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the Contact

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424 Squadron SAR crew presented with keys to City of Kingston

The members of the 8 Wing's 424 "Tiger" Transport and Rescue Squadron crew who were involved in the dramatic rescue of a crane operator in a massive Kingston construction fire on Dec. 17 were presented with the keys to the City of Kingston by Mayor Mark Gerretsen on Feb. 4. The crew, from right to left, are: Capt. David Agnew, Aircraft Commander; Capt. Jean-Benoit Girard-Beauseigle, First Officer; Cpl. Iain Cleaton, Flight Engineer; SAR Tech Sgt. Cory Cisyk, SAR Team Leader; and, SAR Tech MCpl. Matthew Davidson, SAR Team Member. *Photo by Ross Lees*

424 "Tiger" Squadron crew was honoured for their dramatic rescue of a crane operator from above a massive construction fire Dec. 17

Heather Tello was immediately adopted as the 424 "Tiger" Squadron mascot for the evening because of the headgear she was wearing. *Photo by Ross Lees*

By Ross Lees

The 424 Squadron search and rescue (SAR) crew involved in the dramatic rescue of a crane operator above a huge, raging fire in downtown Kingston on Dec. 17 was presented with the keys to the City of Kingston by Mayor Mark Gerretsen in a special ceremony Tuesday night in Kingston. Of those honoured that evening for their efforts in keeping the public safe and battling the fire, the SAR crew from 424 "Tiger" Squadron crew were the first recipients of the newly designed keys to the City of Kingston made entirely of local glass.

In presenting the keys to the crew, Mayor Gerretsen noted, "We are all familiar with the details of the brave helicopter rescue by this 424 Squadron crew. We watched it unfold on social media and we watched it again on regional and national television. The crew members of 8 Wing/CFB Trenton's 424 'Tiger' Transport and Rescue Squadron came to the rescue of the crane operator. It was a brave and courageous rescue and the City of Kingston community is grateful for your efforts. Thank you!"

The inscription on the key read: "The keys to the City of Kingston are presented to the crew members of the 8 Wing/CFB Trenton 424 'Tiger' Transport and Rescue Squadron in appreciation of your courageous and heroic actions during the construction site fire in Kingston on Dec. 17, 2013."

Continued on page 9

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8 ACCS supports Operation RENAISSANCE

Left to right: 8 ACCS members MCpl. Dustin Donovan, Capt. Doug Godden, and Sgt. Tom Baker take a brief break in the Philippines, where they served alongside the Disaster Assistance Response Team. *Submitted photo*

With aid already pouring into the area, it was essential to assure a functioning airfield was available to support the relief effort

By Sgt. Tom Baker

Typhoon Haiyan, or Typhoon Yolanda to those most affected by the brutal storm, achieved infamy across the globe on Nov. 8, 2013.

One week later, members of Canada's Disaster Assistance Response Team, along with a small group from Trenton's 8 Air Communication and Control Squadron (8 ACCS) climbed on board a CC-177 Globemaster and headed for the Philippines.

"We found out at the last minute where we were going," said Capt. Doug Godden, the squadron's Operations Officer.

Only hours before the flight, it became clear that their mission was to perform reconnaissance on a small airport in Roxas City.

"We had no idea what damage (we were going to see) on the ground or what was available at the airport," he said.

With aid already pouring into the area, it was essential to assure a functioning airfield was available to support the relief effort. 8 ACCS, well known for its ability to deploy to such areas and provide complete air traffic control (ATC) services, as well as communications, was up to the task of getting the airfield ready for the influx of air traffic.

When 8 ACCS arrived in Roxas, evidence of the storm's magnitude was quickly evident in the airport control tower's missing roof and windows. Amazingly however, Filipino air traffic controllers stayed on the job, controlling air traffic from the airport's fire hall which faced the runway.

"The airport was functioning with reduced services," Capt. Godden explained. "We wouldn't be needed unless it was necessary to operate 24/7."

When the 8 ACCS crew realized that Roxas ATC could support relief needs during the daylight hours, they switched their focus to operations.

"There was an obvious need to support the Air Task Force (ATF) Commander with people on the ground rather than bring other people into theatre," Capt. Godden said.

Coordinating and prioritizing air assets, 8 ACCS became part of the Air Task Force to Op RENAISSANCE. Capable of providing DWAN, Internet and secure communications, 8 ACCS technicians were also tasked with connecting the ATF Commander with all Canadian air elements in theatre.

"I felt prepared to do the job…but knew I had to be ready to do it on a much bigger scale," confessed MCpl. Dustin Donovan.

After establishing connectivity for the ATF, MCpl. Donovan went on to set up the British Liaison Office, 408 Ops in both Roxas and Iloilo, and the Public Affairs Office. He also provided extensive support to the Joint Signals Regiment throughout the mission. Two other 8 ACCS technicians later arrived to support 408 Ops in Iloilo.

Once their jobs were done, the 8 ACCS team returned to Canada profoundly affected.

"The Philippine population is very resilient," observed Capt. Godden. "Even in the face of the worst disaster, there are still smiles on kids' faces. They are taking pride in rebuilding their country…but most rewarding is the thankfulness they have shown for our help."

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8 Wing's Capt. Daniel honoured by CAF and appreciative crowd

Pictured dropping the puck between Ottawa Senators Captain Jason Spezza and Leafs Captain Dion Phaneuf are Royal Canadian Navy Lt.-Cdr. Robert Brunner, CDS Gen. Tom Lawson, Capt. Daniel, and Canadian Army Master Warrant Officer Richard Stonier *Photo from Maple Leafs Facebook Page*

Local Captain chosen to represent RCAF at the NHL CAF Appreciation Night honouring the DART mission to the Philippines

By Ross Lees

Good things seem to come in threes for public affairs officer (PAO) Capt. Chris Daniel of 8 Wing/CFB Trenton.

Not only did he get a chance to take part in Operation RENAISSANCE as a member of Joint Task Force Philippines and help his home country recover from Typhoon Haiyan, he also got a chance, once he returned, to spend some time over Christmas with members of his family.

Then, on his first day back from those holidays, he was informed by Wing Commander Col. David Lowthian and Wing Chief Warrant Officer Sandor Gyuk that he had been chosen to represent the Royal Canadian Air Force (RCAF) at the National Hockey League's (NHL) Canadian Armed Forces (CAF) Appreciation Night on Saturday, Feb. 1. Held at the Air Canada Centre in Toronto, the Appreciation Night recognized the work of the Disaster Assistance Relief Team (DART) in the Philippines.

Honoured almost to the point of being speechless, Capt. Daniel was also extremely happy since the two teams playing that night in the Battle of Ontario – the Toronto Maple Leafs and the Ottawa Senators – happened to be his two favourite teams in the NHL.

"I was a Senators' fan when I was stationed in Ottawa and I became a Leafs' fan when I was transferred to Trenton," he told The Contact. "When the game was tied 3-3, I was happy because I knew whoever won that I would be a winner."

