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8 Wing celebrates and honours its Aboriginal culture

DAAG provides an opportunity to showcase the rich history and cultural values of its Aboriginal people

By Ross Lees

8 Wing/CFB Trenton celebrated its fourth annual Aboriginal Awareness Day in the Aboriginal Gardens behind the Officers' Mess in conjunction with the Defence Aboriginal Advisory Group (DAAG).

As in the past, the day celebrates Aboriginal awareness through special Aboriginal ceremonies, speeches, crafts and

luncheon in the Three Sisters Garden, a natural healing and teaching spot dedicated to this kind of event but also available for peaceful use year-round where all are allowed to participate.

Representing the Wing Commander, Col. David Lowthian, 8 Wing Chief of Staff Lt.-Col. David Alexander noted that the 8 Wing Aboriginal Day has special meaning in Trenton.

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Lt.-Col. Ryan Deming participates in a traditional smudging ceremony performed by Loyalist College's Visiting Elder and member of Tyendinaga Mohawk Territory, Betty Maracle (Katatsitsiase).

Photo by Ross Lees

Cut for the Cure 2015 raises \$2,800

By Ross Lees

Warrant Officer Dan Gorman, in his last year of organizing the Cut for the Cure Cancer fundraiser he has organized for eight years now, was a little disappointed that they were not able to raise the \$15,000 he hoped to raise, but he was very proud of the seven people who did come out to lose their locks and raised \$2,800 for the Canadian Cancer Society.

"Cancer is here until God knows when and each and every penny you guys have put in and collected for the cause is greatly appreciated," he told the three women and four men

who had their hair cut and the many people who came out to support them in their efforts, both monetarily and emotionally. "For those who actually have the gonads to stand up here and have their hair cut - and I see a whole table full of them - it's not that big a deal, is it?"

But for some it was.

Chief Warrant Officer (CWO) Susan Stark's husband was coming home from deployment the following day, but she had her hair trimmed right down to the scalp. The other two women, Sgt. Kathy Grice and Cpl. Valarie Allard, also had their hair cut to the scalp for this worthy cause.

CWO Jean Lafond even had his scalp shaved but drew the line at losing the mustache unless a lot more

money was raised for the privilege of shaving it off.

Acting Wing Commander Lt.-Col. Kevin Tromp thanked WO Gorman for his efforts over the years and for raising \$57,800 in total over his eight years of organizing the 8 Wing Cut for the Cure and he asked his colleagues at the various squadrons and units to try to find someone to take over the event from WO Gorman.

"I think all of us have either lost someone to cancer or knows someone who has gone through cancer and it's certainly a disease worth fighting," Lt.-Col. Tromp noted.

Brigadier General (Retired) Jeffrey Brace who was

Continued on pages 12 & 13



Lt.-Col. Andrew Cleveland, this year's champion for the 8 Wing Cut for the Cure and 8 Wing Operations Officer, models the high and tight hair cut he sported part way through the Cut for the Cure.

Photo by Ross Lees



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Sexual harassment and misconduct seminar addresses recent external review issues

Intent of recent town hall meetings was to supply overview information and start discussions

By Ross Lees

8 Wing/CFB Trenton personnel continued their training in Harassment Prevention and Resolution at a recent one-day seminar held at the Warrant Officers' and Sergeants' Mess, where they were briefed on changes with regard to Treasury policies, national and local 8 Wing initiatives.

Lt.-Col. Elizabeth Cameron, who addressed the participants first thing in the morning, felt the day would be long but productive and would help those attending sort out some of the issues raised by the recent external review of sexual misconduct in the Canadian Armed Forces (CAF) report.

According to Lt.-Col. Cameron, the intent of the recent town hall meetings was to provide overview information about the review and to get discussions started about the issue.

"The intent was to begin the dialogue," she told those at the seminar. "From here on in, we should be having a lot of discussions within the chain of command in order to discuss the issues. As you may recall, there were 10 recommendations from her (Supreme Court Justice Marie Deschamps) report and the first two were

Continued on page 5



Lt.-Col. Elizabeth Cameron, 8 Wing Administration Officer, addresses a recent sexual harassment and misconduct seminar stemming from the recent town hall meetings on the external review of "endemic" sexual misconduct in the Canadian Armed Forces (CAF). Capt. Toby Toth looks on in the background.

Photo by Ross lees

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Basic Public Affairs Officer Course visits 8 Wing/CFB Trenton

With only one month to go, course students can grasp the challenges facing their PAO colleagues



Students from the Basic Public Affairs Officer Course are given a tour of Operations and the Joint Rescue Coordination Centre during their visit to 8 Wing/CFB Trenton. *Photos by Ross Lees*

Basic Public Affairs Officer Course

By Ross Lees

A group of candidates from the Basic Public Affairs Officer Course (BPAOC) visited 8 Wing/CFB Trenton last week to get a quick overview of what to expect when they graduate and are posted to their bases.

These particular students had also toured CFB Petawawa prior to their visit in Trenton.

"It's a great opportunity for the students to get some idea of what to expect, as most of them will be posted as "one of" at the base level," noted course officer Captain (Capt.) Vincent Bouchard. "With only one month to go before graduation, the students have enough knowledge and skills to understand all the challenges shared by our hosts - Capt. Matthews at CFB Petawawa and Capt. Chris Daniel and Capt. Julie Brunet at CFB Trenton."

Continued on page 8



8 Wing Public Affairs Officer Capt. Chris Daniel demonstrates some of the tasks a PAO may be assigned on a vital working base like CFB Trenton to several of the students from the Basic Public Affairs Officer Course.

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Major Scott Marshall, Acting commanding Officer of Canadian Forces Station Alert, bids farewell and presents an appreciation plaque to The Spitfire Kings, an ensemble of the RCAF Band, for the group's outstanding performance at the Station during the spring Northern Entertainment Show Tour (NEST).

Photos by Cpl. Raymond Haack



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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.

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Public Affairs, Internal Comms: 8 Wing Public Affairs

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-969-8896 ext 241

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Production : Glenda Pressick 613-966-2034 ext:520

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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.
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Spring 2015 geobuoy comparison trial carried out in the far north

Geobuoys play an important role in detecting and tracking underwater sounds

For roughly two weeks this spring from late April to early May a team of scientists, technologists and logistics support staff from Defence Research and Development Canada (DRDC) evaluated the performance of newly improved geobuoys on behalf of the Royal Canadian Air Force (RCAF).

"In order to conduct Arctic underwater surveillance in areas where the surface of the ocean is covered in ice, geobuoys play an important role in detecting and tracking underwater sounds," said Major Glenwood Gullison, from the Directorate of Air Requirements in the RCAF.

