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8 Wing stretches into Health and Wellness Challenge

By Ross Lees

They came, they saw, they participated! 8 Wing/Canadian Forces Base (CFB) Trenton personnel pulled out all the stops first thing Monday morning in front of Wing Headquarters to show support for



8 Wing came out in force to take part in the Health and Wellness Challenge Monday morning and Wing chief Warrant Officer Darcy Elder, ATESS mascot Felix the Phoenix and PSP yoga instructor Cindy Tromp, Fitness and Sports Instructor, appear to celebrate the accomplishment. *Photos by Ross Lees*



Cindy Tromp, Fitness and Sports Instructor, leads 8 Wing personnel during a fun hour of yoga Monday morning.

fitness, activity and the important role it plays in their day-to-day duties by participating in a mass yoga class.

In support of the CF Health and Physical Fitness Strategy, Strengthening the Forces Health Promotion Program has created the Canadian Armed Forces (CAF) Health and Wellness Challenge. This challenge, running throughout the month of May, encourages all registered participants to take extra time out of their routine to do activities that promote mental and physical health.

Activities include simple tasks

like taking a break from the computer and laughing with friends, to taking part in sports and engaging in at least 30 minutes of cardio exercise.

Those on the parade square Monday morning took part in an hour-long session of standup yoga led by Personal Support Programs personnel and 8 Wing Administration.

"Personal fitness is one of the cornerstones of leadership and mission success. 8 Wing fully supports the CAF Health and Wellness Challenge, and I encourage everyone to sign up and

Continued on page 8

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Dancing with the Stars Quinte will have base representation

Jennifer Doering-Keiver and Ryan Williams and being instructed by France Maltais in preparation for the May 22 event

Difficult as the practicing is, Jennifer and Ryan do manage to have some fun as they ham it up for the camera. Photos by Ross Lees



By Ross Lees

They're putting their best foot forward for Dancing with the Stars Quinte 2016.

Jennifer Doering-Keiver and Ryan Williams under the tutelage of France Maltais are preparing to put their talents out their against other similar teams in the Dancing with the Stars Quinte 2016 being held on Friday, May 22 at the Yardmen Arena in the Quinte Sports and Wellness Centre in Belleville.

A primary fundraiser for Volunteer and Information Quinte (VIQ), the event begins at 7:30 p.m. with doors opening at 6:30 p.m. Tickets are \$20 in advance and \$25 at the door.

This type of competitive dancing is new to both Jennifer, the wife of 8 Wing Commander Colonel Colin Keiver, and Ryan, the son of former Trenton Mayor John Williams, the current 8 Wing Honorary Colonel. One month into practice, the team has completed their routine and they are

now working on their style, ironing out some things to make it smoother and concentrating on making them look like dancers, according to France.

Both Jennifer and Ryan were tapped on the shoulder for the competition by Dianne Coyle, from VIQ, although Ryan jokes it took some arm twisting.

"They've been asking me for five years and this was the year," he said. "I always said I would do it when Dad did it, and he never did, so it just ended up being the

luck of the draw here."

It was a similar story for Jennifer.

"Dianne Coyle from VIQ asked me if I would be involved," she recalls. "She was looking for a partner, because they partner us up, we don't choose our own partners, and I was lucky enough to get Ryan."

Ryan admits to enjoying music and being a "self-proclaimed" dancer, but nothing like this competi-

tion requires.

"It's a different world, but it's great! You think it looks easy, but it's not. It's been a lot of fun," Ryan said.

And a lot of work, both competitors agree, although they feel lucky to have France instructing them.

"She's just incredible with what she does," Ryan noted. "Most of the fun is just learning something new with a great instructor."

Jennifer said it has been more demanding physically than she originally thought it would be but she feels

the hard work by France is beginning to pay off.

"France has put in hours and hours and hours of work behind the scenes in able to make us be able to do what we're going to do on the 27th of May, so kudos to France," she said.

"We both love competition and France loves competition, so we're game for it and we're really going

Continued on page 14



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Jennifer Doering-Keiver and Ryan Williams continue to practice hard for the upcoming Dancing with the Stars Quinte competition on May 22 at the Yardmen Arena in the Quinte Sports and Wellness Centre in Belleville.

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8 Wing Band has long Air Force history

New bandmaster now conducting the oldest Air Force band in Canada

By Bandmaster Warrant Officer
Chris Webster

8 Wing/Canadian Force Base (CFB) Trenton is proud to be home of the oldest Air Force band in Canada.

In 1939, bandmaster (BM), Warrant Officer, class II (WO2) Tommy Cooper, organized the first volunteer band at Royal Canadian Air Force (RCAF) Station Trenton. Later that year, a set of band instruments was purchased in order to perform during the royal tour of King George VI and Queen Elizabeth. This was the first time Canada's reigning monarch came to visit the Dominion. As such, the Trenton volunteer band toured Ontario with the King and Queen, performing for the Governor General, political leaders and visitors from around the world.

8 Wing Band personnel originally consisted of enlisted tradesmen who volunteered their musical skills after working hours. Today, the band continues to be comprised entirely of volunteer musicians. They include; members of the Regular Force, Reserve Force, and retired Canadian Armed Forces (CAF) members, as well as members of the local civilian community who proudly donate their time and musical abilities to provide support to the CAF in the Trenton region. This has the dual purpose of enhancing Wing operational effectiveness by fostering high morale and esprit de corps, and by helping Canadians connect with the RCAF through positive community relation activities.

In recent years, the band has performed from the parade square at CFB Trenton to outreach engagements in Holland, Germany and the United States. The band's upcoming spring tour will include local concerts in Frankford (May 15, Frankford Tour-



Newly arrived bandmaster WO Chris Webster conducts the 8 Wing Band during the Tribute to the Brave concert at the National Air Force Museum of Canada in November 2015. Photo credit: 8 Wing Imaging

ist Park Pavilion, 2 p.m.), Belleville (May 25, Eastminster United Church, 7 p.m.), Trenton (June 12, Fraser Park, 2 p.m.), and Colborne (July 14, Victoria Square, 6:30 p.m.). As well, the band is supporting numerous mess dinners and the Quinte International Air Show

2016. The 8 Wing Band performs as a concert band, but its members also provide other musical groups such as an 18-piece big band, a show band, and jazz ensembles. The band is currently accepting new members on brass,

woodwind and percussion instruments. Previous playing experience is required, however all inquiries are welcome. For more information about the 8 Wing Band, please contact the bandmaster, WO Chris Webster at 613-392-2811 ext. 3510.

