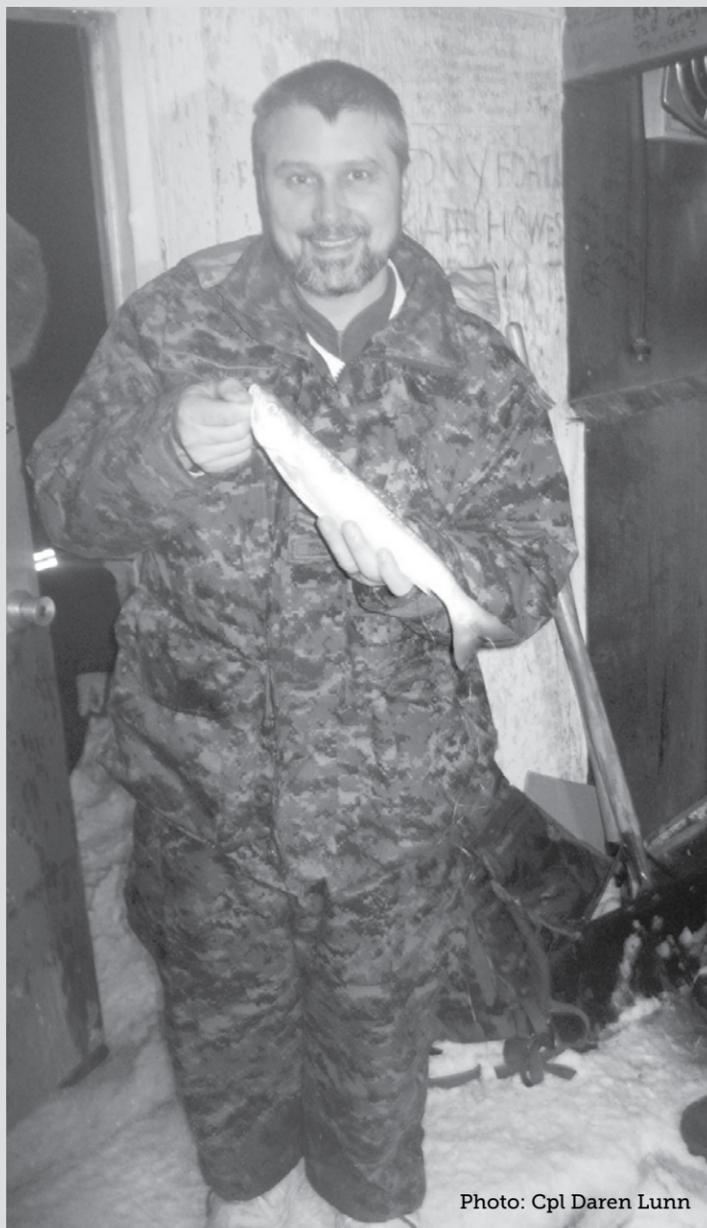


Photo: Cpl Daren Lunn

### Recreational fishing at CFS Alert

Participating in the weekly CFS Alert catch and release fishing trip, Cpl. Daren Lunn is seen holding a one pound Arctic char.



Photo: Ross Lees

8 Wing Chief Warrant Officer Sandor Gyuk (left), and Wing Surgeon Major Bill Swales (right) are shown above at Wing HQ with the newly installed Cardiac Science G3 Automatic defibrillator.

## AEDs are coming to a site near you

*Automated External Defibrillators can increase survival rates of cardiac arrest victims*

What exactly is an Automated External Defibrillator (AED)?

It is a medical device designed to shock the heart during cardiac arrest. You will find these units at most public recreation areas such as pools and gymnasiums.

The purpose of the multiple base AED's, is to decrease the time interval from persons suffering from cardiac arrest to life saving treatment or cardiac defibrillation. The presence of easily and immediately accessible AED's increases survival

in these patients anywhere from 30 to 80 per cent. Survival of cardiac arrest victims decreases by about 10 per cent per minute of delay in receiving defibrillation (shock) treatment.

Training to use these AED units is conducted by the Wing Readiness Training Flight. AED's have been installed at selected locations throughout the Wing. Further information in regards to location, procurement and management will be provided in Wing Standing Order 5.08 in the near future.

## 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 at and 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 Forces at work.

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, CF or other agencies.

In case of typographical error, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charged for the erroneous item. Published every Friday with the kind permission of Colonel Sean Friday, CD, Wing Commander, 8 Wing/CFB Trenton.

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CANADA

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## Guidelines for submissions:

### ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.

- Do not include clip-art or graphics within your typed pages. Additional graphics/ logos may be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person. Non e-mail submissions should be saved

as word documents on a disc and accompanied by a hard copy of your article.

- Articles must include author's full name, unit and phone number.

- Wherever possible, photos should be included with your article. Include your name and caption on the back of each photo, and number multiple photos. Electronic photos should be saved in either a jpeg or tiff format at a high resolution, to ensure quality reproduction. Jpeg-Maximum (8X10), 300 dpi

- Please label all disks and hard copies with article name, contact person and phone numbers, date.

- ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 pm PRIOR TO PRINT DATE AT THE CONTACT OFFICE.

## 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.



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LETTERS TO THE EDITOR: All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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# 8 Wing Partners for Life with Canadian Blood Services

*CBS and DND join forces to donate blood to save lives*

By Ross Lees

It's a partnership which has lifesaving ramifications. 8 Wing is now committed to partnering with Canadian Blood Services (CBS) in what is called the Partner for Life (PFL) program.

The PFL program is an initiative by CBS to identify and recognize contributing partners who provide significant donations on an annual basis, according to Linda Mather of CBS.

In committing 8 Wing to the program, Wing Commander Col. Sean Friday has committed the base to collecting a certain amount of units per year, according to Lt. Terry Wynn, Community Health Officer and Infection Control Nurse.

"Until now, individual donors donated blood under their own name," Lt. Wynn told *The Contact*. "From now on, when a person registers a donation and they are attached to 8 Wing by registering the Donor ID with the 8 Wing PFL ID, 8 Wing Trenton is contributing the donations as well as the member. Monday will be our first clinic as PFL. It is also the first clinic for the 2013 calendar year."

And everyone would like to get this program and the blood donor year off to a fantastic start at the Yukon Galley from 10 a.m. to 2 p.m. on Monday.

It is a program that both participants are happy to take part in, according to Lt. Wynn.

"CBS is happy about this and it is also a part of a national push by the Department of National Defence," Lt. Wynn stated, which is part of the reason Col. Friday is solidly behind this program.