Geobuoys contain vibration sensors that can detect sound that travels through the water and into the ice; they are one of the best ways to detect underwater sounds below ice in waters.

"Science and technology plays a pivotal role in the development of Department of National Defence capabilities," said Maj. Gullison. "The trial conducted by DRDC is part of this capability development and is an important contributor to maintaining airborne intelligence, surveillance and reconnaissance for the RCAF."

It's important to test and improve geobuoy technology in order to keep devices reliable and

relevant in their role of monitoring underwater sounds. - Dr. Garry Heard

"Due to their specific expertise and extensive experience in underwater acoustics and geobuoy technology, they are uniquely positioned to conduct the evaluation of the redesigned geobuoy," Maj. Gullison added.

DRDC has been instrumental in the development and testing of geobuoys since their conception in the 1980s.

"DRDC is the only organization with the unique expertise to effectively test the product in operational conditions," said Scott Campbell, an Undersea Sensor Systems Engineering Manager from the Department of National Defence.

This year's trial is testing the effectiveness of the geobuoy's modifications. The geobuoys were modified by updating the battery, weight and centre of gravity. The goal is to validate the technical refresh in an operational environment.

The geobuoys are cylinder-shaped and contain a vibration sensor and radio transmitter, as well as a parachute on its tail and an icepick for a nose. They are dropped from an aircraft to conduct under ice acoustic surveillance.

In ideal circumstances, the geobuoys fall pointing straight

down and make a solid connection with the ice in order to effectively sense sounds travelling through the water and into the ice.

Additional geobuoys were also hand planted after the air drop, for specific tests. Ambient sound levels, ice motion and underwater noise were picked up by geobuoy sensors during tests.

"It's important to test and improve geobuoy technology in order to keep devices reliable and relevant in their role of monitoring underwater sounds," said the trial's lead scientist Dr. Garry Heard of DRDC, a veteran researcher who has worked in the Arctic for several decades. "We need to know who is travelling in Canada's Arctic."

"In accor-

dance with the Canada First Defence Strategy, the CAF must ensure the constant monitoring of Canada's maritime approaches, including the Arctic, in order to detect threats to Canadian secu-

rity as early as possible," said Maj. Gullison. "This includes underwater intelligence, surveillance and reconnaissance missions in the Arctic Ocean, conducted by the RCAF."

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Sexual harassment and misconduct seminar

Continued from page 2

accepted outright - acknowledgement and the culture change - that it needed to happen and that there was a problem within the CAF."

Lt.-Col. Cameron said she knew it did not necessarily resonate with everyone but that it did with some and it was important to discuss the topic and ensure those who do have issues have the confidence to know it will be taken care of in a timely and appropriate manner.

"You understand that if people aren't confident that the chain of command is going to listen, then they're not going to come forward. They need to know that we're supportive and that we're going to listen. Those are what I think are the biggest takeaways from it" said Lt.-Col. Cameron.

Policy and operational change were two things Lt.-Col. Cameron expected to happen as a result of the review, although she said both of those things would take time and training to implement.

"But for now, the important thing is the dialogue," she indicated. "You have the

opportunity to have those dialogues and you probably already have established those trust relationships, so you're a great conduit for those discussions."

One of Lt.-Col. Cameron's concerns was that the training was up to snuff for those who would be addressing this important issue in the immediate future. Feedback indicated regular refresher courses would be appreciated.

One man stated, "What I've noticed over the years is that when you take your initial training, you have a really clear focus of what your roles and responsibilities are, but that gets skewed after a while. You become more of an advisor than a policy stator."

It was also noted that the definition between sexual harassment and sexual misconduct is not always clear and that briefings and educational opportunities are also necessary for complainants.

Units and squadrons are able to get presentations on this subject by request - yearly or as required, but they must make that request, as that service is not mandated any more, according to Capt. Toby Toth.

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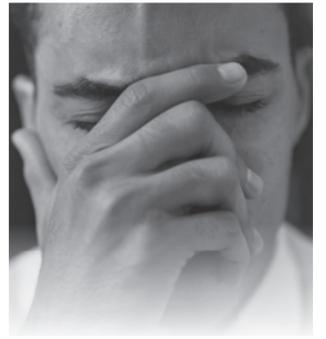
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Canoe and kayak rentals being taken over by the CFB Trenton Yacht Club

Rentals take place through June and September on a first-come, first serve basis

By Christine Flett

Ever longed to kayak around the Bay of Quinte shoreline? Or wished you could take off for a few days on an extended canoe camping trip?

Well, CFB Trenton Yacht Club has the solution for you - a low cost canoe and kayak rental service available to anyone with a valid 8 Wing public, non-public or military ID card.

Beginning Friday, June 12 the Yacht Club will be taking over canoe and kayak rentals on base. Ninety-one boats - 31 canoes, 40 sea kayaks, five Tandem Kayaks - will be available to rent weekends through June and September, seven days a week from Canada Day to Labour day.

Boats are rented in person on a first-come, first-serve basis from the club house next to

Baker's Island beach. Rentals can be for as little as half a day or as long as 10 days. Half day rentals, available between 8 a.m. to 4 p.m., must be launched and landed from the Yacht Club beach. However, those for a full day and longer must be taken off site. Weekend rentals, available after 1 p.m. on Friday, are due back before noon on Monday. The maximum continuous rental is 10 days -

one week plus one weekend. Fees are extremely affordable, ranging from just \$5 for the half day rental, to \$60 for a week. A \$50 damage deposit is required on each boat. Full day or overnight rentals are billed in 24-hour increments. All transactions will be made by debit or credit card. Equipment will be provided free of charge for unit daily Physical Training (PT) when accompanied by PSP

fitness staff, or for individual military PT, with a two hour maximum daily limit Monday to Friday.

Don't have your own life jacket? No worries! The rental price includes such essentials as PFDs, paddles, safety lines and pumps or bailers.

So what are you waiting for? That quiet summer's afternoon on the beautiful Bay of Quinte is only a click away!



Out of trade labour perhaps?

Brian Downer, CR5 release specialist and Mignon Morphet, WPSO administrative clerk are getting used to working in confined spaces. Mignon says she used to be an engineer.

Photo by Ross Lees

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CFB Trenton's PMQ Community Council to hold weekend yard sale

CFB Trenton's PMQ (military housing) Community Council invites its neighbours in the Quinte region to a weekend yard sale at the PMQ in Middleton Park, CFB Trenton, on May 23 to 24 starting at 8 a.m.