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Remembering Our Naval Brothers and Sisters from the Top of the World

By Second Lieutenant Kevin Young

Canadian Forces Station Alert hoisted the Royal Canadian Navy colours on Sunday, May 1 to commemorate the Battle of the Atlantic. Station Naval personnel proudly held up the flag before heading out into the Arctic cold to see it take flight. As seen in the photo from left to right are Master Seaman Julie Cavanaugh, Petty Officer 1st Class Emilia Marchisio, Leading Seaman Garnet Robinson, and Master Seaman Mitchell Hoday. *Photo by Private Alexandre Thibault*



Wing Logistics and Engineering Picture of the Week

Electricians Paul Gardner and Brad Scholten, from Real Property Operations Unit (Ontario) Detachment Trenton formally known as Wing Construction Engineering, work carefully around the famous Halifax Bomber performing routine maintenance on the lighting system at the National Air Force Museum of Canada. *Photo by WO Lutz*

The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Col. Colin Keiver, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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Guidelines for submissions: ARTICLES AND PHOTOS

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

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

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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



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



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Cat champions ready to help stray cats on CFB Trenton



Cpl. Tanya Logan, centre, is shown here with some of her group of base volunteers prepared to champion stray cats or dogs on behalf of Fixed Fur Life. Cpl. Logan works at Aerospace and Telecommunications Engineering Support Squadron (ATESS). Photo by Ross Lees

Fixed Fur Life executes an aggressive spaying and neutering program to reduce pet overpopulation

By Ross Lees

A group of military personnel, led by Corporal (Cpl.) Tanya Logan, is preparing to be the champion for animals on 8 Wing/Canadian Forces Base (CFB) Trenton.

If you are having a problem with animals in any way, rather than seeing the animals destroyed, Cpl. Logan would like to be contacted so she can see if she can come up with a humane solution with a good result for the animals.

She and a group of other people on the base have rescued 14 cats and kittens from the base in support of an organization called Fixed Fur Life (FFL), established in 2004 by Darlene Quinsey.

The group actually started to come together through what they refer to as Operation Kitty Cat.

Cpl. Logan began being contacted about stray cats being spotted on the base and, once verifying they were indeed there, she began live-trapping them to help get them out of the reproductive cycle. Through FFL, the cats or kittens are neutered or spayed and then put up for adoption. Cats rescued through Fixed Fur Life are not euthanized unless they are already too sick or ill.

Known by friends and proudly wearing the mantle of the "Crazy Cat Lady", Cpl. Logan just wants to rescue cats from feral living and perhaps find homes for them, preferably in an-

other home other than her own, where she already has a number of rescued cats. In fact, Cpl. Logan even suggested at one point that Darlene Quinsey would have to intervene on her behalf to take several kittens she had recently rescued but did not have the heart to give them up for adoption.

"If you know of cats living in the wild on the base or in private married quarters (PMQs), call me and I'll save their lives and hopefully we'll help stop the reproductive cycle," she said.

That is exactly the same goal that helped Darlene establish FFL - the use of

an aggressive spaying and neutering program to reduce pet overpopulation while enforcing a "no kill" policy.

FFL does not have a shelter, according to Darlene.

"We operate on a network of foster homes and adoption centres," she said. "This allows us to have one-on-one interaction with the cats and dogs that come our way and also provides each with the hands-on care they need as well as preventing disease outbreaks that are prevalent in shelter environments."

This caring organization is run entirely by

Continued on page 9

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Largest outdoor yoga class launches National CAF Health and Wellness Challenge at 8 Wing/CFB Trenton



This outdoor Yoga class should be in the record books, as over 500 people took to Parade Square to jump start their efforts with the annual Challenge – an event that runs for the month of May across the country base to base. Healthy choices daily help you accumulate points towards eligibility to win great prizes sponsored by SISIP.

Monday, May 2 was our way to kick off the event and yoga seemed a perfect fit as it bridges mental and physical fitness, an essential competency for operational effectiveness. Many thanks to Colonel Keiver for his support with this event and for his participation.

Kudos to the Wing Chief Warrant Officer Darcy Elder, who was a great sport in helping Cindy Tromp, on stage with the yoga sequencing. He reminded us that even the tall, Shrek-like and inflexible, can do yoga, and enjoy it at the same time, with that big smile on his face.



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The DFIT.ca mobile web platform now offers customizable fitness training plans, video demonstrations of hundreds of exercises, tips for injury prevention, nutritional information, and online training journals. DFIT.ca also features an online forum moderated by PSP fitness professionals who can provide helpful training advice and feedback.

“Physical fitness is a cornerstone of military operations and the Canadian Forces Morale and Welfare Services take very seriously our duty to support the operational readiness of CAF personnel” says Commodore Mark Watson, Director General Morale and Welfare Services. “DFIT.ca puts evidence-based and operationally relevant individual fitness programs at the disposition of all personnel, whether they be here in Canada or in a remote location half way around the world”.

With the aim of expanding its audience of users beyond serving military personnel, DFIT.ca for Families is a new online resource featuring general fitness and a more family-friendly, total lifestyle approach to active living. Special features include parenting tips focused on active living, online personal trainers, program discounts and coupons, diet and weight loss guides, and much more.

“Being active is a great way for families to spend time together and has so many additional benefits.” says Colonel Dan Harris, Director of Military Family Services. “DFIT.ca is a resource designed specifically for our CAF members but offering this program to their families is a great opportunity for families to work together, and synchronize efforts to meet their family goals. There are many scenarios where the member is sepa-

rated from the family and cannot participate in a program together. What better way than DFIT.ca to bring the family together!”

Using their CFOne card number, military family members, veterans and their families can access this new, valuable DFIT.ca module available for free until January 2017. Access to DFIT.ca is also available to all other categories of CFOne members (e.g.: NPF employees, DND public servants, RCMP officers, pensioners, and their families) on a paid subscription basis.

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The next 8 Wing/CFB Trenton Blood Donor Clinic will be held at the RecPlex gymnasium at 21 Namao Drive, on May 6 from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to donate.





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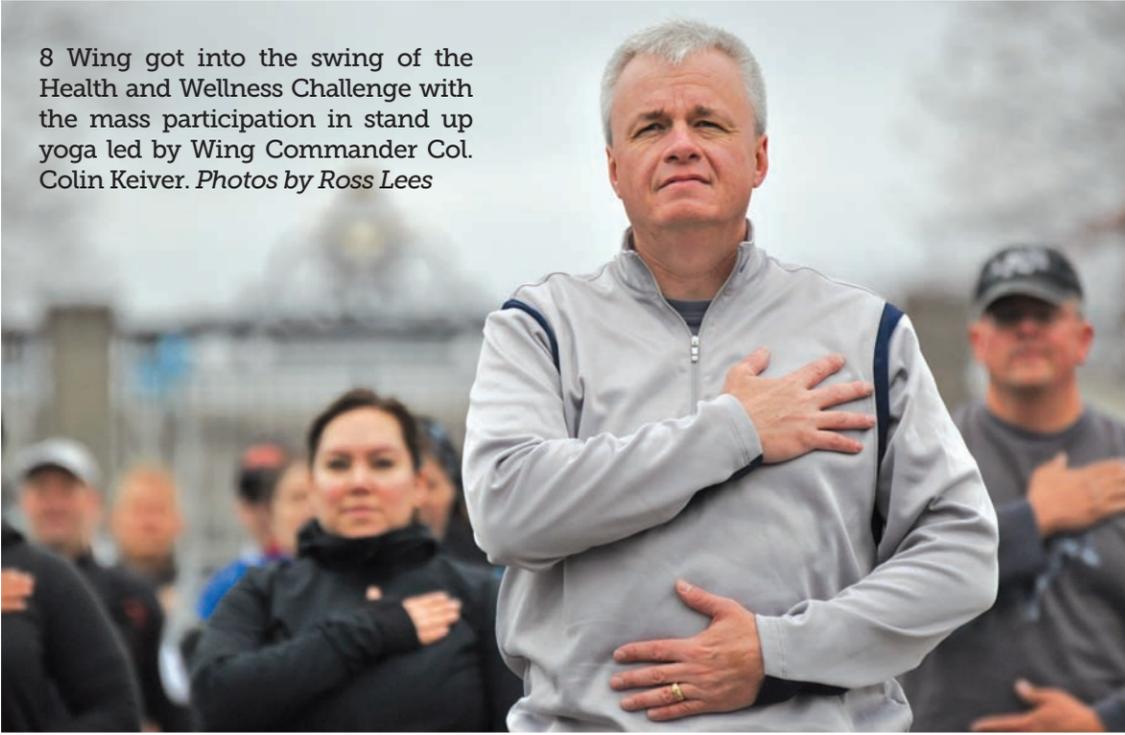
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8 Wing got into the swing of the Health and Wellness Challenge with the mass participation in stand up yoga led by Wing Commander Col. Colin Keiver. Photos by Ross Lees