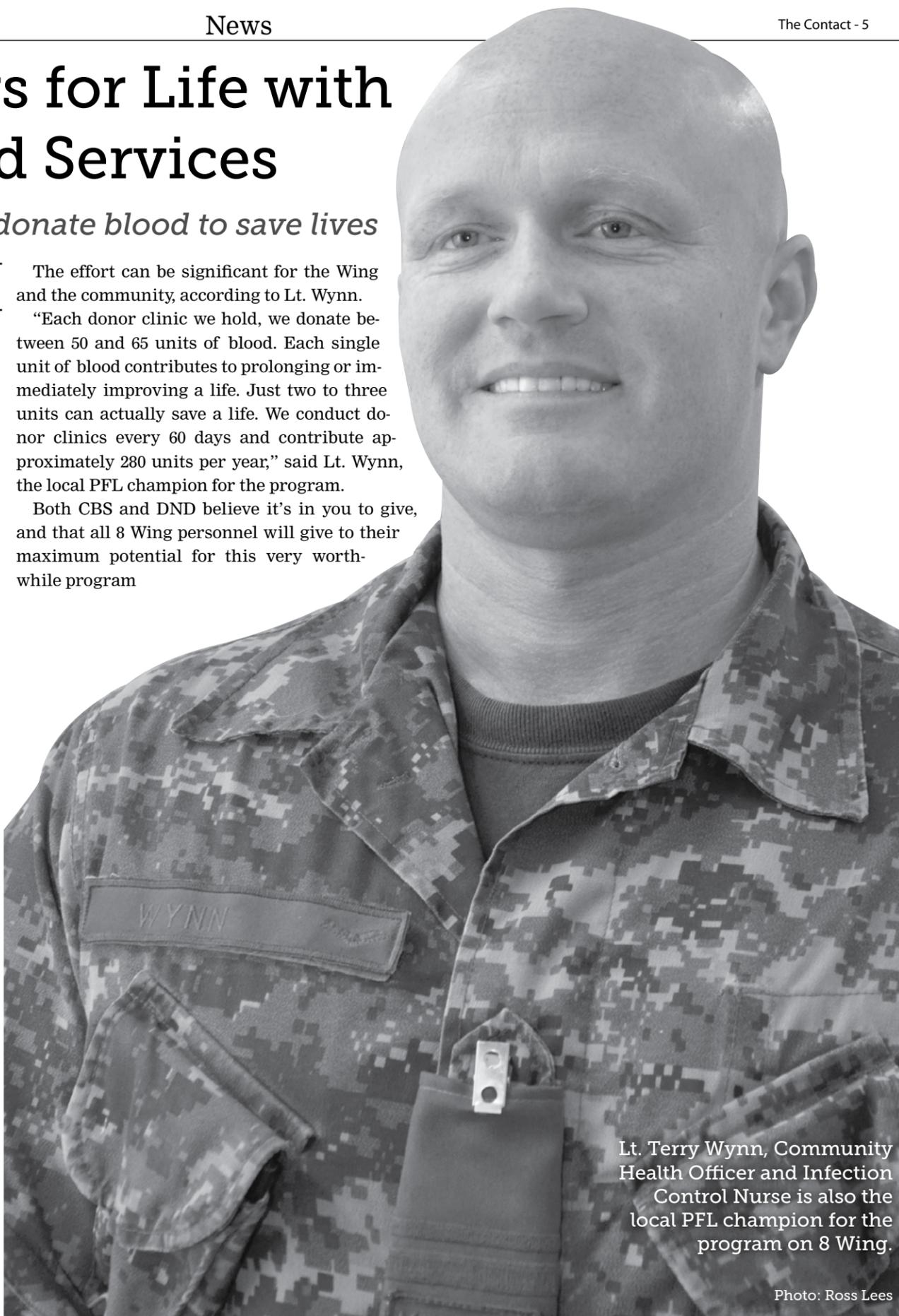
"I feel this is a great opportunity to show that, even as Op Tempo remains steady for 8 Wing, the Wing is continuing to contribute to saving lives around the local community. This is also further evidence of 8 Wing's strong contribution to Quinte West and the public interest," Lt. Wynn added.

Lt. Wynn will donate blood to the cause on Monday as a photo opportunity for the media and will be supported in his efforts by his CO Lt.-Cmdr. Gord Peckham and Col. Friday, who will also be donating blood.

The effort can be significant for the Wing and the community, according to Lt. Wynn.

"Each donor clinic we hold, we donate between 50 and 65 units of blood. Each single unit of blood contributes to prolonging or immediately improving a life. Just two to three units can actually save a life. We conduct donor clinics every 60 days and contribute approximately 280 units per year," said Lt. Wynn, the local PFL champion for the program.

Both CBS and DND believe it's in you to give, and that all 8 Wing personnel will give to their maximum potential for this very worthwhile program

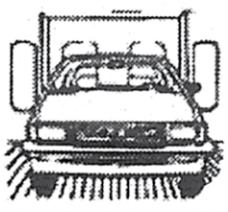


Lt. Terry Wynn, Community Health Officer and Infection Control Nurse is also the local PFL champion for the program on 8 Wing.

Photo: Ross Lees

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## Do snow blowers eliminate risk for injury due to snow removal?

Snow blowers were designed to replace or minimize shovelling and to make snow removal easier. Snow blowers have various degrees of effectiveness depending on their design and price.

If you use a snow blower it is important to recognize that this machine doesn't make snow removal either effortless or risk-free. Nevertheless, while not as strenuous as manual shovelling. Using a snow blower remains physical labour that is done in the snow and cold.

Snow blowers can indeed make snow removal more efficient particularly where there is a large area to clean. However, snow blowers do not eliminate manual snow shovelling completely. Sometimes a snowfall is too light and sweeping away snow with a brush or shovel is sometimes easier and faster than firing up a machine. Snow blowers also cannot remove the build-up of ice under the snow.

### How do I use a snow blower safely?

Once you decide to use a snow blower, whether your own, borrowed or rented, it is crucial to read, understand, and follow all safety practices in the Owner/Operator Manual before starting and operating the unit. Make sure you understand the functions of all controls and how to operate them, and how to **STOP** in an emergency. Failure to follow instructions could result in personal injury and/or damage to the unit.

### What is the safe way of operating a snow blower?

- Always allow unit and engine to adjust to outdoor temperatures before clearing snow.
- Ensure proper guards, plates or other protective devices are in place and working properly
- Stay alert for any unexpected hazard.
- Always be aware of traffic and pedestrians when operating along streets, curbs, or sidewalks.
- Always be sure of your footing, especially when operating in reverse or leaving the operator's position. Walk, never run, during operation.
- Avoid uneven and rough terrain. Be extra cautious while operating near drop-offs, ditches, or embankments. Units can suddenly turn over if a wheel is over the edge of a cliff or ditch, or if an edge caves in.
- Use extreme caution on gravel surfaces. Adjust runners so a scraper blade does not contact gravel.
- Keep all movement on slopes slow and gradual.
- Use a slow speed to avoid stops or shifts on slope.
- Always look down and behind before and while backing.