In trying to put the experience into words, he called it a "memorable experience, almost surreal. Everybody was very nice to me and I was given the

Continued on page 15

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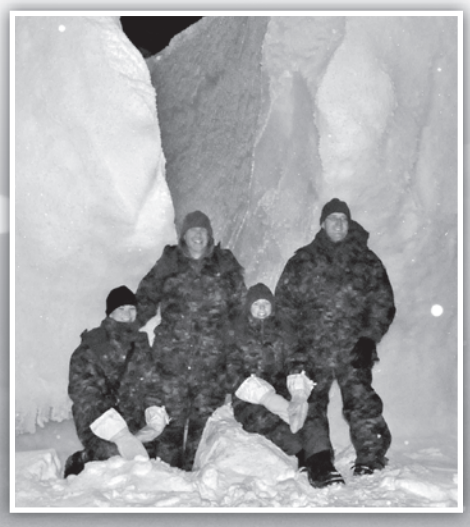
A Change of Command ceremony – on ice



Canadian Forces Station Alert officers pose in front of an iceberg after the Change of Command ceremony on Jan. 29. From left to right are: Lt. (N) Kaighley Brett, Medical Officer, Maj. Rick Dunning, incoming CO, Lt. Irina Jakhovets, Projects Officer, and Maj. Daniel Zegarac, outgoing CO.
Photo by Cpl. Katherine Bouchard

Members of CFS Alert cheer to bid farewell to the outgoing CO and welcome the new CO on Jan. 29. The Change of Command party from left to right are: MWO Vincent Bazinet, Station Warrant Officer, Maj. Rick Dunning, incoming CO, and Maj. Daniel Zegarac – outgoing CO.
Photo by Cpl. Katherine Bouchard

By Lt. Irina Jakhovets

Canadian Forces Station (CFS) Alert, Nunavut, is the most northern permanently occupied habitation. Because postings in Alert normally last from three to six months we have been honoured to host many Change of Command ceremonies over the years. However, we have never had a ceremony quite like we did last week.

Our special guests of honour Colonel Darlene Quinn, Director General Military Engineering, and Lieutenant Colonel Dany Breton, 8 Wing Logistics and Engineering Officer, were expected to arrive on the morning of Tuesday, Jan. 29. Unfortunately Mother Nature played her tricks, and after flight delays of two days in a row, our guests had to cancel their trip north. It should be noted that flight delays, due either to weather or mechanical issues, are a well known challenge for CFS Alert, especially during the winter period.

Of course, that wouldn't stop CFS Alert. After several discussions it was decided that CFS Alert would still hold its Change of Command ceremony. But it would not be an ordinary one: the ceremony would be held on sea ice. We placed a table and three chairs on the frozen surface of the Lincoln Sea surrounded by the picturesque arctic scenery, including an iceberg as the backdrop. On the table were placed three cups, the Change of Command scrolls, three pens and a lantern. The idea was to re-enact an illustration of the crew of HMS Alert (circa 1876) when the ship became stuck in the sea ice very close to where the present day station is located. Either way, our Change of Command was destined to be a different scene than what is usually experienced on bases across the country.

All station personnel had gathered in the cold darkness of Alert waiting for the ceremony to begin when the Station Warrant Officer, MWO Bazinet, arrived with the incoming and outgoing commanding officers (CO). The outgoing CO, Major Daniel Zegarac, was ready to pass the command of the station to the new CO of CFS Alert, Major Rick Dunning. Major Zegarac's parting words as CO were: "Being Commanding Officer of CFS Alert was an honour and a privilege. But it was the excellent people who made the experience." The outgoing and incoming COs then sat down for the signature of the certificates, on which could be read the following:

In accordance with orders and instructions issued under the authority of the Chief of the Defence Staff the command of Canadian Forces Station Alert has been relinquished by Maj D.G. Zegarac, CD and has been assumed by Major R.J. Dunning, CD.

Signed this twenty-ninth day of January in the year of our lord two thousand and fourteen and in the sixty-second year of Her Majesty's Reign.

The ceremony was concluded with station personnel offering a cheer to bid farewell to the outgoing CO, and to welcome the incoming CO. A photo session followed afterwards, forever capturing this moment of CFS Alert's history.

Maj. Rick Dunning is more than ready to take up the challenge of being the Commanding Officer of CFS Alert. "The team here in CFS Alert is made up of people from all across Canada who are incredibly focused and professional. This Station is in very good hands because of these phenomenally capable individuals," said an enthusiastic Maj. Dunning. "As their Commanding Officer I hope to lead them in a manner that underscores the potential this team brings to the table."

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 Armed Forces at work.

The CONTACT is published every Friday with the kind persmission of Colonel David Lowthian, 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.

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

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Logistics Branch celebrates with

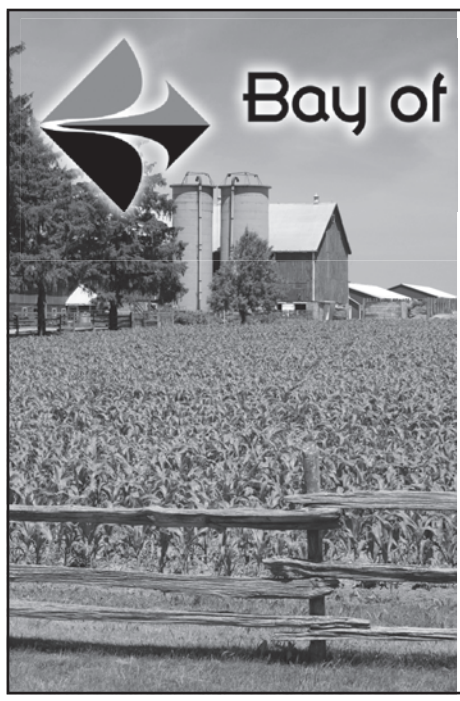
46th birthday bash

Members of the Logistics Branch gathered at the Astra Lounge on Jan. 31 to celebrate the 46th birthday of the Logistics Branch of the Canadian Armed Forces. To commemorate the event, a large cake was created along with several smaller cakes. The smaller cakes were created as part of a cake baking contest being held throughout the Canadian Armed Forces (CAF). Lt.-Col. Deborah Graitson, Commander of 2 Air Movements Squadron, presented a few opening remarks including some historical facts about the Branch.

The Logistics Branch was formed Feb. 1, 1968, the date that the Canadian Forces Reorganization Act was proclaimed. The Branch is comprised of a broad range of support occupations across all three environments. Logistics officers are employed in at least one of the following competencies: transportation, supply chain management, financial management, human resource management and food services support. There are seven separate non-commissioned member occupations in the Branch including: Resource Management Support, Cook, Postal, Supply, Ammunition, Traffic and Mobile Support Equipment. The ultimate goal of the Logistics Branch is to ensure the provision of members who are capable of effectively supporting naval, army and air force operations across the spectrum of conflict.