8 Wing stretches into Health and Wellness Challenge

Continued from page 1

join me over the next month as we commit to health and fitness. Let's continue our tradition of being a strong, capable and ready RCAF family," stated 8 Wing Commander Colonel (Col.) Colin Keiver.

Much of half of the parade square was filled by personnel stretching their way into a new week, including ATESS's mascot, Felix the Phoenix.

The CAF Health and Wellness Challenge runs from May 1 to May 31. The Challenge is open



(Left) 8 Wing Commander Col. Colin Keiver entreated everyone at 8 Wing to become involved in the Health and Wellness Challenge and to have fun doing it.



(Right) Felix the Phoenix gives Cindy Tromp, Fitness and Sports Instructor some admiration as she led the 8 Wing standup yoga Monday morning.



(Left) Many members of 8 Wing had to concentrate to do some of the yoga, but that didn't prevent them from coming out and giving it a serious try.

to all military members, Regular Force, Reserve and supplementary Reserve, as well as their family members, DND, Non-Public Funds, and Military Family Resource

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Col. Keiver said he was very pleased with the turnout for the event and he felt 8 Wing would set a good example for the remainder of the Air Force and the Canadian Armed Forces for the Health and Wellness Challenge.

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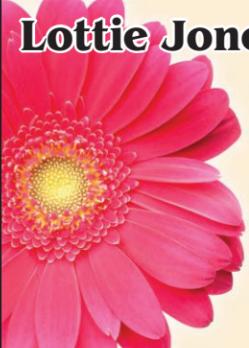
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Cat champions ready to help stray cats on CFB Trenton

Continued from page 5

volunteers and donations, she stated.

“There are no paid employees,” she advised. “Our volunteers are extremely important to the running of FFL. As a result of their invaluable help, we are able to direct all donations to veterinary expenses defined as spaying, neutering and medical emergencies. We do not euthanize.”

Darlene said there are five main areas FFL addresses:

Taking stray cats and dogs off the streets. Once it is determined there is no owner, FFL addresses the medical issues, spay, neuter and vaccinate and then puts the animal up for adoption.

FFL grants subsidies to individuals with limited income once proof of income is provided to spay and neuter their pets.

FFL works with caretakers looking after feral cat colonies or cats that are not able to be socialized. Once spayed, neutered and vaccinated, the cats are returned to their colonies where they remain with their families and are provided with food and shelter.

FFL also runs a lost cat network on Facebook as well as offering low-cost microchip vouchers year round in an effort to return lost pets to their owners and home.

FFL provides education of behavioural issues. Most often most of these disappear once the pet is fixed, therefore eliminating the need to be re-homed.

To date, FFL has spayed or neutered and assisted 19,256 cats and dogs in the Quinte region.

“As one can only imagine, the costs are extremely high,” Darlene noted. “It takes fundraising year-round to do what we do. The number of animals we help is directly proportional to the money we raise through fundraisers.”

The largest fundraiser is an event called Strut for Strays, being held this year at West Zwicks Park in Belleville on June 4 from 10 a.m. to 4 p.m. Details for the event can be found at www.fixedfurlife.com

Donations can also be made on line or mailed to P.O. Box 20091 Belleville K8N 1P0.

Cpl. Logan wants to bring attention to those willing to help on the base to protect animals but also hopefully to get a policy established on the base to protect these animals from often cruel deaths through

cruel living circumstances. She also would like to be contacted about any animal issues, because she feels they have access to enough information that they can help solve many problems associated with feral cats or loose dogs or even perhaps injured or nuisance wild animals.

She can be reached by calling her at local 2647 or emailing her at tanya.logan@forces.gc.ca

“FFL will help and we always need volunteers, including those who might have space or buildings we could use to house homeless cats until we can find homes for them,” she said.

To this point, Cpl. Logan and her band of volunteers have taken 14 cats off the base and had them spayed and neutered, vaccinated and re-homed.

“They are no longer procreating on Department of National Defence property,” she stated.

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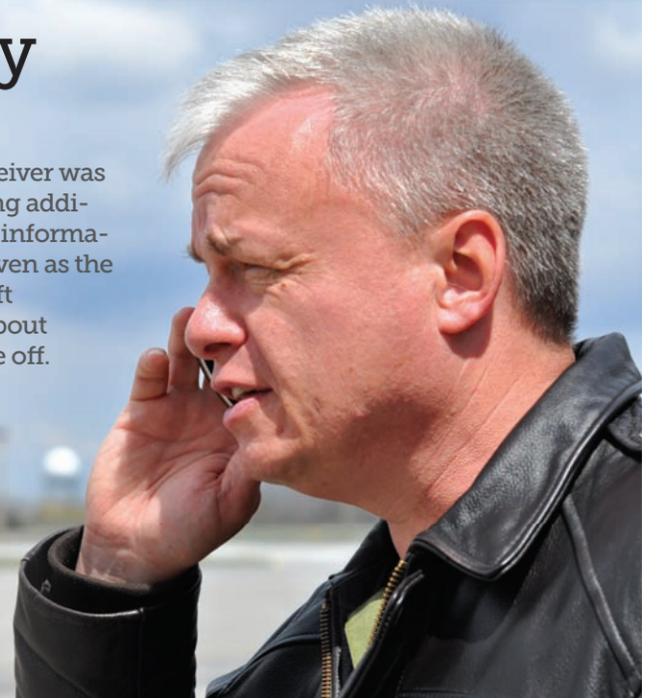
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8 Wing responds to Fort McMurray fire tasking



Col. Keiver was hearing additional information even as the aircraft was about to take off.



A CC-130J Hercules aircraft departed from 8 Wing/Canadian Forces Base (CFB) Trenton just after noon on Wednesday to assist in whatever way might be required at Fort McMurray in the wake of the massive fire which hit that community. *Photos by Ross Lees*

CC-130J Hercules and personnel sent to pre-position in Cold Lake for timely response if required

By Ross Lees

A CC-130J Hercules aircraft departed from 8 Wing/Canadian Forces Base (CFB) Trenton just after noon on Wednesday to assist in whatever way might be required at Fort McMurray in the wake of the massive fire which hit that community.