- Disengage attachment drive when traveling from one work area to another.
- Run the unit a few minutes after clearing snow to prevent freeze-up of attachment.

### How can you avoid troubles?

- Abnormal vibrations are a warning sign. Striking a foreign object can damage a unit. Immediately stop the unit and engine and inspect for causes or damage.
- Before cleaning or inspecting
- turn off the machine
- remove key
- allow all moving parts to stop
- allow hot parts to cool
- remove wire from spark plug
- Always allow an engine to cool before servicing.
- Do not use your hands to remove materials. Fingers have been amputated when the blade has rotated unexpectedly. Use a small shovel, tool, or stick instead.

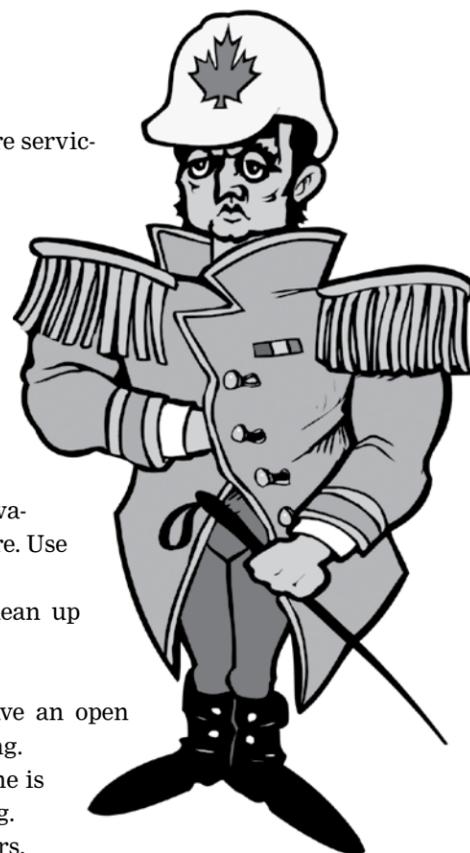
### What is the proper way of fuelling snow blowers?

#### DO

- Fuel is highly flammable and its vapours are explosive. Handle with care. Use an approved fuel container.
- Replace a fuel cap securely and clean up spilled fuel.

#### DO NOT

- Do not smoke, cause sparks or have an open flame near snowblower while refueling.
- Do not fill a fuel tank when an engine is running, or when hot from operating.
- Do not fill or drain a fuel tank indoors.



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# Fitness & Health

## A New Year of healthy possibilities

We all make New Year's resolutions motivating us in pursuing the changes we want and need. Achieving new fitness goals, weight loss, or pursuing an active life in general are common aspirations on many lists. While it sounds promising, these resolutions are far easier to make than they are to keep! Here are some tips to help you achieve your goals:

- Set realistic expectations. Set attainable goals. Break each objective down by steps and write them down. Plan for the time to pursue them. Create a schedule clearly outlining what objectives can be achieved by a goal date and how to manage the steps.
- Be specific: It is important to detail exactly what you want and avoid vagueness. Hoping to "lose weight" is ambiguous and difficult to follow. How much weight?

## Une nouvelle année pleine d'occasions d'améliorer sa santé

Nous prenons tous des résolutions du Nouvel An pour nous motiver à apporter des changements dans notre vie, changements dont nous avons envie et besoin. De nouveaux objectifs en matière de conditionnement physique, une perte de poids ou un mode de vie plus actif en général sont des souhaits qui figurent sur de nombreuses listes. Bien qu'elles puissent sembler prometteuses, ces résolutions sont beaucoup plus faciles à prendre qu'à respecter! Voici quelques conseils pour vous aider à atteindre vos buts :

- Établissez des attentes réalistes. Choisissez des buts que vous pouvez atteindre. Divisez chaque objectif en étapes dont vous dressez la liste. Planifiez du temps pour atteindre vos buts. Créez un calendrier précisant l'échéance de chaque étape.
- Soyez précis. Il faut préciser exactement ce que vous voulez et éviter l'ambiguïté. Espérer "perdre du poids" est flou et difficile à réaliser. Combien de poids? En combien de temps? Perdre une ou deux livres par semaine

And by when? A pound or two a week is easier to monitor and sets up milestones.

- Think about last year: If you choose to reach for the same goals you did last year, analyze the results; which approaches were effective and which ones were detrimental to the progress? Build on your past successes in achieving results.
- Keep your list short: Taking on too many goals at once can overwhelm you. Making a specific and shorter list will set you up for success by allowing you to focus your energy on just a few goals.
- Discuss with family and friends: Having a healthy support system will help you stay motivated. Enlighten them on the goals you've made and why you made them. Ask for help or even team up on a shared goal.

est un but plus facile à atteindre et vous permet d'établir des jalons.

- Pensez à l'an dernier. Si vous voulez vous fixer les mêmes buts que l'an dernier, analysez les résultats. Quelles démarches se sont révélées efficaces et quelles ont nui à vos progrès? Servez-vous de vos anciennes réussites pour obtenir des résultats.
- Limitez-vous. Tenter d'atteindre trop d'objectifs en même temps peut vous dérouter. Faites une liste précise et courte qui vous permettra d'obtenir du succès en concentrant vos énergies sur quelques buts seulement.
- Parlez-en à votre famille et à vos amis. Un groupe d'appui vous aidera à rester motivé. Parlez à vos proches des buts que vous vous êtes fixés et pourquoi vous avez choisi ceux-là. N'hésitez pas à leur demander de l'aide. Vous pouvez même leur suggérer d'adopter les mêmes buts que vous.

## Staying fit during the winter months

It's easy to hibernate during the winter months. We have a tendency to eat more and favourite outdoor activities like jogging, swimming, and walking become a chore, leading to a loss of motivation as people prefer to stay in and wait for warmer weather. The challenge of practicing a healthy and active lifestyle is to remain consistent throughout the year, no matter what the weather is like. Put on your parka and try some practical options:

- Partake in some outdoor winter activities - snowshoeing, downhill skiing, and snowboarding can be very enjoyable, challenging, and help pass the time.
- Exercise at home - Consider purchasing some inexpensive exercise equipment such as free weights, exercise balls, jump rope, resistance bands, or a yoga mat. By building a home gym, you can avoid the dread of going out into the cold.
- Take advantage of snow days - shovelling snow from your driveway is a great way to get additional cardio and burn an abundance of calories.
- Dress in layers. Dressing too warm can negatively impact exercise because your sweat dries faster - making you colder. By dressing in layers, you can remove one layer after another as soon as you start to

sweat and then put them back on as needed.

- Protect your hands, feet, and extremities - when it's cold outside, your hands, feet, nose, and ears are vulnerable to frostbite seeing that your blood flow surrounds your core. A pair of mittens or gloves, head band to protect the ears, a face mask, and an extra pair of socks is essential.
- Maintain a healthy and balanced diet - high quality, nutrient dense foods boost energy levels and reduce stress. Foods high in calories and sugar will slow you down and make you want to stay in.