"Enjoy the sunny weather this coming weekend by walking around the PMQ to check out unique items and great deals at the yard sale," said Corporal (Cpl) Dion Ward, PMQ Community Council President and yard sale co-organizer. "Some participants will also be selling BBQ, lemonade, and other refreshments. It will be a fun community event and a great opportunity to meet and greet some of our military families."

Participating residences include:

- 39 Rivers Drive;
- 1 McEwen Drive (raising funds for Tanzania Club);
- 58B Rivers Drive;
- 28B Rivers Drive;
- 21A Lawrence Drive; and
- 24 Johnson Drive (raising funds for Breadner Elementary School and the Food for Learning Programme).

For more information, you can contact Cpl. Ward at 613-392-2811 local 2884.



Basic Public Affairs Officer Course tours 8 Wing/CFB Trenton



The Basic Public Affairs Officer Course, shown here during one of its stops during its tour of 8 Wing/CFB Trenton, was in its final month of the course prior to graduation. Photos by Ross Lees

Continued from page 3

While in Trenton, the group toured such areas as the Joint Rescue Coordination Centre (JRCC), 8 Wing Imaging and 2 Air Movement Squadron's Passenger Terminal, where they learned about the importance of Public Affairs Officers (PAOs) and daily procedures with these units.

"We were delighted to have our public affairs candidates from the Defence Public Affairs Leadership Course visit 8 Wing Trenton to see the hub of air mobility and share our knowledge and experiences in providing public affairs support to one of Canada's busiest military bases," said Capt. Christopher Daniel, 8 Wing Public Affairs Officer. The Basic Public Affairs Officer Course (BPAOC)

is an intensive five-month course designed to provide candidates with the tools and knowledge required to support public affairs activities at a base, formation, headquarters, or a deployed task force. The course focuses on developing the knowledge and skills required to advise a commander on public affairs, create communications products and tools, conduct media relations, public affairs planning and internal communications, coordinate a media event, foster community relations, support public affairs operations, manage the production of audio-visual products and develop and demonstrate officer-like qualities.

The course represents a mix of interactive lectures, guided discussions, practical exercises as well as self-study material. The five-day final exercise is designed to test the candidates combined knowledge and skills in an environment that simulates a deployed operation. During this exercise, candidates work alongside candidates from the Reserve BPAOC and Public Affairs Non-Commissioned Members course.

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Wing Logistics and Engineering Picture of the Week

Exercise Mercury Wing 15 takes flight at Mountain View



Exercise Mercury Wing 15 took place at Mountain View training area early in May. Mercury Wing 15 is an exercise that integrated the training of both CELE(AIR) officers and ATIS Techs. Cpl. Atkinson and Cpl. Brathwaite are depicted setting up Communications in the Command Post.

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8 Wing celebrates and honours its Aboriginal culture

Continued from page 1

"8 Wing has always honoured and will always honour its Aboriginal culture and maintain its focus on the well-being of its Aboriginal members and its inherent policy of inclusiveness," he stated,

adding he hoped everyone had an informative, productive and enjoyable day.

8 Wing Aboriginal Day champion Lt.-Col. Ryan Deming thanked the members of DAAG for organiz-

ing the event recognizing Aboriginal culture, noting they had provided an excellent venue to learn and share experiences.

"It provides an opportunity to showcase the rich history and cultural values of our Aboriginal people," he said. "It also serves to strengthen the bond between 8 Wing and some of our local communities."

Lt.-Col. Deming took the opportunity to highlight the DAAG mandate.

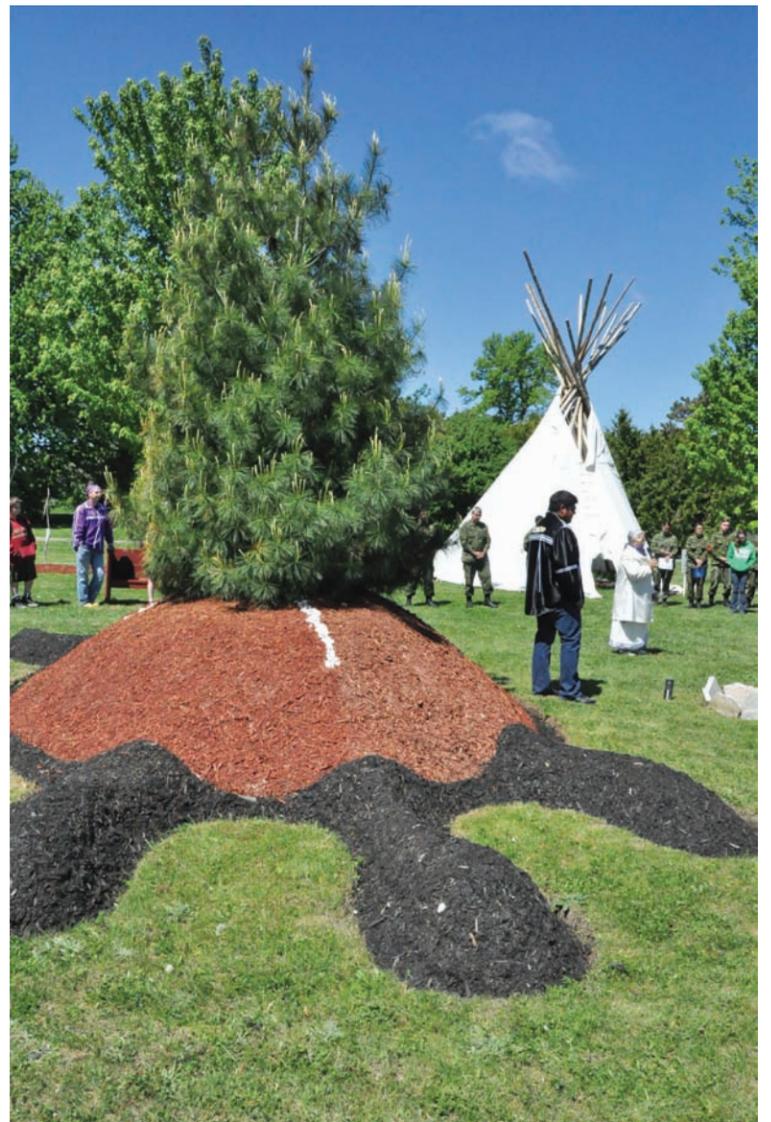
"The DAAG provides advice to the Wing Commander on his mandate to foster understanding of Aboriginal issues, recruiting and retention, as well as provide a forum for Aboriginal people to gather and support one another as they exist and exercise their unique culture, spiritual and traditional identities," he noted.