The initial response personnel from 8 Wing was small, including only the aircraft crew, four Mobile Air Movements Sections (MAMS) personnel and an image technician.

According to 8 Wing

Commander Colonel (Col.) Colin Keiver, 8 Wing, under the direction of Major-General D.L.R. Wheeler in Winnipeg, has been tasked to move the aircraft and personnel to Cold Lake as close to Fort McMurray as possible if and when they are required so that the Canadian Armed Forces (CAF) assets are in place and ready to go to work.

"We've not been tasked with anything else," Col. Keiver stated. "What we've done at the Wing is we've

put a C-17 and an Airbus

crew and airplanes on standby and there are a bunch of people here at 2 Air Movements who are also on standby to go as well. This operation will be about moving things, either into Fort McMurray or out of Fort McMurray. It's these airplanes that will do that and these people – like the Air Movements technicians – that will help get those things on and off the airplanes. That's what we're posturing ourselves to do right now."

Beyond those instructions, Col. Keiver and the

personnel at 8 Wing know little except they want to be ready to respond to any eventuality.

"I don't know what we're going to move, when we're going to move it or how much we're going to move, but we're getting ready to move. We've got a big empty hole in the back of that airplane and what we

decide to put in it is what we decide to put in it. It could absolutely involve evacuees and I don't know what the state of that is right now, but I expect it's going to involve a little bit of bringing things out of Fort McMurray and bring things into Fort McMurray to assist the community." The people tasked to go

on the initial flight are well qualified, he said.

"Even getting into Fort McMurray through the smoke coming in, there will probably be instrument procedures required to get in," he said. "At the end of the day, what we will do is we will still be safe and effective and we'll still accomplish the mission."



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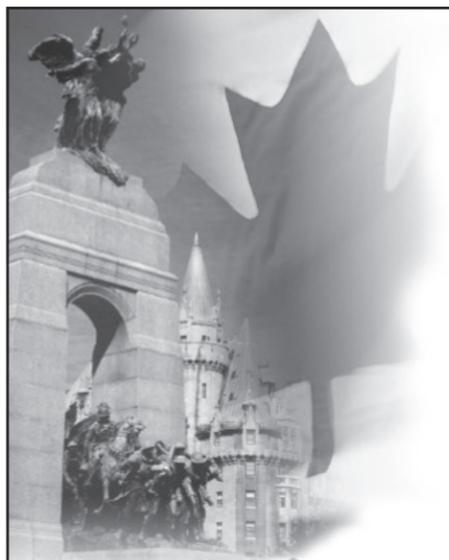
8 Wing Commander Col. Colin Keiver spent some time late Wednesday morning responding to questions from the media concerning the Wing's tasking to pre-position to assist in Fort McMurray should they be required.

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New Programs at the Trenton MFRC

Visit our website - www.trentonmfr.ca - or our Facebook page to find new and returning programs or events for adults, children, and the whole family!

Nouveaux programmes pour l'automne au CRFM de Trenton

Visitez notre site internet - www.trentonmfr.ca - ou notre page Facebook pour trouver les nouveaux programmes et événements en plus de ceux qui nous reviennent, pour les adultes, les enfants et toute la famille!

Trenton MFRC's Women's Conference

Rebirth, renewal, rejuvenate. Saturday, May 28, 8:30 a.m to 4 p.m at the Trenton MFRC. Three sessions of your choice with three workshops per session. Lunch, snacks, fashion show, gifts and keynote speaker. Registration: Early bird (before May 13): \$40.00 and entry into early bird draw. After May 13: \$50. For more information: 613-965-3575. See workshop options at trentonmfr.ca or at MFRC reception.

Le CRFM de Trenton Conférence pour les femmes

Renaissance, renouvellement, rajeunir. Le samedi 28 mai, de 8h30 à 16h au Trenton MFRC. Trois sessions; un choix de trois ateliers par session. Repas, collations, mini parade de mode, conférencière invitée et gâteries. Jusqu'au 13 mai: 40,00\$ et une chance pour gagner un prix. Après le 13 mai: 50,00\$. Pour plus d'information: 613-935-3575. Liste des ateliers au trentonmfr ou la réception du CRFM.

Virtual Visit

Have you recently moved to Trenton or do you know someone who will be posted to CFB Trenton soon? Consider taking a virtual tour of your new community and learn about this beautiful region from the comfort of your home! What do you need? One to one-and-a-half hours of quiet time, a computer with sound application, headphone with microphone, and a cup of your favourite drink. Choose a time from the following: Tuesday, April 12, 1 p.m. to 2:30 p.m.; Thursday, May 5, 6 p.m. to 7:30 p.m. To register or for more information, please contact Hélène Cadotte-Gagnon at Helene.CG@TrentonMFRC.ca or 613-392-2811 ext 2379. Please give your name and preferred visit timing, and afterward you will receive an invitation to register online. We look forward to meeting with you!

Visite virtuelle

Êtes-vous nouvellement arrivés à Trenton ou connaissez - vous quelqu'un qui déménagera bientôt à la 8e escadre? Joignez - vous à nous, du confort de votre maison, pour une visite virtuelle de votre nouvelle communauté et apprenez ce que cette belle région offre. Qu'avez - vous besoin: 1 - 1.5 heures de votre temps, un ordinateur avec carte de son, Écouteur avec microphone, une tasse de votre breuvage pré-

féré. Choisissez votre temps (heure normale de l'est): le mardi 12 avril, de 13h à 14h30; le jeudi 5 mai, de 18h à 19h30. Pour vous inscrire ou pour plus d'information, contactez Hélène Cadotte-Gagnon à Helene.CG@TrentonMFRC.ca ou 613-392-2811 ext 2379. Ecrivez votre nom et votre session préférée, et par la suite vous recevrez une invitation en ligne. Ces sessions sont offertes en anglais, celles en français seront annoncées bientôt! Nous avons hâte de faire votre connaissance.

Bus trip to Ripley's Aquarium plus Ontario Science Centre

Departure at 7:30 a.m. from the MFRC. 10 a.m. to 12 noon at Ripley's Aquarium. 12:30 p.m. to 5 p.m. Ontario Science Centre (Lunch and snacks; bring your own or purchase on site). Adults \$35, student (with I.D.) \$28, youth (six-13) \$23, children (three to five) \$12. Return at approximately 7 p.m. *Includes coach bus transportation. Registration and payment at the MFRC reception by Friday, May 13, no exceptions!

Voyage en autobus à Ripley's Aquarium + Ontario Science Centre

Départ at 7:30 from the MFRC. 10 a.m - 12 noon Ripley's Aquarium. 12:30 - 17:00 Ontario Science Centre (Apportez votre lunch et collations ou achetez-les sur les lieux). Retour vers: 19:00. Adultes: \$35, Étudiants

(avec pièce d'identité) \$28, Jeunes (6-13) \$23, Enfants (3-5) \$12. *Comprend le transport par autobus Coach Inscription et paiement à la réception du CRFM par le vendredi 13 mai, aucune exception!