## Health Promotion

Personnel Support Programs,  
 8 Wing Trenton, 177 Hercules St., Bldg. 119,  
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 Tel: (613) 392-2811 Fax: (613) 965-3033  
 healthpromotiontrenton@forces.gc.ca  
 Kendra Lafleur, Health Promotion Director.. Ext. 3767  
 Lisa Refausse, Health Promotion Manager .... Ext. 4122  
 Brenda Riddell, Health Promotion Manager.. Ext. 5429  
 Gillianne McCormick,  
 Health Promotion Admin Assist. .... Ext. 3768

## EatRight Ontario and eaTracker's new goal-setting tool

Are you ringing in the New Year with a goal to eat better or get active? The dietitians at EatRight Ontario have a tool to help you be successful.

The enhanced eaTracker My Goals tool is now available to residents of Ontario.

EaTracker is a free online tool created by Dietitians of Canada that makes it easy for individuals to track their eating habits and physical activity and see how their habits compare to national recommendations.

With the eaTracker My Goals tool, you can:

- Choose from a list of ready-made goals, or write a custom goal for yourself.
- Get weekly motivational emails from EatRight Ontario with tips to keep them on track with your goals.
- Login to eaTracker and track your progress.
- Get support with setting or achieving your goals by talking to the dietitians at EatRight Ontario at 1-877-510-510-2.

If you are ready to make changes to improve your eating or physical activity habits, sign up for eaTracker's My Goals tool or call EatRight Ontario at 1-877-510-510-2.

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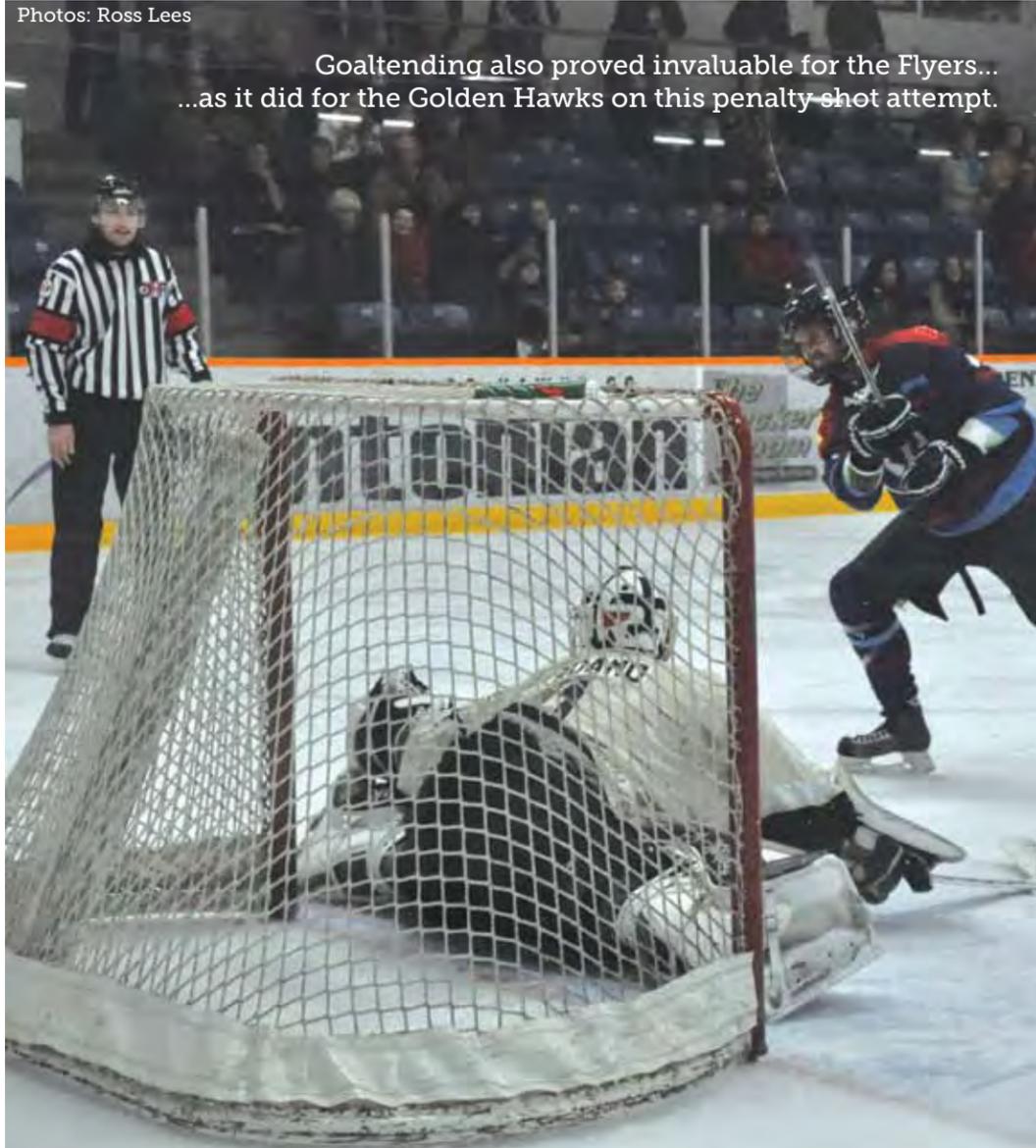
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Photos: Ross Lees

Goaltending also proved invaluable for the Flyers...  
...as it did for the Golden Hawks on this penalty shot attempt.



Defeating the RCAF Flyers was not quite as easy as the Golden Hawks may have at first believed. Here, a good scoring chance is foiled by a back-checking Flyer while the Flyer goaltender protects the crease.



While the RCAF Flyers fell behind 4-0 at the beginning of the Battle of Quinte West Jan. 2, it was not because they did not have chances. Here, they finally break the shutout bid of Andrew Winsor for the Trenton Golden Hawks. The Golden Hawk on the right is the coach and General Manager of the Golden Hawks, Jerome Dupont, a former National Hockey League player.

continued from page 1

feedback," he noted. "The goalie races between the second and third period were pretty exciting!"

The exhibition game was a springboard for the team back into a busy OJHL schedule, according to McDonald.

"It really helped our team get ready for the return from the holidays," he told *The Contact*. "It was a real good team building experience."

And the players from the Golden Hawks definitely had fun, especially with coach Jerome Dupont playing. They waited for him to lead them onto the ice then pulled the typical rookie trick on him, letting him skate the first round on the ice by himself.

One of the organizers for the RCAF Flyers Corporal Jason Briand was pleased with the turnout for the first event of this kind.