Pictured in this group photo are, from left to right: Lt.-Col. Deborah Graitson, Commander of 2 Air Movements Squadron (2 AMS); Chief Warrant Officer (CWO) Stark of 8 Wing Operations; Lt.-Col. Elizabeth Cameron, 8 Wing Administration Officer; Lt.-Col. Dany Breton, Wing Logistics and Engineering (WLE) Officer; CWO Kombargi, WLE CWO; and CWO Lafond, WAdmin CWO.

Photos by Cpl. Levarre McDonald, 8 Wing Imaging



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Does drinking alcohol cause cancer?

Alcohol consumption is an important known cause of cancer. Drinking as little as one drink a day on average can increase the risk for developing cancer of the breast, colon, rectum, esophagus, larynx, liver, mouth and pharynx.

The Low-Risk Alcohol Drinking Guidelines (LRDGs) were created to provide Canadians with recommendations for alcohol consumption. Multiple risk factors were taken into account when developing these guidelines; however individuals wanting to reduce their risk of developing cancer can follow more specific guidelines.

To reduce long-term health risks for multiple chronic illnesses, the LRDGs recommend:

◆ Women consume no more than 10 drinks-a-week and no more than two drinks-a-day most days; and

◆ Men consume no more than 15 drinks-a-week and no more than three drink-a-day most days.

The LRDGs strike a balance between the findings that individuals aged 45 and older can experience some health benefits for certain conditions (e.g. lower risk of ischemic heart disease, stroke and diabetes) by consuming low levels of alcohol, while also increasing the risk of other health concerns (e.g. certain forms of cancer and liver cirrhosis).

However, if an individual wants to specifically reduce his or her risk of developing cancer, the daily and weekly recommendations should be lower. The Canadian Cancer Society recommends that women drink less than one drink-a-day while men drink less than two drinks-a-day to reduce the risk of developing cancer.

Remember, even small amounts of alcohol increase the risk of certain cancers, so the less alcohol you drink, the more you reduce the risk of developing cancer. Any type of alcohol - beer, wine or spirits - increases the risk of cancer. These cancer prevention drinking guidelines are lower than the guidelines in the LRDGs.

The LRDGs were based on large population-level studies of "all-cause mortality" or death by all causes. The studies compared the risk of premature death for those who consumed alcohol with people who never consumed alcohol. However, individuals often have more specific health concerns, such as cancer, and require more specific guidance in examining the role alcohol plays in their health and well-being.

The population-based LRDGs strike a balance between harms and benefits. For example, while having one drink per day increases the risk of several kinds of cancer, for some people 45 years of age and older consuming this amount of alcohol can reduce the risk of certain forms of heart disease. However, drinking for "health reasons" should be discouraged. Healthy eating, physical activity and not smoking can be more effective in improving heart health and health in general.

Drinking guidelines for cancer prevention are primarily based on research in which outcomes relate to cancer only. A focus on different outcomes can lead to different recommendations because the research considerations are different. Other guidelines for specific diseases help people and their healthcare providers identify their individual risk and tailor their alcohol consumption to personal circumstances.

To reduce the health risks associated with alcohol consumption, individuals must keep within the single-day and weekly limits for their gender, but they also need to remember that drinking within the LRDGs does not mean there is no risk to drinking.

Guidelines for specific illnesses will depend on each person's risk for those conditions. It is impossible to provide guidelines for every disease and circumstance. However, those concerned about cancer should drink less than the guidelines specific to cancer and those concerned about other alcohol-related conditions should drink less than the limits recommended in the LRDGs. Individuals can consult their healthcare providers to understand the impact of their drinking habits. In the end, not drinking alcohol might be the healthiest choice.

Source: Canadian Centre on Substance Abuse

Did you know...?

Drinking three and a half drinks a day can:

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424 Squadron SAR team medivacs three patients off Christian Island

A search and rescue (SAR) team from 424 (Transport and Rescue) Squadron evacuated a 30-year-old female and two other patients from an isolated community on Christian Island, about 15 miles northwest of Midland Island, on Georgian Bay in Ontario on Jan. 29.

ORNGE Air Ambulance requested the support of Joint Rescue Coordination Centre (JRCC) Trenton at 1:50 p.m. (EST) to medivac the patients, who live in an isolated community on the Island. At the time, the ice road was deemed unsafe and the ferry was running into thick ice.

A CH-146 Griffon SAR helicopter was launched from 8 Wing Trenton at approximately 2:30 p.m. (EST) and successfully transported the patients to Georgian Bay General Hospital in Midland, Ont.

Due to poor weather and visibility, it took about four hours for the 424 Squadron SAR team to get to Christian Island.

"It was a challenging flight but we did our best to get there as fast as we could to medivac the patients," said Capt. Sean Crites, acting Aircraft Commander. "We're glad they're safe."

424 Squadron is based in 8 Wing/CFB Trenton. Together with 435 Squadron out of 17 Wing, Winnipeg, they are responsible for 10 million square-kilometres encompassing the Trenton Search and Rescue Region. This SAR Region is the largest in Canada and comprises of most of the Province of Quebec, all of Ontario, the Prairie Provinces and the entire Arctic Region.

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 ground search and rescue rests with the provinces, territories and municipalities. The Canadian Armed Forces may, however, be called upon to provide assistance to land and inland water rescues if provincial, territory or municipal resources are unable to affect the rescue on their own.

TIPS - Trenton's innovative practices and suggestions

The TIPS program has been developed, to encourage Canadian Armed Forces members and civilian employees to submit their ideas for continuous improvement at 8 Wing Trenton.

Adopted suggestions can be provided cash awards from $50 to $5,000 for individual suggestions, and up to $10,000 for group suggestions.

Do you have a suggestion that might make a difference at 8 Wing Trenton? We would like to hear from you.

The aim of this program is to provide a venue to encourage and reward employees who submit suggestions that will improve efficiency and effectiveness at 8 Wing/CFB Trenton.

What are some examples of TIPS initiatives? Some examples include: reduction of administration costs; improved working conditions that positively affect the quality of life, morale, health and environment for the organization; and effective use of supplies or equipment resulting in time savings and elimination of waste.

To learn more about the 8 Wing TIPS program check out our web page at http://trenton.mil.ca/admin/TRCIO/index_e.htm or contact Deborah Chouinard at Deborah.Chouinard2@forces.gc.ca

Employee Assistance Program

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PSP prepares for Winter Carnival Fun Feb. 27

"Forget going head-to-head in competition, we're going cheek-to-cheek," laughs Amy Dawson, an instructor with PSP, as she helps with preparations for the 2014 Winter Carnival on Feb. 27. Prepare to get over the winter doldrums by registering your team at local 2825 now. *Contact file photo by Ross Lees*

424 "Tiger" Squadron crew honoured for their dramatic rescue of crane operator

Continued from page 1

Earlier in the evening, at the reception in Memorial Hall, Mayor Gerretsen publically acknowledged the work of the many people, including the SAR crew members, involved in keeping people safe during the huge fire in Kingston's downtown core.