Limitless Youth Night

Inclusive youth social night for children with special needs, their sibling and friends ages six to 11. Every third Monday of the month - begins June 20 from 6 p.m. to 8 p.m. Have question? Contact Orlanda Bourgoin orlana.b@trentonmfr.ca or 613-392-2811 ext. 3953.

Possibilités Infinies

Un groupe social inclusif pour les jeunes ayant des besoins particuliers, leurs frères et soeurs et les amis de 6 à 11 ans sont les bienvenus. Chaque 3me lundi du mois - Commence le 20 juin de 18h00 à 20h00. Pour information: Orlanda Bourgoin 613-392-2811 poste 3953 or orlana.b@trentonmfr.ca.

Bellydancing with Amara

Learn the timeless art form from the Middle East. Mondays starting May 30, from 7 p.m. to 8:30 p.m. \$55. for eight classes. To register visit the MFRC reception. For more information, call 613-392-2811 ext 3265.

Continued on page 13

Home of the Week
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An open living plan, with an expansive great room and more than 1,200 square feet of floor space, gives this straight-entry home plenty of modern-day appeal. Designed for main-floor living, the plan includes an unfinished basement for future expansion and is sure to be particularly appealing to first-time home buyers.

Inside the entrance, a planter ledge and a display stand offer the opportunity to add feature interest in the foyer area. Bedroom No. 3, immediately off the front door, has an attractive bay window and is designed with a built-in desk for an easy conversion to home office or den, if desired. The master bedroom at the rear of the house has a window seat that adds

character to the room and provides a cozy space to enjoy a relaxing read or an early morning cup of tea. A walk-in closet and three-piece en suite bathroom complete the suite. Bedroom No. 2, next door, is across the hall from the main bathroom and adjacent to the laundry room. The main living area is contained in the expansive great room that includes all the features desired by today's homeowners. A free-standing work island offers additional meal-preparation space and also has a raised bar for those casual snacks or quick coffees. The dining area of the room has an option for an inverted buffet stand and a door provides access to the covered portion of the sun deck.

A generous amount of space has been allowed for the living/family area and a corner fireplace will give the room a cozy feeling during the colder months. Storage space is well provided, with a coat cupboard in the foyer; a linen cupboard next to bedroom No. 2 and, of course, the basement area.

The double garage has a side door as well as entrance to the home through the laundry room. A 10-foot-high covered entrance; horizontal siding and brick accents grace the exterior of the house, which is 38 feet, 8 inches wide and 62 feet, 4 inches deep with 1,278 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.

May 7 – MFRC Invisible Ribbon Gala

The Trenton Military Family Resource Centre Invisible Ribbon fundraising gala will be held on May 7 at the National Air Force Museum of Canada. One hundred per cent of the net proceeds raised this year will go to support the two expansion sites in Belleville and Frankford/Batawa. The MFRC gala organizing committee feels it filled the museum to its capacity last year and they warn those interested in attending that tickets sales may go very quickly, beginning in April 1 with early bird ticket sales online and at the Trenton MFRC office. Buy early to make sure you are there for the impressive silent and live auctions of interesting items. Also watch for the online auction, which will be held from April 21 to May 2. Guest speaker this year is Major-General D.L.R. Wheeler, 1 Canadian Air Division Commander.

May 7 - Women's Day Event

A Women's Day event will be held at the Brighton Community Centre with doors opening at 9 a.m. Lunch, nutrition breaks, door prizes and more. Topics: Understanding Concussion in Children, fun and easy cake decorating, food safety, Fifteen Minutes to a Healthier You. Preregistration: \$25 until April 15. Contact: Mary Shortt at mshortt@bellnet.ca or call 613-475-4045. Women's Institutes -women involved.

May 8 – Warrant Officers' and Sergeants' Mess Mother's Day Brunch

A Mother's Day brunch will be served at Tommy's Restaurant at 68 Front St., Trenton. on May 8 from 12 noon until 2 p.m. Ticket prices are \$10 per member or spouse, \$5 per child and \$12 per guest to a maximum of four. Tickets are on sale at the mess office until May 2 and there are 100 tickets available.

May 14 & 15 – Middleton Park/PMQ Annual Yard Sale

The Middleton Park/PMQ community annual yard sale will take place on May 14 and 15 from 8:30 a.m. to 3 p.m. (or later). Storm date is May 28 and 29). There are private and charity yard sales with something for everyone. Refreshments are available.

May 18 – 8 Wing Annual Aboriginal Awareness Day

8 Wing/Canadian Forces Base (CFB) Trenton's Defence Aboriginal Advisory Group (DAAG) would like to invite you to our Annual Aboriginal Awareness Day, being held on Wednesday, May 18 at 11 a.m. The location for the event is at the Aboriginal Gardens, which is located behind the Officers' Mess. The day will feature Aboriginal ceremonies, workshops on drum making, craft making and traditional medicine. Traditional bannock and three sisters soup will be served for lunch. For further information, call 8 Wing DAAG Military Co-Chair; MCpl Anne Christenson at Tel: 613-392-2811 x 4840 or email her at Anne.Christenson@forces.gc.ca

May 18 – 8 Wing Officers' Mess Ladies Club Games Night

The 8 Wing Officers' Mess Ladies Club will be hosting a games evening at 6:30 p.m. in the Mess. Admission is \$5 for members, \$10 for invited guests of members. For information, contact chambersj@live.ca

May 18 – CFB Trenton Yacht Club Meet and Greet Social Night

CFB Trenton Yacht Club is holding its annual Meet and Greet Social Night for new and prospective members on Wednesday, May 18 at 6 p.m. This year's event coincides with the club's weekly race night and barbecue when members gather on the deck overlooking the bay to enjoy a hamburger and beer while watching the sailboats race. Members of the Flag and Executive Committees, as well as New Member Liaison Officer Jack McDonald, will be on hand to answer questions and to provide information about the club. What better way to get to know your future dockside companions than over a convivial hamburger and beer on the deck accompanied by lively conversation as well as a boating yarn or two. Also on the menu will be hotdogs and bratwurst, salads and all the usual fixings. The bar will be open. So join us at the club house deck by the marina on Baker Island for a relaxing and convivial couple of hours.

May 19 – Soaring Art Show

The National Air Force Museum of Canada Foundation will host Soaring, an exhibition of a cross-section of artists who have interpreted the theme in their own unique way. Visitors are encouraged to come out and marvel at the magnificent work and meet many of the artists at the opening. Opening reception with wine and cheese is May 19 at 7 p.m. The gallery will be open during regular museum hours Thursday to Monday from 10 a.m. to 5 p.m. For more details, please email NAFMCFoundation@gmail.com

May 19 – Trenton Legion 100th Anniversary of Battle of Beaumont-Hamel Dinner

Trenton Legion will host a dinner in honour of the 100th Anniversary of the Battle of Beaumont-Hamel on May 19 at 6 p.m. There will be free commemorative pins, door prizes and music by the Trenton Seniors Glee Club. Cost for members is \$18 and \$20 for non-members. Tickets are available at the Trenton Legion office.

June 4 – 16th Annual Brain Tumour Walk

The 16th Annual Brain Tumour Walk will take place at the Zwick's Centennial Park in Belleville on June 4, beginning at 10 a.m. Registration begins at 8:30 a.m. Opening remarks begin at 9:45 a.m. The event includes a 2.5 km and 5 km walk and run in support of the brain tumour community. Sign up at www.BrainTumourWalk.ca or call 1-800-265-5106. Join the movement – end brain tumours!