"I was amazed with the turn out," he noted. "It's really hard to get large events like this started. My hope when I originally started planning the event was two

good hockey teams and some fans. Selling over 400 tickets was a huge success for us this year. We were able to get all the radio stations on board as well as the Toronto Maple Leafs Sports and Entertainment, Pizza Pizza, and many other local establishments."

In fact, Cpl. Briand is more enthused than ever about making this an annual event showcasing the talent of the two local hockey clubs while raising funds for the clubs and local projects like the Afghanistan Repatriation Memorial.

"I definitely plan on doing this again next year as the battle of Quinte West was good, fun, and entertaining hockey for everyone there. A lot of appreciation goes out from myself to everyone involved and I certainly look forward to next year's event. I don't think there was anyone at the end that wasn't smiling and having a good time. That's what hockey is all about, and bringing that to the community, base, friends and family was the ultimate goal."

## A novel idea: plan ahead for tax time!

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Honorary Captains of the two teams – Colonel Sean Friday and Mayor John Williams exchange some friendly words prior to the game.

When it was all said and done, it was the Trenton Gold Hawks who had their name inscribed first on the Battle of Quinte West Cup. Golden Hawk player and assistant coach Chanse Fitzpatrick receives the cup from an unknown individual.

Photo supplied by the OJHL

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Photo: Ross Lees

Brightons Sobeys manager Patrick Begbie displays a couple of the photos given to him as thanks for his participation in the Operation Santa Claus project.

*continued from page 1*

other family members are in the military, and of course many of our customers are members. It is always great to see someone in uniform in the store. It brings it home and reminds us we are protected by real people in our community; these aren't faceless soldiers - they are parents and neighbours and friends."

The efforts of Op Santa Claus and people like Mr. Begbie do not go unnoticed by the appreciative recipients at the receiving end of their project.

Senior Advisor to the Afghan Border Police and previously 8 Wing Logistics and Engineering Officer Lt.-Col. Sean Lewis noted from Kabul, Afghanistan that, "Op SANTA Claus was an outstanding surprise to have all the Canadians on camp receive such a uniquely personal gesture to those serving on deployed missions."

Mr. Begbie's efforts were especially appreciated by Lt.-Col. Lewis. The phenomenal effort feels even closer to home for Lt.-Col. Lewis when local businesses such as Brighton's Sobeys contributed strongly as a donor to the initiative, he stated.

This year, 28 Sobeys stores in Ontario's east and north districts participated, and raised funds and product donations in response to a request list supplied by Canadian Forces Op Santa Claus co-ordinators in Ottawa.

In the past, five trailers of goods were shipped for eventual distribution to 4,400 troops serving overseas. This year, with only 1,600 troops in theatre, one trailer sufficed. Although the need was less, the enthusiasm was unbridled.

"Through cash and corporate donations, our soldiers will each have a gift pack arriving before Christmas, and in every parcel is a little bit of home and a lot of love," smiled Begbie.

Everything collected through their vendors was collected in allotments of 1,600 so that virtually every soldier who received the package received the same thing, Mr. Begbie noted.

He says it takes a lot of people to get this material to the troops and he's glad Sobeys let him spearhead the effort.

"It's something important we need to do all the time," he told *The Contact*, adding he couldn't have done it without the help of the entire Sobeys' team and military members like Marc Dupuis, Shannon Veneschuk, Mike Dickerson and Nancy Branco.

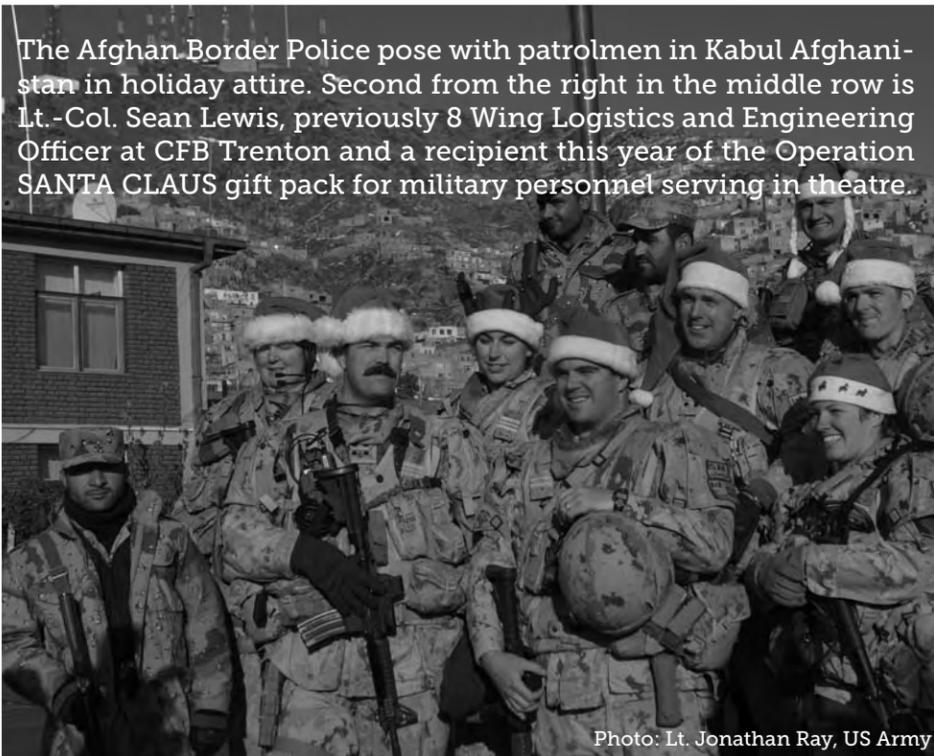


Photo: Lt. Jonathan Ray, US Army



This is the package sent to every Canadian military member serving abroad this year.

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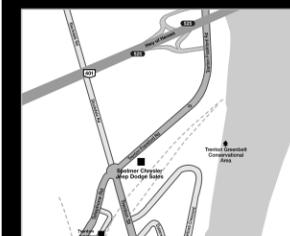
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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at [cfbcontactnewspaper@gmail.com](mailto:cfbcontactnewspaper@gmail.com). Each event should be typed out in the format of those below. Please do not send posters.

**Jan. 10 - Knights of Columbus roast beef dinner**

Roast Beef Dinner with all fixings, dessert, tea and coffee at the Knights of Columbus Hall, 57 Stella Cresc., Trenton, from 5 p.m. to 7 p.m. Cost is \$10. Take out available. Everyone is welcome.

**Jan. 13 - 8 Wing Officers' Mess Ladies Club Bunco Game Night**

8 Wing Officers' Mess Ladies Club is hosting a Bunco Game Night at 6:30 p.m. in the upper lounge of the Officers' Mess. Light refreshments. Admission for invited guests of members is \$5, members free. For more information, please call Kim at 613-962-2718.