Following his brief welcoming speech, Lt.-Col. Deming presented a plaque on behalf of the DAAG recognizing the magnificent fire sculpture presented to the Three Sisters Garden last year.

A fire ceremony was described, as Dustin Brant performed it, by Loyalist College's Visiting Elder and member of Tyendinaga Mohawk Territory, Betty Maracle (Katatsitsiase). Students from East Northumberland Secondary School took part in the various teaching opportunities such as drum making, medicine pouch making and they enjoyed the traditional lunch.



A drumming circle provided traditional background music at the 8 Wing Aboriginal Day ceremonies.



Loyalist College's Visiting Elder and member of Tyendinaga Mohawk Territory, Betty Maracle (Katatsitsiase) explains some of the traditional ceremonies as they are conducted by Fire Starter Dustin Brant.

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Continued on page 11

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Tap	6:30-7:00		

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R0013279616

More photos continued from page 10

Showcase of rich history and cultural values of Aboriginal people



This unique image of the flame sculpture at the Three Sisters Garden was taken by Cpl. Levarre McDonald of 8 Wing Imaging at Wednesday's Aboriginal Day.



Lt.-Col. Ryan Deming, Aboriginal Day Champion for 8 Wing, presented a special plaque to Lt.-Col. Dany Breton, 8 Wing Logistics and Engineering Officer, to be placed on the fire sculpture in the Three Sisters Garden.



(Skip) Harold Ross, an Algonquin Elder, is shown here enjoying some lunch prior to beginning a workshop on Aboriginal drum making



These three students from East Northumberland Secondary School in Brighton learned how to make medicine pouches at the 8 Wing Aboriginal Day May 20.

(above) Visitors to the 8 Wing Aboriginal Day sampled a free traditional lunch.

(right) Visitors to the 8 Wing Aboriginal Day were entertained with traditional songs and music.



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PHOTO: JAMES BROWN

More Cut for the Cure photos from page 1



Before: from left to right, the before picture at the 2015 8 Wing Cut for the Cure: Sgt. Kathy Grice, Sgt. Rick Ried, Cpl. Valarie Allard, WO. Dan Gorman, RTF co-ordinator, CWO. Susan Stark, Lt.-Col. Andy Cleveland, and CWO. Jean Lafond.

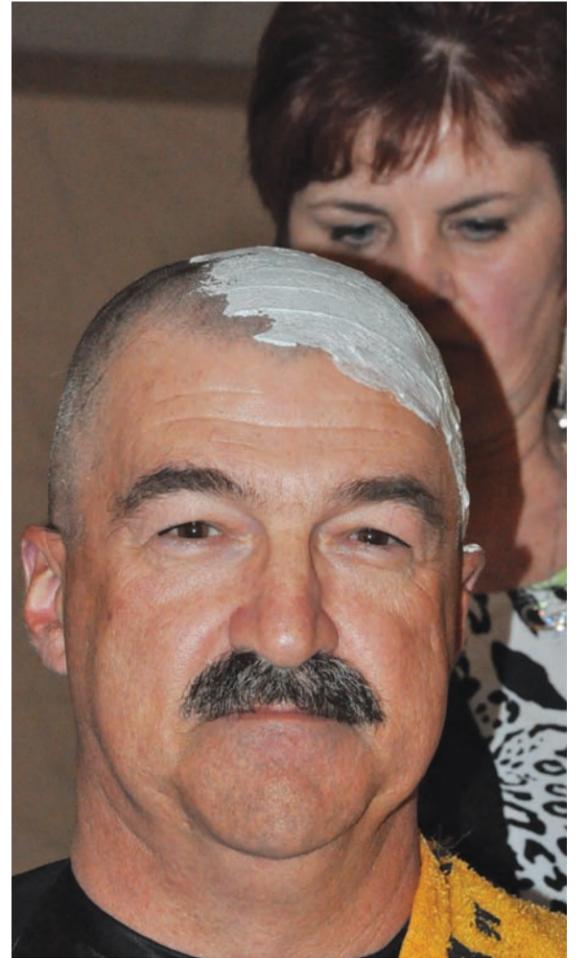


After: from left to right, are: Sgt. Rick Ried, CWO. Darcy Elder, Cpl. Valarie Allard, WO. Dan Gorman, Lt.-Col. Kevin Tromp, 437 Sqn (A/WComd.), CWO. Susan Stark, Sgt. Kathy Grice, Lt.-Col. Andy Cleveland, and CWO. Jean Lafond.

\$2,800 raised in Cut for the Cure

Photos by Ross Lees

CWO Jean Lafond, of the Wing Administration Branch, has his head shaved during the 2015 Cut for the Cure.



CWO Susan Stark, of Wing Operations, takes some good-natured ribbing from her many supporters at the 2015 Cut for the Cure, the last one to be organized by WO Dan Gorman since he is retiring in March of 2016.

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Lower turnout disappointing, but fundraiser continues to exhibit unquenchable spirit

Story continued from page 1 at the event collecting the money and representing the Canadian Cancer Society, also pointed out the kinship which had been established between Aldo and his team of hair stylists and the base over the years to raise funds for the Cancer Society.

"The Canadian Cancer Society likes to tell people where the money goes, so I will briefly

tell you the money goes to prevention, advocacy, research, information and support and, of course, the big one in there is research," he noted.

For those who don't know how much research has improved the situation over the years," Brig-Gen. Brace gave them a very clear picture.

"Six decades ago, 24 per cent of people diagnosed with can-

cer survived while today, it's somewhere near 63 per cent," he said. "So we are moving the yardsticks, unfortunately it's not moving as fast as some of us would like. But we keep working away at it and it's causes like this that make that possible."

While acknowledging WO Gorman's disappointment over the low turnout of people cutting their hair at this event,

Brig-Gen. Brace thanked him for all the years he had put into running the event. As such, he thanked him for gathering people over the years to have their hair cut in order to contribute in supporting the Canadian Cancer Society.

"I wish you the best of luck in your retirement, Dan, and

thanks so much for everything you've done!" he said.

WCWO Darcy Elder, in his closing remarks, noted that "... bald is beautiful and you're all looking beautiful today. Well done for a great cause!"



Sgt. Kathy Grice of 429 Squadron is caught with an interesting lock of hair hanging down on her forehead during this year's Cut for the Cure which raised \$2,800.



Cpl. Valarie Allard of 429 Squadron was another brave soul who had her hair cut off for the Cut for the Cure.



Sgt. Rick Reid of 436 Squadron gets the final touches put on his Cut for the Cure.



Photos by Ross Lees

WO Dan Gorman, organizer of eight years of Cuts for the Cure, is shown here getting his locks cut off once again for this fundraiser, which has always been close to his heart.