"Tonight we thank the countless community members who worked long hours in the cold to keep the fire under control, who lead fellow workers and residents to safety, who descended from a helicopter to make a courageous rescue, who worked behind the scenes supporting those displaced, who kept roads clear to allow emergency vehicles access, who kept the public informed, who worked to restore power, who donated meals to our first responders, and who kept everyone safe manning the evacuation zone limits," Mayor Gerretsen stated.

The reception hall was filled with many of those very people and a grateful public who had personally come to add their own words of thanks by signing guest booklets, which would later to be presented to the people who were recognized that evening.

One young lady, Heather Tello, arrived at City Hall wearing a tiger toque with paw ear flaps and was immediately adopted as the mascot for the 424 "Tiger" Squadron crew for that evening. She had her picture taken with the crew and was given an anniversary commemorative coin by a member of the squadron, which she showed proudly to her parents who were also in attendance.

Members from the 424 "Tiger" Transport and Rescue Squadron crew who were involved in the rescue of a crane operator in a Kingston fire on Dec. 17 were interviewed live and on-air by Nikki Jhutti, a videographer for CKWS Newswatch.

Apart from acknowledging the thanks from the City and attending members of the public, the SAR crew also spent some time answering questions from the media and participating in a live, on-air interview during a local telecast.

Crew members:

Capt. David Agnew, Aircraft Commander, White Rock B.C.

Capt. Jean-Benoit Girard-Beauseigle, First Officer, Chicoutimi. Que.

Cpl. Iain Cleaton, Flight Engineer, Winnipeg, Man.

SAR Tech Sgt. Cory Cisyk, SAR Team Leader, Regina, S.K.

SAR Tech MCpl. Matthew Davidson, SAR Team Member, Comox, B.C.

SAR Tech Sgt. Cory Cisyk, conducts an interview during a reception at Kingston City Hall. Sgt. Cisyk, and his crewmates, were recognized for their rescue of a crane operator trapped by a massive fire on Dec. 17. Later in the evening, Sgt. Cisyk and the other members of his crew answered more questions immediately after receiving the keys to the City of Kingston.

The general public came out to say thank you to the many people involved in rescuing people from the fire, keeping the public safe, and containing the fire. Throughout the event, the public signed guest books which would later be presented to those recognized for their efforts.

Photos by Ross Lees

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Upcoming Health Promotion Programs

Weight Wellness Lifestyle Program (WWLP)

Improve your health and well-being! Weight Wellness takes a realistic and positive view to achieving a healthy lifestyle with a self-management approach to behaviour change. Throughout the eight week program, you will develop personalized goals and learn skills to manage your eating habits and physical activity for a lifetime.

- Develop a healthy eating plan and adjust portion sizes to meet your needs.
- Develop a physical activity plan to boost your metabolism
- Understand and interpret nutrition labels and restaurant menus.
- Get the lowdown on healthy meal planning and snacking.
- Manage hunger and food cravings.
- Tackle the common weight loss myths and fallacies.
- Monitor your progress and help you stay on track.

Dates: Every Friday for eight weeks starting Feb. 14 to April 4
Timings: 8:30 a.m. to 10:30 a.m.

Alcohol, Other Drugs and Gambling Awareness: Supervisor Training (AODGST)

This course is essential for anyone in a supervisory position. Topics to be discussed include: Low Risk Drinking Guidelines; Recognizing the Early Warning Signs; Developing Effective Interviewing Skills; and Understanding and Changing the Culture of an Organization. Participants will also hear personal testimonial from a military member in recovery from addictions.
Date: Feb. 19
Timings: 8:30 a.m. to 4 p.m.

Mental Fitness and Suicide Awareness Supervisor Training (MFSAST)

Mental Fitness and Suicide Awareness (MFSA) is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.
Date: Feb. 26
Timings: 8:30 a.m. to 4 p.m.

Managing Angry Moments (MAM)

Effective communication and leadership starts with managing angry moments. The CF MAM workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way. Benefits of the workshop include: improved relationships in the workplace, at home and in the community; enhanced team cohesion; more effective problem solving skills; as well as reduced levels of stress and anxiety when faced with anger generating events and circumstances.
Date: March 5
Timings: 8:30 a.m. to 4 p.m.

Here's how to sign up!

Online http://healthpromotion.cfbtrenton.com
Call 613-392-2811 Ext 3768
Walk-in: 177 Hercules St., Bldg 119
Strengthening the Forces (StF) programs are available, free of charge to all CF members, DND employees, NPF employees, CF spouses and dependants.

Program not scheduled? Get on the Waitlist!

All programs are available for wait-listing. This may be done by calling 3768 or registering online for you preferred programs. You will be emailed when the course secures a date and registration is available.

Programmes de promotion de la santé à venir

Programme poids-santé et style de vie

Le programme montre aux participants comment adopter un mode de vie sain au moyen d'une approche réaliste et positive d'autogestion du changement de comportement. Tout au long du programme de huit semaines, les participants se fixeront des objectifs personnels et acquerront des compétences qui leur permettront de gérer leurs habitudes alimentaires et leur niveau d'activité physique pour le reste de leur vie.

- établir une saine alimentation et à ajuster vos portions pour obtenir une perte de poids saine;
- établir un plan d'activité physique pour stimuler votre métabolisme;
- comprendre et interpréter les étiquettes nutritionnelles et les menus de restaurants;
- vous renseigner sur la façon de planifier des collations et des repas sains;
- gérer votre faim et votre envie de manger;
- comprendre les mythes courants et les fausses croyances liés à la perte de poids;
- suivre votre progrès et à demeurer sur la bonne voie

Dates : Tous les vendredis pendant 8 semaines, du 14 février au 4 avril
Heure : de 08 h 30 à 10 h 30

Sensibilisation à l'alcool, aux drogues et au jeu excessif : Formation pour superviseur

Il s'agit d'un cours essentiel pour quiconque occupe un poste de supervision.
Les sujets abordés sont notamment : lignes directrices pour une consommation d'alcool à faible risque, reconnaissance des signes précurseurs, acquisition de techniques d'entrevues efficaces, compréhension et changement de la culture d'une organisation. De plus, un membre des FC ayant entrepris de se libérer de ses dépendances offrira un témoignage de son expérience personnelle.
Date : le 19 février 2014
Heure : de 8 h 30 à 16 h 00

Sensibilisation à la santé mentale et au suicide. Formation pour superviseur.