**Jan. 14 - CFB Trenton Blood Donor Clinic**

At the Yukon Galley Cadets' Mess, 75 Yukon Rd., Astra, from 10 a.m. to 2 p.m. Book your appointment to save a life. Online: [www.blood.ca](http://www.blood.ca). By phone: 1-888-236-6283.

**14 janvier - Collecte de sang CFB Trenton**

Au Yukon Galley, Mess des cadets, 75, chemin Yukon, Astra, de 10 h à 14 h. Prenez un rendez-vous pour sauver une vie. En ligne : [www.sang.ca](http://www.sang.ca). Au telephone : 1-866-533-6663.

**Jan. 14 - Taoist Tai Chi™ Open House**

9:30 a.m. to 11 a.m. at Christ Church Anglican Hall, 39 Everett St., Belleville. See demonstrations and find out about Tai Chi and the introductory course beginning Jan. 21. This aerobic, meditative

exercise promotes health and well-being for those of all ages and fitness levels, while relaxing and strengthening body and mind. For more info.: [www.taoist.org/kingston](http://www.taoist.org/kingston), 613-544-4733.

**Jan 14 & 21 - Sweet Adelines International Global Open Houses**

The Bay of Quinte Chorus invites all women singers (age 14 and up) to join us in the joy of ringing chords in four-part harmony "a cappella" style at Quinte Gardens, 30 College St. W., Belleville in the auditorium from 7 p.m. to 9:30 p.m. For more information, contact Director Cheryl Street at 613-475-5793 or visit [www.bayofquitechorus.groupanizer.com](http://www.bayofquitechorus.groupanizer.com)

**Jan. 27 - Legion Breakfast**

Served by 2 Air Movements Squadron personnel and families from 8 a.m. to 1 p.m. at the Stirling Legion, Br 228, Stirling/Marmora Rd, Stirling. Cost is \$8 for the general public and \$5 for military personnel with ID.

**Feb. 10 - MS Society Queen of Hearts Valentine's Breakfast**

The Hastings MS Society chapter is hosting the Queen of Hearts Valentine's breakfast at the Royal Canadian Legion in Trenton (20 Quinte St.) from 9 a.m. to 11:30 a.m. Ticket price is \$7.50 for adults, \$5 for children. There will also be games, a 50/50 raffle and door prizes. Advance tickets can be purchased at MFRC, 50 Rivers Drive, East, Building 339 at CFB Trenton. For more information, contact Fred Moores at 613-398-0943 or [www.mssociety.ca/chapters/hastingscounty](http://www.mssociety.ca/chapters/hastingscounty)

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



MCpl. "Kip" De Dieu (left) TEME MSE Safety is seen here re-creating a collision in order to provide data for collision investigations. MSE Safety has many ways to evaluate data, actual recreation of the collision is one of them. The data collected from any collision involving a DND vehicle must be accurate and can be used in court. MSE Safety investigators take their responsibilities very seriously, and closely collaborate with Military Police as well as Provincial and local police departments to determine the cause of collisions. Data from investigations is also used to determine trends and possible driver training that could ultimately save a life. Remember to always fasten your seat belts and drive defensively and courteously.

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## December weather summary – white Christmas

By MCpl Jim King,  
8 Wing Met Sqn

With mild temperatures and only sporadic snowfall for the first few weeks of December, it appeared that we would be experiencing a second straight green Christmas. On the morning of Dec. 24 we had just a trace of snow on the ground. That evening, snow began to fall and by the morning of Dec. 25, we had 5cm of snow ensur-

ing a white Christmas. A record setting snowfall day on Dec. 27 brought joy to those who enjoy outdoor winter activity.

Temperatures were above normal in Trenton during the month of December with an average daily maximum temperature of 3.0C and an average daily minimum temperature of -4.4C. The maximum temperature was 14.9C on Dec. 4 and the minimum temperature was -12.3C on Dec. 28.

Precipitation was also above normal



for the month. We received 70mm of rain and 56cm of snow. Our combined total precipitation was 30mm above the normal of 80mm for Trenton. We set two precipitation records in December. On Dec. 21, we had a combined total precipitation of snow and rain giving 23.5mm and on Dec. 27, we received 24cm of snow.

For the year end, despite several periods of low to no precipitation we actually received 911mm of precipitation which is just above the annual average of 894mm, thanks to some record breaking days.

The seasonal forecast for January is to be within the normal ranges in both temperature and precipitation.

# Horoscope

WEEK OF JANUARY 6 TO JANUARY 12, 2013

THE LUCKIEST SIGNS THIS WEEK: PISCES, ARIES, AND TAURUS



**ARIES**

You are feeling a bit sensitive and will have to work hard to control your emotions. This may all be the result of an accumulation of fatigue.



**TAURUS**

Take your time to establish a clear understanding at work or elsewhere. There is a lot of excitement in the air, and a little vacation could be a possibility.



**GEMINI**

There is a lot of work to catch up on at the office. If you're looking for work, you will find a dream job that has great prospects.



**CANCER**

You work hard to be noticed, but you'll need a bit of patience in order to succeed. Fortunately, you'll be remembered for a long time after this.



**LEO**

You are tempted to develop your own home-based business. You'll set up an efficient office in your home. You will also think about moving.



**VIRGO**

You are happy to drive around in a new car in the New Year. You will hear about a good real estate deal.



**LIBRA**

You are able to look ahead, toward the long term. You feel like getting your financial situation organized. You will find all the right specialists for the solutions you need.



**SCORPIO**

This is a dynamic time for you, and you come up with lots of ideas for new professional and personal projects. There is plenty of inspiration on the horizon.



**SAGITTARIUS**

It might take more than one cup of coffee to get you going at work. You are capable of accomplishing some great exploits once you have some good people around you.



**CAPRICORN**

Trust that time is on your side. If you're suffering from a cold, give yourself a few days of rest in order to recuperate completely.



**AQUARIUS**

You have to shoulder some big responsibilities but it could also mean a promotion at work. You'll need a few days to adapt.



**PISCES**

Think seriously about going back to school. With a bit of perseverance you could succeed in carving out a privileged place for yourself in society.