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SATURDAY, MAY 23RD 1 - 2:30PM



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Passes for the Toronto Science Centre

We have received new community passes for the Science Centre, valid until June 30. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come to the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre), valide jusqu'au 30 juin. Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

Five Principles of Better Borrowing

Are you preparing for a major purchase this year? A new house, a new car, a new addition to the family or are your kids heading to university/college? Are you wondering how to make the best borrowing decisions to ensure a financially stable future? Join Darran Leaker, a retired military member and current accounts manager as he shares practical advice on how to improve and maintain

your credit rating to ensure you qualify for the credit you need at the rate you want! When: May 19, 9 :30 a.m. to 11 a.m. or May 26, 6:30 p.m. to 8 p.m. Where: Trenton MFRC. Cost: Free. To register please contact the MFRC Reception at 613-965-3575 or email AmyL1@cogeco.net

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Vous préparez-vous pour un achat majeur, cette année ? Une nouvelle maison, une nouvelle automobile, une addition à la famille ou vos enfants partiront pour le collège/l'université ? Vous demandez-vous quelles sont les meilleures options pour assurer un futur stable ? Joignez-vous à Darran Leaker, un militaire retiré gérant des comptes courants, il partagera des conseils pratiques pour améliorer votre crédit pour vous qualifier le crédit que vous avez besoin au taux que vous désirez. Quand : le 19 mai de 9h30 à 11h ou le 26 mai de 18h30 à 20h.

Pour vous inscrire, contactez la réception du CRFM au 613-965-3575 ou Amy à AmyL1@cogeco.net

Monthly Mindfulness Group

"Mindfulness is 'paying attention, on purpose, in the present moment, and without Judgment' (Kabat-Zinn, 1990)" Open to those (military community and general

public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Sessions take place Thursday from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. (April 30, May 28, June 25, and July 30). Kara Gaucher will be facilitating the group but for information or to register contact Ashlee Allen 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier jeudi du mois de midi à 13h00 ou de 13h00 à 14h00 Le 30 avril, 28 mai, 25 juin et le 30 juillet. Kara Gaucher animera le groupe mais pour information ou pour vous inscrire contactez Ashlee Allen au 613-392-2811 poste 5541 ou aallen3@cogeco.net

Triple P Parenting Program

Small changes, big differences ! The Positive Parenting Program takes place at Trenton MFRC Saturday, May 30 from 9 a.m. to 4 p.m. For information or to register, please call 613-968-1144. This is a free program for every parent.

"What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

Et moi alors

(What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans). Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

Monthly Afternoon Chatter Social Gathering

Summer skin care and make-up gathering on Sunday May 24 from 1 p.m. to 4 p.m. As happy as we are that the summer months are around the corner, the hot and humid weather can be challenging for our skin. Maura-Jo, Arbonne International Regional Vice-President, will show us how to take care of our skin and have a fresh look during the warm summer months. For more information, to register or to access subsidized childcare for this event, please call the MFRC reception at 613-965-3575. You need to reserve by May 20 for the childcare.

Continued on page 16

Home of the Week

Your Building Renovation Experts



Plan No: 5-3-648

Dormer windows and a large covered front porch lend a Cape Cod look to this classic three-bedroom rancher. Wood siding, a cedar-shake roof and rock and shingle trims accent the exterior.

Inside, thoughtful touches include a vaulted ceiling in the main living area and a three-sided fireplace that separates the great room from the dining area.

The foyer coat closet is topped by a plant ledge. The kitchen will be a hit with any cook, thanks to its V-shaped counter configuration and large pantry. Natural light will flood through the deep-silled window over the double sink. A raised eating bar with seating for two shares space with a work island fitted with a range top.

The dining area enjoys

access to a covered deck overlooking the back garden, while the great room's French doors open on to the covered front porch, providing excellent cross-ventilation in summer.

The master bedroom suite overlooks the back garden for privacy. A three-piece en-suite and with a tub, as well as a walk-in closet, are included. Two secondary bedrooms share another

three-piece bathroom with a skylight.

The laundry room offers access to the double garage, making this a convenient entry point to the home. In the hall across from the laundry, one closet houses the hot water tank and furnace while another offers storage for linens.

This home measures 45 feet wide by 60 feet deep, for a total of 1,499 square feet of space.

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Adults Programs

Morning Aquafit – Monday, Wed., Fri., mornings – April 8 to June 19, 8:30 a.m. to 9:20 a.m.
Evening Aquafit (Jogging) – Tuesdays and Thurs. – April 14 to June 4, 6 p.m. to 6:50 p.m.
Senior Lane Swim – Monday, Wednesday, Friday mornings – April 8 to June 19, 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Piyo – combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements – Mondays – April 13 to June 22, 6 a.m. to 7 a.m.

Boot Camp Fitness – Mondays – April 13 to June 22, 4:30 p.m. to 5:15 p.m.

TRX – Kick Start Your Fitness Program with TRX Suspension Training

Mondays – April 13 to June 22, 5:30 p.m. to 6:15 p.m. or Thurs. – April 16 to June 18, 4:30 p.m. to 5:30 p.m.

Boxercise – Total body tone and sculpt and ultimate fat burner provides a fast-paced, cardio-intensive, total body workout that tones flab and strengthens muscles.

Mon. – April 13 to June 22, 6:30 p.m. to 7:30 p.m.

Yoga – Challenge your spirit, mind and body as you move through a series of yoga postures and stretches.

Tues. – April 14 to June 16, 5:40 p.m. to 6:40 p.m.

Spin-Fusion – Wonderful mix of yoga, strength training and spinning.

Tues. – April 14 to June 16, 5:40 p.m. to 6:40 p.m.

Zumba – Is a Latin inspired dance fitness program – Wednesdays – April 15 to June 17, 5:30 p.m. to 6:30 p.m. at the RecPlex Gym with Crazy Jen.

Tai Chi – Is a slow moving, gentle exercise perfect for all ages and levels of fitness.

Tues. – April 14 to June 16, 5:35 p.m. to 6:35 p.m.

Piyo/Insanity noon hour class – Will help you keep moving during your Wednesday lunch hours. Wed. – April 15 to June 17, 12 noon to 1 p.m.

Pilates/Core Fitness – Improves muscle tone, balances musculature and corrects posture. Wed. – April 15 to June 17, 4:40 p.m. to 5:40 p.m.

Spin Class – Each week participants can look forward to a workout that will push them to improve their personal fitness level.

Wed. – April 15 to June 17, 5:40 p.m. to 6:40 p.m.