June 4 – Fixed Fur Life Strut for Strays

The Fixed Fur Life Strut for Strays annual walkathon and pet festival will take place on June 4 at the West Zwick's Park Lions Pavilion in Belleville from 9:30 a.m. to 4 p.m. featuring Canine Watersports Canada. This event is the annual primary fundraiser for Fixed Fur Life intended to raise money to help homeless and abandoned animals in the Quinte community. Helping replenish the coffers of this organization who tries to spay, neuter and chip stray animals will help solve a massive community problem. But helping can be as easy as a walk in the park on June 4.

June 10 - 22nd Annual Camp Trillium Charity Golf Tournament

8 Air Maintenance Squadron is proud to support Camp Trillium and will be hosting the 22nd annual Camp Trillium Charity Golf Tournament on June 10. Camp Trillium offers recreational activities to children with cancer bringing their families together in an environment that normalizes relationships. These workshops and family retreats help the healing process and enhance the quality of life. Because of the generous ongoing support from local business, this event has raised over \$121,000 since 1993. The golf tournament will be a 9 a.m. shotgun start held at the Roundel Glen Golf Course with a steak lunch at 1:30 p.m. The tournament fee of \$100 includes green fee, golf cart and steak lunch with vegetarian meals available upon request. There are numerous game day prizes including closest to the pin and longest drive competition. Register online on our Facebook site or contact us directly. For more information, go to <https://www.roundelglen.com/annual-camp-trillium> or http://trenton.mil.ca/OPS/8AMS/8AMS_Splash.html. Like us on Twitter or Facebook.

June 11 & 12 – Mike Hamilton/Bruce Leadham Memorial Golf Tournament

The Mike Hamilton/Bruce Leadham Memorial Golf Tournament takes place on June 11 and 12 at the Roundel Glen Golf Course in support of the Soldier On program. Cost of this golf tournament is \$100 and includes two rounds of golf, the golf cart, two meals or one day for \$50. There is a party afterwards at Roundel Glen. Awards are presented to the best dressed, low net, longest drive, closest to the pin, there is a putting competition and a 50/50 draw. Those interested can register by contacting Bryan Pearce at 613-661-4917, sloanlucyjayda@gmail.com or Ross Prophet at 613-242-0610.

June 17 – 13th Annual NAFMC Foundation Golf Tournament

The 13th annual National Air Force Museum of Canada Golf Tournament will be held June 17 at the Roundel Glen Golf Course. Tickets are \$115 each and include golf, cart, lunch steak dinner and prizes before June 10. After June 10, the price goes up to \$125 each. Those wishing to take part are encouraged to register prior to June 10 by calling 613-965-7314 or emailing NAFMCFoundation@gmail.com



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Adult Dodge Ball Tournament 16-plus

Saturday, May 28 from 9 a.m. to 5 p.m. Registration starts from Monday, April 18 to May 9.

Tournament 10 to 14 years

Friday, May 13 from 9 a.m. to 5 p.m. Pre-register by Tuesday, May 9.

Fitness Class Pass

Purchase a Punch Card and you have the choice of any or all fitness classes. Eight classes per card.

Adults Programmes

Hatha Yoga – Tuesdays, April 12 – 4:15 p.m. to 5:15 p.m. at the South Side Gym.

SUP FIT – 16 years-plus – Monday, April 11 to May 31, from 5 p.m. to 6 p.m.

Learn to Standup Paddleboard (SUP) – Pool – May 11 and May 18, from 5 p.m. to 6 p.m.

Personal Training – Having a one-on-one personal trainer is the key for all types of fitness goals to be achieved. Rates are dependent upon number of sessions. Schedule determined by client and trainer.

Programs – Children, Youth and Teen

Youth Fitness – Monday and Wednesday – April 11 – 5:30 p.m. to 6:30 p.m.

Drop-in Basketball 10 to 14 years – Mondays – April 11 – 5:30 p.m. to 6:30 p.m.

Ball Hockey Skills six to nine years – Wednesdays – April 13 – 5 p.m. to 6:30 p.m.

Drop-in Ball Hockey 10 to 14 years – Wednesdays – April 13 – 7 p.m. to 8 p.m.

Tyke Terrain Ages five and under – Tuesday and Thursday – April 12 – 9 a.m. to 11 a.m.

Youth Strength and Conditioning Course 13 years to 15 years – South side Gym and RecPlex

Summer Kidz Kamp 2016
Registration: Military Community: Starts Wednesday, April 7; General Public: Starts May 11.

She Rocks – Girl's Adventure Camp – Sept. 10 and 11. Registration: Military Community: Starts Wednesday, Aug. 10, general public starts Wednesday, Aug. 24.

MFRC continued from page 11

Bellydancing avec Amara

Apprenez l'art éternel du Moyen-Orient. Lundi à partir du 30 mai, 19h - 20h30. 55\$ pour 8 classes. Inscrivez-vous à la réception du CRFM. Pour plus d'information, appelez 613-392-2811 poste 3265.

Monthly Mindfulness Group

Open to those who are interested in developing their mindfulness practices as a way to reduce stress and anxiety. Previous experience is not required. Last Thursday of the month (May 26) from 12 p.m. to 1 p.m. or 1 p.m. to 2 p.m. For information or to register please contact by email helene.t@trentonmfr.ca or 613-392-2811 ext.5541

Groupe mensuel de pleine conscience

Offert à ceux qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété. Aucune expérience préalable n'est requise. Le dernier jeudi du mois (26 mai) de midi à 13h00 ou de 13h00 à 14h00. Pour information ou pour vous inscrire par courriel helene.t@trentonmfr.ca ou 613-392-2811 poste 5541.

Program Calendars

The March Youth Centre calendar and the Winter Playroom calendar is available under 'Youth & Teens' and 'Children & Parents' respectively on our website - www.trentonmfr.ca/family-services.

Le calendrier du Centre des jeunes

Le calendrier du mois de march du Centre des jeunes et celui de la Salle de jeux sont disponibles sur notre site internet sous "Jeunes et ados" et "Enfants & Parents" - <http://trentonmfr.ca/fr/services-famille>

Picasso and Pinot

Canvas, brushes and spirits - Are you and your friends looking for a fun different night out? *No artistic experience required. Sip wine, beer or non-alcoholic beverages as you and your classmates get step-by-step instruction of that evening's painting that you will take home. When: Thursday, May 12 or Thursday, June 9. Time: 6:30 p.m. to 8:30 p.m. Where: WO and Sgt's Mess. Cost: \$30/class, includes the canvas, brushes and paint. Register and pay at the Trenton MFRC reception by May 6 or June 3 (no refund after these dates). *Our first three events have sold out!