## CROSSWORD

1	2	3		4	5	6	7		8	9	10	11			
12				13					14						
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45									46	47				48	
49									50					51	
52									53					54	

**ACROSS**

- 1. Specialist
- 4. Terminates
- 8. Performance
- 12. Cut off
- 13. Chess piece
- 14. Melody
- 15. Meal starter
- 16. Dwelling
- 18. Fixes the cost of
- 20. Bothered
- 21. Rabid
- 22. Military station
- 24. Raring to go
- 26. Confronts boldly
- 30. Sibling
- 31. Hasten
- 32. Passing grade
- 33. Small ax
- 36. Witch's concoction
- 37. Radio buffs
- 38. Neckline shape
- 39. French edibles

42. Stogies

- 45. Wedding bash
- 48. \_\_\_ overboard!
- 49. Poetic tributes
- 50. Land force
- 51. Freudian topic
- 52. Eroded
- 53. Film spool
- 54. Society gal

**DOWN**

- 1. Plunk
- 2. Lion's cry
- 3. Cheery one
- 4. Proved human
- 5. Negative responses
- 6. Two, to Juan
- 7. Patrol or instructor
- 8. Hi-fi
- 9. Large lump
- 10. A single time
- 11. Gardener's nemesis
- 17. Part of DJ

- 19. Unscrupulous fellow
- 22. Lures
- 23. Certain pilot
- 24. Volcanic dust
- 25. By way of
- 27. Yelled
- 28. Ball holder
- 29. Do needlework
- 31. Garment edge
- 34. Cheddar or Swiss, e.g.
- 35. Fastening device
- 36. Beseech
- 38. Floor covering
- 39. Forehead
- 40. Accomplish again
- 41. Cake decorator
- 42. Advance
- 43. Storm
- 44. Stuffed shirt
- 46. Sticky roofing material
- 47. Hot temper



# Trenton

## Military Family Resource Centre

INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

### Welcome to all newcomers

to 8 Wing/CFB Trenton! This is your Centre, come to visit and get your moving-in goodies.

Give your opinion and share your ideas. Get involved! Moving to a new community could be a challenge. Come for a visit and see what we have to offer.

### Bienvenue aux nouveaux arrivants

de la 8e escadre/BFC Trenton! C'est votre Centre, venez visiter et recevoir vos gâteries d'arrivée. Donnez votre opinion et partagez vos idées. Impliquez vous! Emménagez dans une nouvelle communauté peut être un défi, venez nous visiter et découvrez ce que nous pouvons vous offrir.

### Dance Classes With France

Excellent opportunity to spend some time with your partner, get ready for a special getaway or to simply have fun and keep fit.

### Advanced Class

Jan. 9 to April 17, (15 wk. session)

Time: 6 p.m. to 7:30 p.m. Dances which will be taught are Salsa, Tango, Rumba and Swing, with a review of the previous session. Held at the MFRC. Cost is \$156 per couple or \$94 per person

### Beginner Class

Jan. 9 to April 17, (15 wk. session)

Time: 7:30 p.m. to 9 p.m. Dances which will be taught are Salsa, Merengue, and Rumba with a review of some steps from previous sessions. Held at the MFRC. Cost is \$156 per couple or \$94 per person

Payments will be handled at the beginning of the 1st. class. Please register early with the MFRC 613-965-3575 to ascertain your spot in the course and to avoid cancellation of the course due to insufficient enrolment. Minimum of 10 people needed per class.

### Cours de danse avec France

Cours de danse avec France Une excellente opportunité de passer du temps avec votre partenaire, de se préparer pour un voyage ou tout simplement avoir du plaisir et se garder en forme.

### Classe de niveau avancé

Du 9 janvier au 17 avril 2013 ( session de 15 semaines)

De 18h à 19h30 au CRFM

Les danses seront la salsa, le tango, la rumba et le swing, avec une révision des danses apprises dans les sessions précédentes.

Coût : 156\$ par couple ou 94\$ par personne.

### Classe de niveau débutant

Du 9 janvier au 17 avril 2013 ( session de 15 semaines)

De 19h30 à 21h au CRFM

Les danses seront la salsa, merengue et la rumba

Coût : 156\$ par couple ou 94\$ par personne.

Le paiement est dû au début du premier cours. S.V.P. inscrivez-vous au CRFM 613-965-3575 avant le 4 janvier pour confirmer votre place au cours et éviter une annulation de cours à cause d'un manque de participants. Un minimum de 10 personnes est requis pour chaque classe.

### Spanish classes at the MFRC

#### Beginners Level I

Monday evenings from 6.30-9.00 p.m. starting January 14, 2013

Duration = 10 weeks

Cost = \$70 military and military family member / \$80 non-military

#### Beginners Level II

Tuesday evenings from 6.30-9.00 p.m. starting January 15, 2013

Duration = 10 weeks

Cost = \$70 military and military family member / \$80 non-military

Minimum 5 persons required to run each course. Instruction will be in English.

Please contact Nathalie Vadeboncoeur to register at (613) 392-2811 ext.3855

or email:

nathalie.vadeboncoeur@forces.gc.ca

### Cours d'espagnol au CRFM

#### Débutants Niveau I

Le lundi soir de 18h30 à 21 h commençant le 14 janvier 2013

Durée : 10 semaines

Coût : 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

#### Débutants Niveau II

Le mardi soirs de 18h30 à 21 h commençant le 15 janvier 2013

Durée : 10 semaines

Coût : 70\$ pour les membres des familles militaires et 80\$ pour les non-militaires.

Un minimum de 5 participants est nécessaire. L'enseignement sera en anglais.

Pour vous inscrire, veuillez contacter Nathalie Vadeboncoeur au 613-392-2811,

poste 3855 ou par courriel :

nathalie.vadeboncoeur@forces.gc.ca

### French and English Conversation Clubs

Do you want to improve your English or your French speaking skills? Come and join our French or our English Conversation Clubs where a bilingual instructor will be on hand each week to help keep the conversation flowing and organize games! All levels welcome. Open to everyone (16+) - military members, military spouses and civilians. The target language will be used all the time by the instructor.

When: French: Tuesday 12-1 p.m. or Monday 7-8 p.m. starting Jan. 14 -15, 2013

English: Monday 12-1 p.m. or Tuesday 7-8 p.m. starting Jan. 14 -15, 2013

Where: MFRC (Military Family Resource Centre) 50 Rivers Drive, Trenton

Cost: \$35 for eight weeks (Minimum of five persons required to run a club)

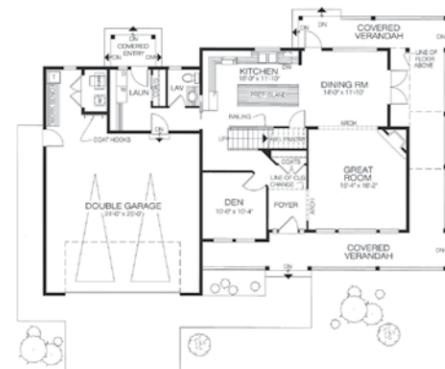
For more information contact Nathalie Vadeboncoeur at 613-392-2811

ext. 3855 or by email:-

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# Home of the Week

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### Plan No: 7-3-994

For more floor plans, visit [www.jenish.com](http://www.jenish.com)

This attractive three-bedroom home features a covered verandah that wraps around the front, one side and back, bordered by decorative wood columns and railings that lend an air of Edwardian elegance.

The front door, surrounded by narrow glass panels, features a central oval window. To the right of the double-height foyer, through an archway, is the great room, separated from the dining room by another archway. Both rooms enjoy generous windows.