Circuit Training – Strike, punch and kick your way through calories to superior cardio fitness.

Wed. – April 15 to June 17, 6:45 p.m. to 7:45 p.m.

High Intensity Interval Training – Physical training that involves a series of low-to high intensity exercise workouts interspersed with rest or relief periods.

Thurs. – April 16 to June 18, 5:40 p.m. to 6:40 p.m.

Butt, Abs and Thighs – Come work out those key areas as our instructor leads you through different exercises each week.

Thur. – April 16 to June 18, 6:45 p.m. to 7:45 p.m.

Insanity – This workout is a live cardio-based high intensity total body interval

training interval program.
 Fridays – April 17 to June 19, 6 a.m. to 7 a.m.
***Upcoming: Fitness 4 two (Parent and Baby)**
 **No fitness classes will run on Victoria Day Monday, May 18.

Child, Youth and Teens Programs

Summer 2015 Kidz Kamp - Registration: Military Community online and in-person after 1:30 p.m. at the RecPlex. General Public starts Wednesday April 8 at 1:30 p.m. at the RecPlex. Youth Aquatic Club for youth six to 16 years of age, focusing on fun and fitness but not competition.

Mondays, Wednesdays, Fridays – April 13 to June 19, 4:45 p.m. to 6 p.m.

Underwater Hockey age eight to 12 years – Thur., April 16 to June 4, 6:15 p.m. to 7:15 p.m.

Aqua Basketball age eight to 12 years – Tuesday, April 14 to June 2, 6:16 p.m. to 7:15 p.m.

Water Polo for Kids age eight to 12 years – I love Water Polo (ILWP) is Water Polo Canada's introductory, grass roots water polo program for boys and girls.

Wed. – April 15 to June 3, 5 p.m. to 6 p.m.

Gym N' Swim – Leave your kids with us and make use of either the workout facilities or perhaps one of our workout classes.

Mondays – April 13 to June 22, 5 p.m. to 7 p.m.

Basketball for Kids – Come join us each week on Mondays where we will practice a few skills and then play games to practice the skills learned with the main goal being to have fun!

Monday – April 13 to June 22, 5 p.m. to 6 p.m.

Drop-in Youth Basketball - Youth can play and practice their skills. Supervised environment where youth can get some practice and receive instruction. Each week will start with a few drills followed by organized games. Ages 13 to 17. Every Monday until June 22 from 7 p.m. to 8 p.m. at the RecPlex.

Tyke Terrain – Come make use of our indoor toys and slides.

Tuesday and Thursday – April 14 to June 16, 9 a.m. to 11 a.m.

Triathlon Training for youth nine to 13 years – A triathlon is just another day to do the three things kids love most (swim, bike and run). *Equipment required: bicycle, swimsuit, running shoes.

Wednesdays – April 15 to June 17, 4:45 p.m. to 6:15 p.m.

Dash 'n' Splash ages two to six years – Start in the gym where different stations and activities will be set up. At 9:30 a.m., the class transitions to the pool and will make use of the small pool.

Fri. – April 17 to June 19, 9 a.m. to 10:30 a.m.

Indoor/Outdoor Soccer – The soccer season is approaching and indoor/outdoor soccer night is a great way to practise your basic soccer skills, while meeting new friends!

Thursdays – April 16 to June 18 for youth six to eight years, 5:30 p.m. to 6:30 p.m. and nine to 12 years, 6:30 p.m. to 7:30 p.m.

Summer Kidz Kamp 2015 – June 29 to Aug. 21 (eight weeks). Registration – Military Community starts Wednesday, April 1 at 1:30 p.m. at the RecPlex. General public starts Wednesdays, April 8 at 1:30 p.m. at the RecPlex.

Master Corporal Lori Geneau promoted to Sergeant



Lt.-Col. Andrew Cleveland, Commanding Officer of 8 Wing Operations, joined by CWO Susan Stark, promoted MCpl. Lori Geneau to the rank of Sergeant at 8 Wing Trenton, on May 12. Sgt Geneau has been working at 8 Wing Imaging as 2IC since July 2010. This summer, she is posted to Cold Lake as IC for 4 Wing Imaging. She has been in the Canadian Armed Forces since September 2001 as an Imagery Technician. Congratulations to Sgt Geneau!

Image by Cpl. Rob Stanley, 8 Wing Imaging

April Weather Summary Winter did not linger through this April

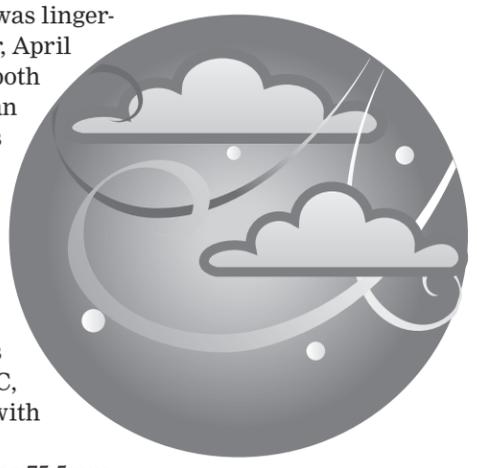
By AVR C. Pike-Pilditch, 8 Wing MET

As much as it felt like winter was lingering well into spring this year, April 2015 actually concluded with both drier and warmer weather than April 2014. As well, no records were broken for either temperatures or precipitation.

The average daily maximum temperature for April this year was 12.4C, up almost a degree and a half from the year previous, 11.0C. The warmest day was on the 13th, with a high of 22.2C, and the coldest was on the 4th, with a daily minimum of -4.6C.

Total precipitation for April was 75.5mm, with only 0.6mm being attributed to snowfall. This is down from April 2014, which came in at 129.5mm with only a trace of snow. The single wettest day in April was on the 20th, with 30mm of rain.

There are few indications so far that May will vary much from current normal May weather.





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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.

Have some spare time?

The Kente Kiwanis Club of Trenton is looking for people who love to help the kids in our community. Our club meets weekly, from September through June, on Thursdays at 10 a.m. at the Quinte West City Hall in Trenton. If you are interested in joining our club, please contact "JP" Latt at 613-475-5537, VP of the Kente Kiwanis Club.

May 27, June 3, 10 – Career Transition Workshops – 9 a.m. to 12 noon

Considering transition to a new job? Preparing a resume and ready for an interview? Career Transition Workshops can help: Modules: Self Assessment, Resume Writing, Job Search, Interview Techniques Designed to assist CAF personnel planning to release for civilian employment. Space is limited to 10 seats per module; reservations may be made by contacting the WPSO office either by email to +WPSO@forces.gc.ca; or by calling 613-392-2811 extension 7638. Appropriate civilian attire.