Le programme Sensibilisation à la santé mentale et au suicide est conçu pour favoriser la compréhension et le maintien de la santé mentale, notamment au moyen d'activités de sensibilisation au suicide et de prévention du suicide destinées à des non-professionnels. Il s'agit d'un programme de sensibilisation et de perfectionnement des acquis qui vient à maximiser l'état de santé mentale des individus et l'efficacité opérationnelle.
Date : le 26 février 2014
Heure : de 8 h 30 à 16 h 00

Gérer les moments de colère (GMC)

La communication et le leadership efficaces commencent par la gestion des moments de colère. L'atelier GMC des FC est conçu pour améliorer le rendement personnel en aidant les participants à faire face aux situations provoquant de la colère d'une manière la moins émotionnelle possible. Les avantages de l'atelier sont notamment les suivants: Meilleures relations au travail, à la maison et dans la collectivité; Cohésion d'équipe améliorée; Meilleures aptitudes à résoudre des problèmes; Niveaux réduits de stress et d'anxiété lorsque l'on est confronté à des événements et à des circonstances qui provoquent de la colère.
Date : le 5 mars 2014
Heure : de 8 h 30 à 16 h 00

Voici comment vous inscrire :

En ligne à http://healthpromotion.cfbtrenton.com
Par téléphone au 613-392-2811, poste 3768
En personne au 177, rue Hercules, bâtiment 119
Le programme Energiser les Forces (EF) est offert gratuitement à tous les membres des FC, aux employés du MDN, aux employés des FNP, aux conjoints et conjointes de militaires et à leurs personnes à charge.

Aucun programme prévu? Inscrivez votre nom sur la liste d'attente!

Il y a une liste d'attente pour tous les programmes. Vous pouvez inscrire votre nom à la liste de votre programme préféré au poste 3768 ou en ligne. Vous recevrez un courriel lorsque la date du cours est fixée et l'inscription est ouverte.

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INFORMATION / REGISTRATION / INSCRIPTION • 613-965-3575 • www.familyforce.ca • www.forcedelafamille.ca

ASD Support Group

This group is for caregivers of a person on the Autism Spectrum. The group's next meeting will be held Feb. 20, from 6 p.m. to 7:30 p.m. Childcare available. Contact Kelly Briggs 613-392-2811 ext. 4527

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 20 février, de 18h00 à 19h30. Service de garde disponible. Contactez Kelly Briggs à 613-392-2811, poste 4527.

Learn to cook with Grace - New Idea's for Entertaining

Classes start on Feb. 24 and run for 10 weeks at the MFRC. A maximum of eight people will be allowed per class. Please bring your own apron, cutting board, and knife. Please register by Feb. 14. The entire course costs $250 per person.

Grace's cooking classes are coming back. This is the sixth session for this popular course at Trenton Military Family Resource Centre. Together we will share the different ingredients, spices, cooking skills, and culture. We also will have a "one-day restaurant and special cooking ingredients shopping tour" in Markham. You will get to see and learn the most popular international cuisines and bring more happiness to your family and friends! Come learn and enjoy the representative dishes in the classes, and experience the wonderful journey of food with us! You will add more new flavours for your life, and have a lot of fun in the class!

Come join us at the Movies

Watch "The Lego Movie" on Feb. 8 and help raise funds for the Trenton MFRC Daycare. Join us at 3:15 p.m. at Trenton's Centre Theatre. The cost per person is $10, which includes admission, popcorn and a drink. Buy your tickets at the MFRC reception by Feb. 5.

Venez au cinéma avec nous

Un événement collecte de fonds au profit de la Garderie du CRFM de Trenton. Venez visionner « The Lego Movie » le 8 février 2014 à 15h15 au Centre Theatre à Trenton. Le coût est de 10,00$ et inclus l'admission, maïs soufflé et breuvage. Achetez vos billets à la réception du CRFM avant le 5 février.

Helping Entrepreneurs Reach Complete Success (The HERCS program)

Are you tired of job searching every time you are posted? Do you want a career that can travel with you? Are you interested in your own business? Not sure how to get started? This is a two-day workshop that focuses on: entrepreneurship, business planning, marketing, social media and finance for your small business. Open to all family members of the military community. The program will take place on Tuesday, Feb. 18 from 9 a.m. to 3 p.m. and Thursday, Feb. 20 from 9 a.m. to 3 p.m. at the Trenton MFRC. The cost for the two days is $40 (covers the manual, handouts and guest speaker). Bring a bag lunch.

Aider les entrepreneurs à atteindre le succès (Le programme HERCS)

En avez-vous assez de chercher un emploi à chaque mutation? Voulez-vous une carrière qui peut vous suivre partout? Souhaitez-vous lancer votre propre entreprise? Vous ne savez pas trop comment vous y prendre? Il s'agit d'un atelier de 2 jours qui se concentre sur les thèmes suivants; entreprenariat, planification d'entreprise, marketing, médias sociaux et financement pour votre petite entreprise. Accessible à tous les membres de la famille de la communauté militaire. Dates: le mardi 18 février et le jeudi 20 février, les deux jours de 9h à 15h, au CRFM. Coût 40,00$ pour le livre, documentation et orateur. Apportez votre dîner.

Elder Abuse Education Conference

An Elder Abuse Education conference hosted by the Quinte Coordinating Committee against Violence will take place on Feb. 20 from 10 a.m. to 4 p.m. at the Quinte Sports and Wellness Centre. Please join us for a full day of interactive workshops. Speakers will provide information and resources to assist in maintaining and enhancing the health and safety of older adults in Hastings and Prince Edward counties. Cost is $30. Subsidies are available. Please contact Ashlee Allen at aallen3@cogeco.net or 613-392-2811 ext. 5541 for more information.

Questions or Comments?
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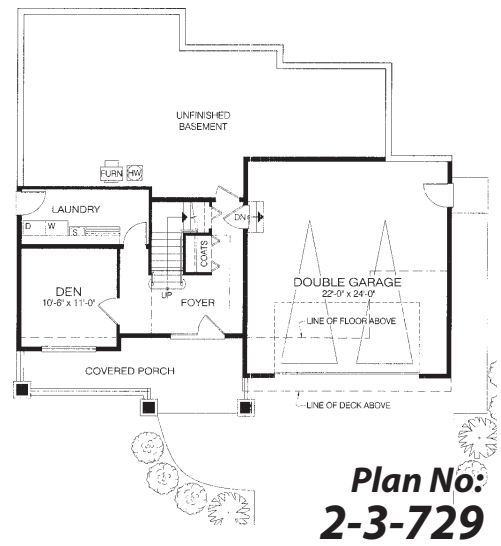

For more floor plans, visit www.jenish.com

Plan No: 2-3-729

This three-bedroom family home boasts plenty of curb appeal, thanks to its double-height foyer and spacious first-floor sundeck.

The entrance is on the ground floor, with a den to the left and a laundry room tucked in behind it. Beyond is an unfinished basement area that could be converted to a fourth bedroom, in-law suite, workshop or studio.

The den is ideally located for a home office, nicely separating visitors and clients from the family area upstairs. A coat closet fits into the angle of the L-shaped staircase to the second-floor living area.

Upstairs, the great room boasts a dramatic vaulted ceiling, as well as a corner fireplace. The dining room, in a bayed-out area nearby, features an optional buffet. Both rooms enjoy access to the sundeck, with a covered area just outside the dining room.