Picasso et Pinto

Toile, pinceaux & eau de vie - Cherchez-vous une activité amusante et différente à faire avec vos amis(es)? *Aucune expérience artistique requise Sirotez du vin, de la bière ou une boisson non-alcoolisée tout et apprenant, avec vos camarades de classe, étape par étape à peindre une toile que vous rapporterez chez vous. Quand : les jeudis 12 mai ou 9 juin. Heure : de 18h30 à 20h30. Où : Au mess des Adjudants et Sergents. Coût : 30\$/par classe, comprend la toile, les pinceaux et la peinture, apportez un tablier ou une vieille chemise. Inscription & paiement à la réception du CRFM d'ici le 6 mai ou 3 juin (Aucun remboursement après ces dates). *Notre trois premières soirées furent à guichet fermé!

All Hands Drop-Off Childcare

This group is for children with special needs and their siblings, every Tuesday of the month from 5 p.m. to 8 p.m.

Parents must supply all snacks and dinner, but the program is free. To register, contact Orlana 392-2811 ext. 3953 or orlana.b@trentonmfr.ca

Halte garderie pour toutes les mains

Ce groupe est destiné aux enfants ayant des besoins particuliers et leurs frères et soeurs sont aussi les bienvenus. Ce programme gratuit, a lieu chaque 3me mardi du mois de 17h00 à 20h00. Vous devez fournir le repas et les collations. Pour inscrire votre enfant, contactez Orlana Bourgoin au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

Special Needs Parents Support Group

Topic schedule for this spring: May 12 - Open discussion. June 9 - Summer transition planning. * Break for summer until Sept. 8.*

Groupe de soutien pour les parents de personnes ayant des besoins particuliers

Les sujets discutés au printemps 2016: Le 12 mai - discussion ouverte. Le 9 juin - Planification pour la transition d'été. *Pause pour l'été jusqu'au 8 septembre 2016*

BBQ Street Party

We are welcoming old and new kids to come and check out the Youth Centre. Meet the staff and volunteers over lunch and join in some great games! Rain or shine, we will move outdoor activities inside if necessary. Saturday, May 14th, 11:30 a.m to 1:30 p.m., \$3. per person.

Fête de rue avec barbecue

Nous invitons les enfants nouveaux et actuels à visiter le Centre des jeunes. Rencontrez le personnel et les bénévoles Durant le lunch et participez à des jeux excitants! S'il pleur, nous ferons les activités extérieures à l'intérieur. Le samedi 14 mai, de 11h30 à 13h30, 3,00 par personne.

Babies and Beyond

The place for teen parents and 'mommas-to-be!' Offered by the Trenton MFRC and Children's Mental Health, supported by the Hastings and Prince Edward County Healthy Unit, Babies and Beyond offers lunch, parenting tips, school strategies, crafts, financial advice, cooking tips, and more. Lunch is provided. Childcare and transportation are available. When: Tuesdays from 11:30 a.m. to 2:30 p.m., Sept. until June. Where: Trenton MFRC, 50 Rivers Drive, East. For more information contact Debbie at 613-392-4331 ext. 274.

Bébés et au-delà

Le centre de ressources pour les familles des militaires de Trenton et Children's Mental Health vous présente Bébés et au-delà. La place pour les futures mamans et parents adolescents! Supporter par Hastings and Prince Edward County Health Unit. Dîner compris, halte-jeu, et transport disponible! Les mardis de 11h30 à 14h30. CRFM, 50 Rivers Drive Est, Trenton. Pour plus d'information contactez Debbie au 613-392-4331 poste 274.

Friday Drop-Off

Need a break, have an appointment for an hour or a day? We have drop-off child care on Fridays from 9 a.m. to 4 p.m. at the Playroom. To book a spot, call MFRC reception (613-965-3575) from 1 p.m. on Monday to noon on Thursday. The cost is \$5 per hour for your first child and \$4 per hour for subsequent children.

Continued on page 14

Classifieds

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Location/Adresse:
 91 Namao Drive East/91 Promenade Namao Est

Phone/Téléphone:
 Nathalie Longtin
 Administrative Assistant/
 Adjointe administrative
 (613) 392-2811 ext/poste 2490/4593



Office hours/Heures de bureau:
 Monday to Friday - 8 a.m. to 4 p.m.
 Du lundi au vendredi - 08h00 à 16h00

Services Times/Heures des services religieux

RC Mass: 0900 hrs (English) / Messe catholique: 09h00 (Anglophone)
 RC Mass: 1010 hrs (French) / Messe catholique: 10h10 (Francophone)

RC Bilingual Mass the 4th Sunday of the month at 0900 hrs
 Messe bilingue catholique le 4e dimanche du mois à 09h00

Protestant Worship Service: 1115 a.m.
 Service de culte protestant: 11h15

RC Weekday Masses at 11:45 a.m.
 (Tuesday, Wednesday and Thursday - may be cancelled on short notice)
 Messes catholiques quotidiennes à 11h45
 (mardi, mercredi et jeudi - peuvent être annulées sans préavis)

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 Maj. (Rev/Rév) Roy Laudenorio

Unit Chaplains/Aumôniers des unités:
 Capt (Rabbi/Rabbin) Bryan Bowley • Capt (the Rev./Rév.) Eric Davis
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 Capt (the Rev./Rév.) Blair Ross • Capt (the Rev./Rév.) Daniel Walton

Dancing with the Stars Quinte will have base representation

Continued from page 2

to work hard to give everyone a show, that's the most important thing about it," Ryan acknowledged in an interview last week.

France thinks the two dancers are preparing to turn into the home stretch now and really begin to put some polish on their performance.

"I think the dynamic between them as well as myself as a teacher is really phenomenal. Every year, a different team brings something different to the play and I'm having a lot of fun with these two guys. It's really been a joy to work with them and they're very open-minded, which makes my life easy," France stated.

"These guys have put a lot of work into it, so it's not just a lot of work behind the scenes from the teacher. It's also a lot has to do with the collaboration of the team. The teacher can do all the work he or she wants to do, but at the receiving end, it has to be received well and put into practice," she said.

Twenty-eight days into practice, both Jennifer and Ryan and beginning to feel the result of their hard work.

"I think we're feeling good," Ryan said. "It's interesting listening to the other teams and hearing what they're doing. None of us know what they're doing or what their styles are or what we'll be competing against and what you think you'll be facing, and it's tough for that, but I think we both love that aspect of it."

Jennifer said they would continue to work hard prior to the competition.

"We're just going to go out there and do our best performance and hope it will be entertaining for everyone and that we can raise a lot of money for VIQ and encourage people to attend so we can raise money for that cause, because it's a great cause for the Quinte region," she said.



Safety

Walking at night is always a safety hazard



Thousands of people are injured or die every year as a result of collisions between pedestrians and automobiles. Pedestrians must do everything possible to ensure drivers can see them, especially at night.

In the past, it was thought wearing white or light colored clothing made pedestrians safely visible at night. But recent studies show this is not the case. Drivers approaching pedestrians wearing white will have to be within 180 feet to be able to see them. However, tests show under ideal, flat road conditions, a driver travelling at 60 mph needs 260 feet to stop. Add darkness, snow or rain and oncoming headlights, then the time needed to react increases significantly.

Pedestrians can greatly improve their visibility by wearing clothing with reflective strips. The beam from automobile headlights hits the reflective material and sends the light back to the driver. This is not fluorescent material. Studies show fluorescent colored fabrics create no greater visibility at night than white ones.