The kitchen is divided from the dining area by a large prep island, providing extra counter space as well as storage below. Natural light will flood through the window over the double sink. A walk-in pantry occupies space beneath the stairway to the second floor.

Tucked into space behind the double garage are a two-piece powder room and the laundry room, as well as space for the furnace and water heater and a work-bench. The laundry room contains a closet for family gear, and handy coat hooks are installed on a nearby wall. Thanks

to the doorway from the laundry room that leads to the back garden, this room can double as a mud room. Another doorway opens into the garage.

Also on the main floor is a den, ideally located for use as a home office, and a coat closet.

Upstairs, the master suite overlooks the front garden and features its own covered balcony on one side, the ideal spot for morning coffee when the weather is pleasant. With plenty of windows, the master suite also includes a half wall, 42 inches high, that overlooks the foyer below.

A walk-in closet will provide plenty of space for clothing and accessories. The ensuite includes a soaker tub with a tiled surround, as well as a shower stall and double sinks.

The two secondary bedrooms share a three-piece bathroom. The linen cupboard is adjacent. On the stair landing is a computer desk. Ceilings are nine feet high throughout.

Exterior finishes include horizontal wood siding and hexagonal wooden shingles in the gables, as well as painted trim.

The home measures 63 feet, six inches wide and 44 feet deep, for a total of 2,049 square feet.

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 For Information Call 613-474-2427 or 613-922-2687  
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**Crossword Answers**

P	R	O	E	N	D	S	S	H	O	W
L	O	P	R	O	O	K	T	T	U	N
O	A	T	R	E	S	I	D	E	N	C
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A	V	I	D	A	C	C	O	S	T	S
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B	R	I	E	S	C	I	G	A	R	S
R	E	C	E	P	T	I	O	N	M	A
O	D	E	S	A	R	M	Y	E	G	O
W	O	R	E	R	E	E	L	D	E	B

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### 2012 CHRYSLER TOWN & COUNTRY



PD16924 Navigation! 2 DVD Screens! Pwr sunroof! Stow'N'Go! Extended! Dual air! Quad seats! 16" Alloy wheels! Pwr heated mirrors! Roof rack! Black! Pwr remote door & lift gate, pwr seat, dual climate controls, steering wheel controls, u-connect compatible, cruise, tilt, satellite radio, CD, pwr windows, locks, keyless entry, only 32,000kms!!

PREVIOUS DAILY RENTAL

**\$26,995** +HST

**\$169<sup>80</sup>** Bi-Weekly  
 0 DOWN + HST  
 96 mths @ 6.99%

### 2012 FORD FOCUS SEL



418131 Touch screen entertainment system! Pwr heated leather seats! Pwr sunroof! 17" Alloy wheels! Pwr heated mirrors! Automatic, 4 cyl, 4 dr, flex fuel, dual climate controls, traction control, steering wheel controls, air, tilt, cruise, satellite radio, CD, pwr windows, locks, keyless entry, only 16,000kms!!!!

PREVIOUS DAILY RENTAL

**\$17,995** +HST

**\$113<sup>19</sup>** Bi-Weekly  
 0 DOWN + HST  
 96 mths @ 6.99%

### 2012 VOLKSWAGEN GTI



D16677 18" Alloy wheels! Pwr heated seats! Automatic, 4 cyl, 4 dr, hatchback, traction control, steering wheel controls, tilt, air, cruise, satellite radio, CD, pwr mirrors, locks, windows, keyless entry, only 9,000kms!!!!

PREVIOUS DAILY RENTAL

**\$25,495** +HST

**\$160<sup>37</sup>** Bi-Weekly  
 0 DOWN + HST  
 96 mths @ 6.99%

### 2012 FORD ESCAPE LTD



D16676 4WD! Pwr sunroof! Pwr heated leather seats! Pwr heated mirrors! 17" Chrome wheels! Roof rack! V6, Automatic, 4 dr, sync, key pad entry, park aid, flex fuel, steering wheel controls, dual climate controls, cruise, air, tilt, satellite radio, CD, pwr windows, locks, keyless entry, only 12,000kms!!!!

PREVIOUS DAILY RENTAL

**\$25,995** +HST

**\$163<sup>51</sup>** Bi-Weekly  
 0 DOWN + HST  
 72 mths @ 6.99%

### 2013 FORD EDGE LTD



PD16824 AWD! Navigation! Touch screen entertainment system! Panoramic sunroof! Pwr heated leather memory seats! Factory remote start! Reverse camera! 20" Chrome wheels! Pwr heated mirrors! V6, Automatic, 4 dr, key pad entry, sync, cruise, air, tilt, dual climate controls, park aid, steering wheel controls, woodgrain trim, satellite radio, CD, pwr locks, windows, keyless entry, only 19,000kms!!!!

PREVIOUS DAILY RENTAL

**\$34,995** +HST

**\$220<sup>13</sup>** Bi-Weekly  
 0 DOWN + HST  
 96 mths @ 6.99%

### 2011 FORD RAPTOR



PD16931 4X4! Pwr heated leather memory seats! Pwr sunroof! 17" Alloy wheels! Black! Reverse camera! Factory remote start! Pwr heated mirrors! Bed extender! 6.2L-V8, Crew cab, short bed, step bars, pwr pedals, key pad entry, auxiliary switched, dual climate controls, sync, rear sliding window, air, tilt, cruise, satellite radio, CD, pwr locks, windows, keyless entry, only 39,000kms!

PREVIOUS DAILY RENTAL

**\$47,995** +HST

**\$305<sup>52</sup>** Bi-Weekly  
 0 DOWN + HST  
 96 mths @ 6.99%

**THIS IS A PARTIAL LISTING ONLY!**  
 Most are on the lot but not in flyer or on website. Come in and test drive one today!  
**WE'RE WORTH THE DRIVE!**

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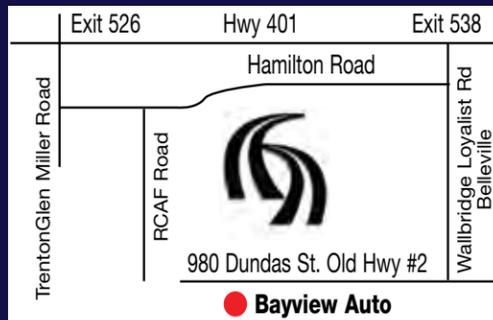
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All payments are based on biweekly payments. 2005, 2006 & 2007 - 60 mths: 2008 - 72 mths: 2009, 2010 & 2011 - 84 mths: P.P.S.A., license and taxes extra. EG: 10,000 + taxes \$1,300 + P.P.S.A. \$65 = \$11,365 financed over 60 months at 6.99% = \$117.34 biweekly with a cost of borrowing of \$1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates current at time of print. 0 Down, + HST. Most 2010 and 2011 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.