No cook will ever feel isolated in this kitchen, which is separated from the dining and living rooms only by an eating bar. As well as a step-saving U-shaped counter configuration, the kitchen features a corner pantry. A covered area just outside, part of a spacious patio, is designed for year-round barbecuing.

The master suite, overlooking the front garden, has a bayed-out en-suite that contains a shower stall as well as a soaker tub for a touch of spa luxury, and double basins that will help speed the morning rush-hour. A roomy walk-in closet is adjacent to the en-suite.

The second and third bedrooms are separated by a three-piece bathroom. A linen closet is conveniently situated for all three bedrooms.

Exterior finishes include wood siding, painted trim and pilasters with stone bases. Decorative struts embellish the gables.

This home measures 48 feet wide by 45 feet, six inches deep, for a total of 1,509 square feet of living space.

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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. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

CF Physical Fitness Program-Project FORCE and EXPRES

Reference: DAOD 50-23-2 and WSO 3.04

CF members must be evaluated annually unless otherwise exempted as per the above reference. The results of a physical fitness evaluation are valid for a period of 365 days. Results for 2013 must be entered by March 31, 2014, which is the last day to be evaluated for 2013. Testing takes place on Mondays, Wednesdays and Fridays at 9 a.m. and 1:30 p.m. Units can request to be tested as a group. Please contact you unit OPI to register for your Project Force Evaluation at +8 Wing PSP EXPRES Booking@CFB Trenton@Trenton. For more info contact tracy.blair@forces.gc.ca . You must arrive 30 minutes prior to your scheduled time in PT gear.

Programme de conditionnement physique des FC – Projet FORCE et EXPRES

Références : DOAD 5023-2 et OP Ere 3.04

Les membres des FC doivent faire l'objet d'une évaluation tous les ans à moins d'en être exemptés conformément aux références. Les résultats d'une évaluation de la condition physique sont valides pour une période de 365 jours. Les résultats de 2013 doivent être entrés d'ici le 31 mars 2014. Par conséquent, le 31 mars est le dernier jour d'évaluation pour 2013. Les évaluations ont lieu les lundis, mercredis et vendredis à 9 h et à 13 h 30. Les unités peuvent demander que leurs membres soient évalués en groupe. Veuillez communiquer avec le BPR de votre unité afin de vous inscrire à l'évaluation FORCE à l'adresse +8 Wing PSP EXPRES Booking@CFB Trenton@Trenton. Pour plus des renseignements contacter tracy.blair@forces.gc.ca Vous devez vous présenter 30 minutes avant l'heure prévue en tenue d'entraînement.

Free Yoga for people with exposure to Traumatic Operational Experience

Have you been exposed to a traumatic operational experience? Are you interested in participating in some exciting new research on the potential benefits of Yoga for people who have been exposed to a traumatic operational experience? Yoga sessions run once a week for 12 weeks with the next start time in April. Participants may register until March. Yoga sessions are free but you will be asked to fill out questionnaires on a few occasions. If you are interested in participating in the study or would like more information, please contact Dr. Danielle Charbonneau at 613-541-6000 at ext. 6635 or by email at Etude.yoga.study@rmc-cmr.ca

Feb. 10 to March 7 – Charity collection Drive

8 Wing /CFB Trenton is looking for non-perishable food items such as cereals, soups, pasta, rice, juice or vegetables as well as sneakers and clothing items for adults, children and infants. The food and clothing is to be donated to the Mohawks Tyendinaga Food Resource Centre. Please contact your unit representative for donation drop off. For more information contact Capt. Hancock at 4364 or WO Skinner at 2151.

Feb. 12 - 8 Wing Officers' Mess Ladies - Charity Spa Night

At 6 p.m. in the upper lounge of the Officers' Mess. Admission is $10 for members, $15 for invited guests of members. Light refreshments will be served. The charity for the evening is The Wounded Warrior. More information can be obtained by e-mail at chambersj@live.ca

Feb. 15 - Birdbone Puppet Theatre's Tar Sands Dragon Opera

Birdbone Puppet Theatre will perform the Tar Sands Dragon Opera at the Belleville Public Library, at 2:30 p.m., on Saturday, Feb. 15. The story is about the safety of dilbit/tar sands oil pipeline, which runs just north of Belleville. Admission is pay-what-you-can. For more information, contact john.travers.lewis@gmail.com.

Feb. 27 – Snowball Olympics

All 8 Wing personnel are invited to come out and get involved in Snowball Olympics on Baker Island from 9:30 a.m. until noon, when lunch will be served. Teams must sign in beginning at 8:15 a.m. for these recreational outdoor games. Everyone is urged to dress for the weather, including winter boots with good treads. Teams of six to eight participants will compete in this fun-filled, friendly and non-competitive tabloid event. Each team is requested to provide one volunteer for the event. Teams can pre-register by Feb. 21 by calling local 2825. This event is guaranteed to help you get over the winter doldrums, so come out and have fun with your friends and comrades. Opening ceremonies begin at 9:15 a.m.

Fun at last year's Winter Carnival

A special welcome to Military personnel from

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Sports & Recreation

Family Day - Monday, Feb. 17

Family swim - From 1 p.m. to 3:15 p.m. Free for military personnel and CRA members with a PSP facility membership. Military community non-members pay $1 (for ages six months to five years); $2 (for ages six to 17 years); and $3 (for ages 18 years-plus). Members of the general public pay $2 (six months to four years); $3 (six to 17 years); and $4 (18 years plus).

General Public Family Skate - From 3 p.m. to 5 p.m. at the RCAF Flyers Arena. Free for military personnel and CRA members with a PSP facility membership. Military community non-members pay $1.50. And general public pays $2.

Valentines Day Event

For ages six to 12 years at the RecPlex gym on Friday, Feb. 14, from 6 p.m. to 8:30 p.m. Military community pays $10, general public pays $12.

Aquatics

Morning Aquafit - Mondays, Wednesdays, and Fridays, starting Jan. 6 until Mar. 21 (33 classes), from 8:30 a.m. to 9:20 a.m.

Evening Aquafit/Jogging - Tuesdays and Thursdays starting Jan. 7 until Mar. 20 from 6:15 p.m. to 7:15 p.m.

Senior Lane Swim - Mondays, Wednesdays, and Fridays starting Jan. 6 until Mar. 21 (33 swims), from 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Advanced Aquatics

Junior Lifeguard Club for Youth - Eight to 15 years of age, Mondays, Jan. 6 to Mar. 17, 6 p.m. to 7 p.m. (No classes over March Break)

Youth Aquatic Club for Youth - Six to 16 years of age, Mondays, Wednesdays and Fridays from Jan. 6 to Mar. 28 (11 weeks), 4:45 p.m. to 6 p.m. (No classes over March Break)

Red Cross Babysitter's Course - Friday, Mar. 7, from 10 a.m. to 5 p.m.

High Five Principles of Healthy Child Development (PHCD) - Saturday, Feb. 8 and Friday, Mar. 7, 10 a.m. to 5 p.m. at the RecPlex

Bronze Star with Basic First-Aid and CPR "A" - Mondays, Jan. 6 to Mar. 17, 7 p.m. to 8 p.m.