May 20 & 27 - Middleton Park Spring Leaf Pickup

Canadian Forces Housing Agency will be conducting a spring leaf pickup for the occupants of Middleton Park. Leaves must be placed in biodegradable brown paper bags only. ***Leaves placed in plastic bags and or raked into piles will not be collected*** Tree branches/ twigs etc. should be bundled in a manner that allows for them to be physically placed at the side of the road. Please place the bags of leaves at the curb by 7 a.m. on the above dates. Please note that the Middleton Park spring leaf pickup will be carried out on May 20 and 27 only.

May 23 – 15th Annual Spring Sprint for the Canadian Brain Tumour Foundation

Please join us Saturday, May 23 for our 15th annual Spring Sprint in support of the Canadian Brain Tumour Foundation and our Belleville Support Group. The event is a 2.5k or 5k walk/fun run at Zwicks Centennial Park. Registration begins at 8:30 a.m. for the 10 a.m. start. Donate on line at Belleville Spring Sprint

http://www.springsprint.ca/site/TR?fr_id=1201&pg=entry or at the park. Enjoy fun festivities, fabulous music, face painting and food! Help raise awareness and funds in our community for those 27 Canadians per day who hear the words... "You have a brain tumour."

May 23 & 24 – Community Yard Sales

The PMQ Community Council is promoting the community hard sales taking place in the PMQs on the May 23 and 24 weekend beginning at 8 a.m. Yard sales take place at 1 McEwen Dr., where there is a yard sale and barbecue to raise funds for the Tanzania Club; 58B Rivers Drive yard sale; 28B Rivers Dr. hard slae, barbecue and lemonade stand and Royal Kids Consignment; 21A Lawrence Dr., yard and refreshment sale; 24 Johnson Dr., 2nd annual fundraising garage sale for Breadner Elementary School and the Food for Learning Program. For more information or questions, contact Cpl. Dion Ward at 613-392-2811, local 2884.

May 29 - Trenton United Church Rummage Sale

The Trenton United Church rummage sale takes place May 29 and 30 at the Trenton United Church, 85 Dundas Street East, Trenton from 9 a.m. to 2 p.m. on May 29 and from 9 a.m. to 1 p.m. on May 30. Sale of good used clothing, bedding, dishes, toys, books, jewellery, plus a few surprises sponsored by the Friendship Club.

June 5 – 29th Annual Surf 'n Turf Relay Race

Register now and be part of the 29th Annual Surf 'n Turf Relay Race, the biggest sporting event at CFB Trenton that has attracted military and civilian sports enthusiasts from across Canada. The event is slated to take-off on June 5 at 8:30 a.m. at Baker Island. Registration is open online at www.onlineregistrations.ca/surfnurf until May 28. Entry fees for military members and civilian competitors include race entry, race T-shirt, post-race BBQ and on-course refreshments

June 13 – 17th Annual Consecon Legion Poker Run

The 17th annual Consecon Legion

poker run begins at 11 a.m., departing from the Consecon Legion. Entry fee is \$20. All riders a welcome to ride at their own risk on the 200 km ride for a great cause and featuring great prizes. Proceeds from the event go to Camp Trillium (Garrette's Island). For more information, call Rick at 613-392-7794.

June 17 – 8 Wing Officers' Mess Ladies Club June Dinner

The 8 Wing Officers' Mess Ladies Club June dinner takes place on Wednesday, June 17 at 6 p.m. in the mess. Members \$15., members' invited guests \$25. Ticket deadline is June 3. For more information, contact chambersj@live.ca

June 19 – 8 AMS 21st Annual Camp Trillium Charity Golf Tournament

The 21st annual 8 AMS Camp Trillium Golf Tournament takes place at Roundel Glen Golf club at CFB Trenton on June 19 with opening ceremonies beginning at 9 a.m. Registration fee for this popular and worthwhile golf tournament is \$100 and includes green fee, golf cart, steak lunch and an opportunity to spend a day on the links while raising money for Camp Trillium. During that day, you will also be afforded the opportunity to win the hole-in-one contest of a year's membership at Roundel Glen or a 2015 Victory Magnum bike from Deerhaven. There is also a draw of a gift of flight, a return trip for two people anywhere WestJet flies and a draw for two Toronto Maple Leaf tickets with \$500 cash, a night at the hotel and the trip to Toronto with VIA Rail. There will also be special appearances from Alan Frew, Al Connelly and Sam Reid of Glass Tiger and Canadian tenor Joey Niceforo. Registration and donation information can be obtained at <https://www.roundelglen.com/annual-camp-trillium> Contacts are: Sgt. Paul Hannaberry at 613-392-2811 ext. 3807 or at Paul.Hanneberry@forces.gc.ca and MCpl. Dan Bouchard at 613-392-2811 ext. 2471 or at Daniel.Bouchard9@forces.gc.ca Tournament organizers are looking to break the \$100,000

MFRC continued from page 14

Rencontre sociale Jasette de l'après-midi mensuelle

Soins de la peau & make-up pour l'été le dimanche 24 mai de 13h à 16h. Nous sommes excitées que les mois d'été soient à notre porte, mais la température chaude et humide peut causer des difficultés à notre peau, Maura-Jo, Vice-présidente régionale de Arbonne International, expliquera comment prendre soin de notre peau et garder un air de fraîcheur durant la chaleur. Pour plus d'information, vous inscrire ou pour réserver de la garde d'enfants subventionnée, SVP téléphonez à la réception du CRFM au 613-965-3575. La dernière journée pour réserver la garde d'enfants est le mercredi 20 mai 2015.

Scavenger Hunt Road Rally

Are you good at following instructions and with clues? Discover or rediscover your neighbourhood north of Quinte West with a bit of challenge. Date: Saturday, May 30. Something for everyone; young, older, families, friends, couples... Two routes to choose from; The grown-up route (eight years-plus), start at 9 a.m. back by 4 p.m. The youngster route, start at 9 a.m., should be back by noon. Cost: \$20 per vehicle. For more information or to register, please contact the MFRC reception at 613-965-3575 or Hélène at Helene.CG@TrentonMFRC.ca

Rallie automobile/ Course aux trésors

Pouvez-vous suivre des instructions et indices? Découvrez ou redécouvrez votre voisinage au nord de Quinte West avec un peu de défi. Date : le samedi 30 mai. Quelque chose pour tous ; jeunes, matures, familles, amis, couples... Deux routes à votre choix ; La route pour huit ans-plus ; départ à 9h et retour vers 16h. La route jeunesse ; départ vers 9h et retour vers midi. Coût : 20\$ par véhicule. Pour plus d'information ou pour inscrire, contactez la réception du CRFM au 613-965-3575 ou Hélène à Helene.CG@TrentonMFRC.ca

Monthly E-News/Facebook

Get the latest news from the MFRC and community at large. Sign-up through our website www.familyforce.ca for the monthly E-News and to follow us on Facebook.