Reflective clothing is available at most sports stores in the bike accessories section. Manufacturers produce many different items including reflective vests (similar to the kind worn by traffic crossing guards), reflective arm/leg bands and reflective tape.

So the next time you walk, run or jog at night, take steps to improve your visibility to drivers and follow these tips:

- ✓ If there is a sidewalk, use it.
- ✓ If there is no sidewalk, use the shoulder of the road facing the traffic.
- ✓ Wear light colored clothing with some sort of reflective device.
- ✓ Carry a small flashlight.

Pedestrians need to ensure their safety when walking at night. Don't walk alone in strange, deserted areas, use well-lighted routes and wear clothing easily seen by drivers.

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13 SMART FORTWO PASSION

27536 Alloys, panoramic roof, nav, Bluetooth, auto, 3cyl, FWD, hatchback, keyless entry, fog lights, air bags, bucket seats, heated seats, AC, MP3, ext temp gauge, pwr windows/locks/mirrors, 35,327 km.

\$8,995
\$69
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



12 FIAT 500 SPORT

27179 Manual 5 spd, pwr roof/windows/locks/mirrors, leather trim seats, Bluetooth, Bose snd, 4cyl, FWD, hatchback, keyless entry, alloys, fog lights, air bags, traction ctrl, height adjust seat, AC, CD, MP3, sat radio, ext temp gauge, cruise, steer wheel ctrls, 51,109 km.

\$8,495
\$76
bi-weekly
60 mths @ 5.9%
0 DOWN + HST



15 CHEVROLET SPARK LT

27337 Auto 1.3, alloys, AC, Bluetooth, cruise, 4cyl S-TECH II, FWD, hatchback, keyless entry, rear spoiler, air bags, traction ctrl, height adjust seat, MP3, sat radio, ONStar, ext temp gauge, pwr windows/locks/mirrors, steer wheel ctrls, tilt steering, touch screen, 11,909 km.

PREVIOUS DAILY RENTAL

\$11,995
\$72
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 VW BEETLE HIGHLINE

27007 Nav, Bluetooth, 2-tone interior, heated seats/mirrors, auto, 2dr, 4cyl TSI, coupe, keyless entry, chrome wheels, rear spoiler, pwr roof/windows/locks/mirrors, air bags, height adjust seats, AC, CD, MP3, sat radio, ext temp gauge, touch screen, cruise, steering wheel ctrls, tilt steering, 9,135 km.

\$22,995
\$139
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



13 HONDA CIVIC Si

25484 Manual, 4 dr, 4 cyl, FWD, Sedan, keyless entry, alloys, air bags, traction ctrl, pwr roof/windows/locks/mirrors, heated seats/mirrors, AC, CD player, MP3, sat radio, Bluetooth, touch screen, premium audio system, cruise, steering wheel ctrls, 55,932 km

\$18,495
\$141
bi-weekly
72 mths @ 5.9%
0 DOWN + HST



15 CHEVROLET CAMARO RS

26989 Factory remote start, leather, heated seats/mirrors, rev camera, convertible, touch screen, Boston Premium audio, auto, 2dr, 6cyl, RWD, alloys, keyless entry, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, park aid, OnStar, tilt steer, steer ctrls, 19,520 km.

PREVIOUS DAILY RENTAL

\$29,995
\$181
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



14 FORD MUSTANG GT

26797 Auto, 5.0, convertible, Coupe, leather, Shaker snd, heated seats/mirrors, sync, alloys, AC, 4 dr, 8 cyl, RWD, keyless entry, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, sat radio, cruise, tilt steering, steering wheel ctrls, 33,932 km

\$31,995
\$215
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



15 FORD MUSTANG GT

26903 Manual 6spd, 5.0, sync, rev camera, sport steering, fastback, alloys, AC, 4 dr, 8 cyl, RWD, Coupe, keyless entry, push button start, rear spoiler, air bags, traction ctrl, pwr seats/windows/locks/mirrors, CD, MP3, cruise, tilt steering, steering wheel ctrls, 4,397 km

\$35,995
\$218
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FIAT 500L LOUNGE

27295 Auto 1.4, 4cyl multiair turbo, leather, heated seats, nav, rev camera, FWD, hatchback, keyless entry, alloys, fog lights, panoramic roof, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, dual climate, MP3, sat radio, Bluetooth, cruise, touch screen, 24,096 km.

PREVIOUS DAILY RENTAL

\$19,495
\$118
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 FIAT 500 L

27296 Auto 1.4, 4cyl multiair turbo, panoramic roof, heated seats, nav, Bluetooth, cruise, touch screen, FWD, hatchback, keyless entry, alloys, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, dual climate, MP3, sat radio, steer wheel ctrls, 20,208 km.

PREVIOUS DAILY RENTAL

\$18,995
\$115
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



15 JEEP WRANGLER SAHARA

26832A Manual 6 spd, alloys, heated mirrors, cruise, hard top, 6cyl, 4x4, keyless entry, trailer hitch, fog lights, air bags, traction ctrl, height adjust seat, AC, CD, MP3, sat radio, pwr windows/locks/mirrors, trail rated, touch screen, steer wheel ctrls, 21,374 km.

\$34,495
\$208
bi-weekly
96 mths @ 5.9%
0 DOWN + HST



16 HYUNDAI SANTAFe SPORT

27381 AWD, heated seats/steering, park aid, Bluetooth, auto, 4cyl GDI, keyless entry, roof rack, alloys, fog lights, air bags, traction ctrl, economy mode, AC, dual climate, CD, MP3, sat radio, pwr seats/windows/locks/mirrors, cruise, steer mode select, DBC, 16,932 km.

PREVIOUS DAILY RENTAL

\$25,495
\$154
bi-weekly
96 mths @ 5.9%
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14 DODGE RAM POWER WAGON

23798 Auto, 4dr, 4x4, 6.4, 8 HEMI, factory rmt start, heat seats/steer, nav, park aid, winch, keyless entry, crew cab, short box, trailer hitch, box liner, alloys, air bags, traction ctrl, AC, MP3, rev camera, Alpine snd, U-connect, pwr seats/windows/locks/mirrors, cruise, ultra motor sport rims, Goodyear Wrangler tires, Rambox, tow/haul, Tru-Lok, 39,633 km

\$44,995
\$302
bi-weekly
84 mths @ 5.9%
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14 GMC SIERRA SLE

27544 Auto 5.3, heated seats, rev camera, Bluetooth, OnStar, V8, 4x4, keyless entry, ext cab, short box, trailer hitch, box liner, alloys, fog lights, air bags, traction ctrl, pwr seats/windows/locks/mirrors, AC, MP3, sat radio, cruise, steer wheel ctrls, 48,908 km.

\$34,995
\$235
bi-weekly
84 mths @ 5.9%
0 DOWN + HST



14 FORD F150 FX4

26986 Factory remote start, eco boost, leather, heated/vented seats, nav, auto, 4dr, 6cyl, 4x4, keyless/keypad entry, crew cab, short box, trailer hitch, box liner, tonn cover, chrome wheels, air bags, traction ctrl, touch screen, Sony snd, trailer brake/sway ctrl, tow/haul, CD, MP3, cruise, steer wheel ctrls, tilt steer, 76,795 km.

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