Bronze Medallion and Emergency First-Aid with CPR "C" and AED (Crash Course) - Feb. 8, 9, 22, and 23, Saturdays from 9 a.m. to 5 p.m. and Sundays from 12 noon to 4:30 p.m.

National Lifeguard Course (NLS 2012 Standards) - Feb. 7, 8, 9, 21, 22, 23, on Fridays from 4:30 p.m. to 8:30 p.m. and on Saturdays and Sundays from 9 a.m. to 5 p.m.

NLS Re-certification (2012 Standards) - Sunday, Feb. 23, 10 a.m. to 5 p.m.

Red Cross Assistant Water Safety Instructor – Mar. 22, 23, 29, and 30, from 10 a.m. to 5 p.m.

Red Cross Water Safety Instructor Re-Certification - Sunday, Mar. 16, from 10 a.m. to 4 p.m.

Fitness Programs

Pilates/Core Fitness - Wednesdays, Jan. 15 to Mar. 26, 4:20 p.m. to 5:20 p.m.

NEW Spin-Fushion - Tuesdays from Jan. 14 to Mar. 25, 5:30 p.m. to 6:30 p.m.

Zumba - Wednesdays from Jan. 15 to Mar. 26, 5:30 p.m. to 6:30 p.m.

Core Fitness - Mondays from Jan. 13 to Mar. 24, 4:30 p.m. to 5 p.m.

Boot Camp Fitness - Mondays from Jan. 13 to Mar. 24, 5 p.m. to 6 p.m.

Squat Challenge - Mondays from Jan. 13 to Mar. 3, 6 p.m. to 6:15 p.m.

Gentle Boot Camp - Mondays from Jan. 13 to Mar. 24, 6:20 p.m. to 7:20 p.m.

Tai Chi - Tuesdays from Jan. 14 to Mar. 25, 5:35 p.m. to 6:35 p.m.

Skating Programs

Learn to Skate for Adults - Fridays from Jan. 10 to Mar. 7 from 6 p.m. to 7 p.m.

Learn to Skate for Youth - RCAF Flyers Arena, Friday, Jan. 10 to Feb. 28, from 5 p.m. to 6 p.m. For youth eight years of age and up

Family Skate - Saturdays and Sundays from Jan. 11 to March 30, from 1 p.m. to 3 p.m. March Break Goalie Development on Monday, March 10 to Friday March 14., from 8 a.m. to 9:30 a.m.

Skills and Drills - Mondays, Jan. 13 to March 3, from 5 p.m. to 6 p.m. For children and youth seven years old and up

Kids Programs

Shinny Hockey - Jan. 6 to March 31; Tyke/Novice on Fridays from 7 p.m. to 8 p.m.; Atom on Wednesdays from 4 p.m. to 5 p.m.; PeeWee on Tuesdays from 4p.m. to 5 p.m.; Bantam/Midget on Mondays from 4 p.m. to 5 p.m.

March Break Hockey Training and Conditioning - Monday, March 10 to Friday, March 14, from 9:45 a.m. to 11:45 a.m.

Kookin with Kidz - Tuesdays, Jan. 21 to March 18, for six to 12 years; nine to 12 years from 6:15 p.m. to 7:15 p.m. at the Chapel Kitchen or Baker Island.

Baker Island Community Centre

The Community Centre is located on Baker Island overlooking the beautiful Bay of Quinte. The Centre is available at no cost for military operational requirements, unit parties, and unit family days and it is also available for rent for weddings, family parties and corporate events. For information on rental costs and other information, please go to: www.cfcommunitygateway.com/trenton or + BakerIslandCC@forces.gc.ca .

Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! *The Contact* reminds you that it is important to keep your appointment as patients in need are relying on you.

Call 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to make an appointment to donate blood.

Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. *The Contact* asks you to book your appointment today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment.

It takes many donations to save a life

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment.

Inspiring others to give blood

Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at www.blood.ca

• Giving blood is so vital

You may not realize just how much blood is required to save a life. For instance, it can take:

1. 50 units of blood to help someone in a car accident
2. 2 units to help someone who needs brain surgery
3. 5 units to help someone in cancer treatment
4. 8 units-a-week to help someone with leukemia
5. 5 units to save someone who needs cardiovascular surgery
6. 2 to 8 units to help someone with internal bleeding
7. 2 units-a-day to help someone undergoing a bone marrow transplant

• Rally Together to Save Lives

It's important to spread the word about donating blood – 43 per cent of first time donors actually go with someone else to donate. Bring a new donor to the next blood donor clinic.

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- RC Mass French - 1130 hrs
- Every 3rd Sunday Bilingual - 1015 hrs
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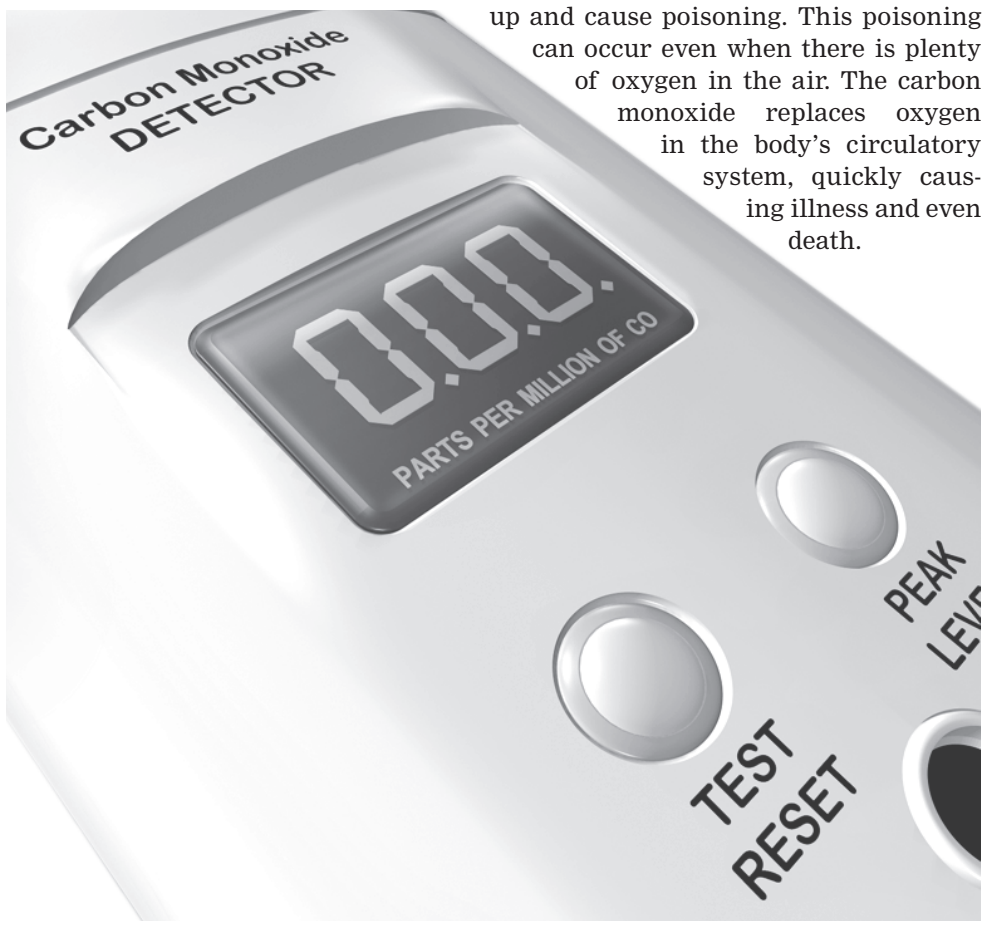
Safety