Nouvelles mensuelles et Facebook

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Safety

Infection control needs to happen .in your office, too



Mention "infection control" and the first workplace to pop into your head is probably hospitals. However, hospitals are not the only place where you have to be concerned about controlling the spread of infections. When it comes to a healthy work environment, be aware of

nose and sore throat? Here are a few ways to combat potential infection in your workplace.
 • Wash your hands. This small task only takes a few minutes, but it could save you a week to 10 days of headaches, nausea and sinus congestion caused by colds,

flu or gastrointestinal upsets. Use a mild soap when washing up and wash your forearms as well. While you don't have to wash your hands every 10 minutes, it is a good idea to wash them before and after using the toilet, before and after eating, before and after work, before applying cosmetics or lip balm and before handling contact lenses.
 • Remember; the smallest cut is large enough for disease-causing micro-organisms to enter. Wash cuts and scrapes properly and cover them with a clean bandage. If you think your cut may be too severe to handle by yourself or if you are not sure if your cut is cleaned properly, get immediate medical attention. Neglected cuts can become seriously infected down the road. Always thoroughly clean up the blood and disinfect the area with bleach.
 • If you are really sick, don't go to work. The last thing you want to do is infect others with

whatever you have. Stay home, get plenty of rest, and drink lots of liquids. If your illness lasts longer than a few days, or if you have a fever, visit your doctor or local medical clinic.
 • When blowing your nose at work, dispose of the tissue immediately. Leaving it lying around where someone else may touch it accidentally is a sure way to spread the misery of colds or the flu.
 • Try to avoid the "communal coffee spoon" in your lunch room, and don't share your cup with others. Coffee cups and other utensils should be washed in hot, soapy water. Sinks and counters should be kept disinfected and dry. Disposable paper towels, rather than cloth ones, should be used for wiping dishes in shared kitchens.
 There are viruses that can kill, like HIV (Human Immunodeficiency Virus) or HBV (Hepatitis B Virus). These are blood-borne

pathogens (diseases carried by the blood). Research is constantly coming to light about these diseases, but one thing is known for sure - people in all types of work environments must be made aware of blood-borne pathogens. It is very likely your workplace has procedures telling you how to guard yourself against potentially dangerous situations which may expose you to HIV or HBV. Read these procedures thoroughly; they may save your life.
 No one is going to be able to halt the tide of all the disease-causing germs floating about, but if you take precautions, you can limit them from spreading.
 Make it your responsibility to learn all you can about blood-borne pathogens. Pamphlets, brochures and books are available in health units and hospitals in your community. Go to the experts to learn about this subject.

Base carries out annual FOD walk and cleanup



These base personnel took part in the 8 Wing FOD walk and base cleanup under watchful eyes on May 15.

*Photos by
Ross Lees*

(Below) All areas of the flight line and aprons are checked for foreign objects as part of the annual base FOD walk and cleanup.

By Ross Lees

Personnel from throughout 8 Wing/CFB Trenton went about cleaning up the base and the runway May 15, the day before Victoria Day holiday weekend.

The squadrons and their support personnel concentrated on removing all foreign objects from the runway to maintain a safe flying environment for the aircraft flying to and from 8 Wing.

The FOD Walk is designed to eliminate any and all material which might have found its way onto the runway and surrounding environs during a winter of heavy snows and strong winds. That ma-

terial might include anything from paper and cardboard to chunks of wood, broken bolts and screws and anything else which might get sucked into the engines of an aircraft and cause damage.

Vehicles routinely driving onto the runway will have tires checked for FOD – foreign object damage, and large magnets are often taken over the runways to remove any metallic bolts or screws or pieces of aircraft which might have fallen off during day-to-day operations.

However, the spring often reveals a wave of new material deposited on the base throughout the winter, thus the FOD Walk becomes an annual necessity, as does a cleanup throughout the base.



8 Wing personnel carefully check the runways for any objects which might cause an unsafe flying environment for base or visiting aircrafts.

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\$39,995 +HST \$251.58 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

15 CHRYSLER T&C
 23622, Auto, 4 dr, 6 cyl, keyless entry, alloys, pwr seats, windows, locks, mirrors, rear sliding doors, liftgate, height adj. seat, AC, sat, DVD, reverse camera, heated mirrors, cruise. 31,939 km

\$27,995 +HST \$169.00 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

14 FORD ESCAPE
 23648, Auto, 4 dr, 4 cyl, keyless entry, alloys, pwr seats, windows, locks, mirrors, height adj. seat, heated seats, mirrors, AC, sat, reverse camera, cruise, roof rack, tinted windows. 56,597 km

\$20,995 +HST \$127.00 BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

15 DODGE RAM
 23797, Auto, 4 dr, 8 cyl, keyless entry, crew cab, short bed, alloys, pwr seats, sliding rear window, windows, locks, mirrors, folding mirrors, height adj. seat, AC, sat, heated mirrors, 5 ft 5 box, tow/haul pkg. 11,585 km

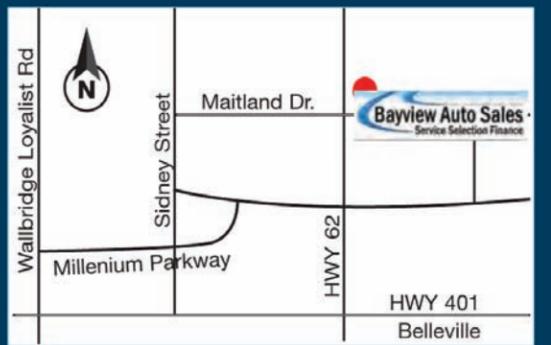
\$34,495 +HST \$208.00 PREVIOUS DAILY RENTAL BI-WEEKLY 0 DOWN +HST 96 MTHS @ 6.99%

Because of our high sales volume, our Business Managers are equipped to offer the most aggressive financing rates & options available with flexible terms to fit your budget.

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All payments are based on bi-weekly payments. All 2007, 2008, 2009 & 2010 - 60 mths: 2011 - 72 mths, 2012 & 2013 - 84 mths, 2014 & 2015 - 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 2014 & 2015 vehicles are former daily rentals. Bayview Auto is not responsible for any errors in pricing. See dealer for details.