The invisible killer – *carbon monoxide*

Carbon monoxide (CO) is a deadly gas which causes many deaths each year. It kills without warning because it has no smell or color. It is a by-product of burning organic fuels such as gasoline, diesel, wood, propane, natural gas, charcoal briquettes and other such materials. When these materials are burned in a poorly-ventilated space, carbon monoxide can build up and cause poisoning. This poisoning can occur even when there is plenty of oxygen in the air. The carbon monoxide replaces oxygen in the body's circulatory system, quickly causing illness and even death.



These are some of the symptoms of CO poisoning:
- Headache
- Dizziness
- Sleepiness
- Ringing in the ears
- Nausea
- Poor co-ordination and weakness
- Confusion
- Breathing difficulty
- Unconsciousness

Some of the symptoms of carbon monoxide exposure may be mistaken for other ailments such as allergies, the flu, exhaustion or a heart attack. Carbon monoxide poisoning can also be mistaken for intoxication from alcohol or drugs. If carbon monoxide exposure is suspected, move immediately to fresh air. If the case is a mild one, this may be all that is required for the person to recover fully. However, more serious cases of exposure may require cardiopulmonary resuscitation (CPR) and medical attention. Oxygen may also have to be administered. In some workplaces, carbon monoxide is not merely an unwanted by-product of combustion, but is actually part of the process. Carbon monoxide elimination and control methods will vary greatly from one industry to the next.

Here are some general tips on ways in which carbon monoxide exposure can be eliminated:
- Switch to equipment which is operated by a power source other than organic fuels such as electricity or batteries.
- Keep any fuel-burning equipment in good condition so that it is burning efficiently. This would include fuel-burning engines, furnaces and heaters.
- Separate the work area from the carbon monoxide hazard.
- Ventilate the area. Local exhaust ventilation or large complex systems may be required depending on circumstances.
- Monitor the atmosphere to detect carbon monoxide levels.
- Use supplied-air respiratory protection when the hazard cannot be eliminated.

Don't forget about carbon monoxide hazards off the job too. Here are some safety tips:
- Keep your automobile and its exhaust system in good repair.
- Never run the engine in an enclosed space such as a garage.
- If you must sit in a stationery vehicle with the engine running to keep warm, for instance, be sure to open a window.
- Keep all heaters and furnaces in good repair too, so that they will burn fuels completely.
- Provide adequate ventilation for any heaters.
- Never use a barbecue indoors. There have been a number of cases of carbon monoxide poisoning occurring as people tried to use barbecues indoors for cooking and heating during power outages.

Carbon monoxide is also another reason not to smoke cigarettes. Tobacco smoke, including second-hand smoke, contains carbon monoxide.

Poisoning is not the only danger associated with carbon monoxide. It is also flammable and explosive. When it builds up in an enclosed area, it can explode if there is a source of ignition such as a match, cigarette or electrical spark.

8 Wing's Capt. Daniel honoured by CAF and appreciative crowd

Continued from page 3

Capt. Daniel came away with three souvenirs from the night: a coin from the CDS, the ticket stub for the game and a puck autographed by Leafs Captain Dion Phaneuf.

Photo by Capt. Daniel

VIP treatment. The welcome from the people was overwhelming. It made me feel really proud and happy how people support the CAF and to be in uniform."

Even more surprises were in store for Capt. Daniel. Honoured to be dropping the puck with the Chief of the Defence (CDS) Staff Gen. Tom Lawson, he discovered that the other two members of CAF at the event were people he had served with on Op RENAISSANCE – Canadian Army Master Warrant Officer Richard Stonier, who had served as the camp sergeant major in Roxas City during Op RENAISSANCE, and the Royal Canadian Navy's Lt.-Cdr. Robert Brunner, who had served as the CIMIC Officer (J9) in Roxas City during Op RENAISSANCE.

"It was a very pleasant surprise and I was very excited," he said.

Prior to the puck drop, four members of the Canadian Army Advanced Warfare Centre (CAAWC) from 8 Wing repelled from the ceiling of the Air Canada Centre. Three CAF vehicles also came on the ice with former Leafs players Lanny McDonald and Tiger Williams delivering the pucks to the special guests for the puck dropping ceremony.

After the game, Capt. Daniels was approached by several people from other countries who said they were happy to see a person in the CAF they could identify with.

It was the reception on the ice, however, which had the most impact on Capt. Daniel.

"It was really heart-warming to see how they received the CAF," he stated.

But he had even two more reason to be ecstatic about the evening. First he was presented with a coin by the CDS. Then at the end of the game, which the Leafs won 6-3, Leafs Captain Dion Phaneuf signed Capt. Daniel's puck.

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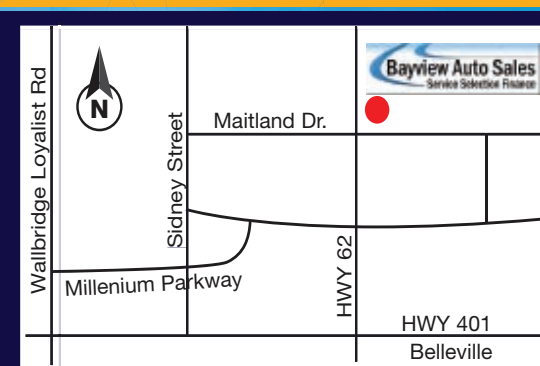

All payments are based on bi-weekly payments. All 2007 - 60 mths: All 2008 & 2009 $5,000 - $9,999 – 72 mths: 2009 over $10,000 & 2010 - $5,000-$24,995 & 2011 - $5,000 - $9,999 – 84 mths 2010 over $25,000, 2011 over $10,000, all 2012 & 2013 – 96 mths: P.P.S.A., license and taxes extra. EG: $10,000 + taxes $1,300 + P.P.S.A. $65 = $11,365 financed over 60 mths at 6.99% = $117.34 Bi-weekly with a cost of borrowing of $1,962.47 on approved credit. All cash deals are price of vehicle + taxes. Terms & rates are current at time of print. 0 Down + HST. Most 2010, 2011, 2012 & 2013 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.

FEBRUARY A