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## INSIDE

### AWARDS AND RECOGNITIONS



Story on page 5

### FAREWELL, CADETS!



Story on page 11, 14

### IN THE SPOTLIGHT



Story on page 15

# Canada 150

RCAF'S 93RD ANNIVERSARY

CANADA'S 150TH ANNIVERSARY

## Cyclists pedal to "honour the fallen, help the living"

By Makala Chapman

Cyclists from all over the country are doing their part to "honour the fallen, help the living" at this year's Highway of Heroes Bike Ride.

The charity event, in support of Wounded Warriors Canada, saw more than 110 cyclists depart from Bain Park in Quinte West early Saturday, August 19.

But before their trek began, a special ceremony commemorating Canada's fallen servicemen and women was held. As the sound of a single trumpet pierced the air, a hush fell over the crowd and many bowed their heads for silent reflection, as well as to honour the 159 names permanently etched on the Afghanistan Repatriation Memorial.

Taking part in the ceremony and this year's ride was Corporal (Cpl.) Mik Morton-Popiel from Canadian Forces Base (CFB) Trenton.

Cpl. Morton-Popiel noted that the event was especially important to him since he himself was a veteran of the Afghanistan War.

"We got a lot of names on that wall there," he said, gesturing to the granite memorial.



426 (Transport and Training) Squadron Commanding Officer and Acting Wing Commander Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott pauses to salute his fallen comrades at the Afghanistan Repatriation Memorial on August 19, 2017.

Photos by Makala Chapman



He added that the ride was also special to him because his two sons and wife would be joining him for the first few kilometres of the ride before heading home.

"It's very important for my little guys to take part and see what this is all about because at the end of the day, this is why we do what we do," he explained. "It's for them."

Continued on page 8

Front row: (from left to right) Cpl. Mik Morton-Popiel from Canadian Forces Base (CFB) Trenton, his sons Antonio Popiel and Majka Popiel, and wife Aggy Popiel lead the pack at Saturday morning's launch of the Highway of Heroes Ride at Bain Park in Quinte West.

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## 8 Wing's Flight Feeding

By Corporal Ryan Murphy

Flight Feeding is an essential part of 8 Wing Trenton's daily operational routine. Whether it is preparing meals for departing flights, providing cadets with box lunches or being on standby to prepare meals for Wing Auxiliary Security Force and Search and Rescue, flight feeding has a very important role here at the base. While many are relaxing on weekends, we are busy catching up on frozen hot meals, preparing for the week ahead, and cleaning out food carriers for the CC-150 *Polaris*. Operations in flight feeding run 365 days a year due to the busy operational tempo here at 8 Wing Trenton.

Photo by Corporal Ryan Murphy

Dozens of boxed meals like these are prepared to be enjoyed by those around the base like the cadets, those on departing flights and more.



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# Safety



## A "Sight" For Sore Eyes

Staring at a computer screen for hours at a time can result in fatigue, eye-strain, headaches and other problems. Therefore proper lighting in your work area and use of corrective eyewear can make computer use more comfortable for your eyes.

**These are signs of eye problems that can be caused by poor lighting at a computer workstation:**

- Burning, itching, dryness, excessive tears and soreness of the eyes/
- Excessive blinking, squinting, difficulty in seeing, double or blurred vision and trouble with focusing can also indicate strain to the eyes.
- Even headaches, backaches, fatigue, dizziness and indigestion can indicate eye problems/

**Tips for better viewing of your computer screen and hard copy**

- The center of the computer screen

should be positioned about six inches below your eye level. If you have to look up to see the top of the computer screen, you put a strain on your neck as you tilt your head back.

- If you are keying in information from hard copy, the paper should be located about the same distance from your eyes as the computer screen.
- There should be adequate light on the hard copy, but the light should not cause excessive contrast
- Don't just lay the paper beside the keyboard. Instead, it should be held by a document holder at an easy to see angle.
- If you are reading complex information from the hard copy, use a text placeholder.
- The screen color should match the hard copy you are referring to.
- If you are reading black letters on a white page, adjust your computer display so it is the same.
- Adjust the screen brightness and contrast for comfort and clarity.
- The computer should be placed at right angles to any windows. Light from windows either ahead of or behind the computer is distracting. If necessary, use window shades.
- Less room light is needed for computer work than for paperwork. The room lighting should be about the same level as the lighting of the computer screen.
- If the overhead lighting is too bright, replace it with softer task lighting.
- There should be no reflections on the screen from lamps and overhead lights.
- Glare can be decreased by painting walls with non-reflective paint in medium colors - not too dark and not too light.
- Desk surfaces should also be non-reflective.
- Give your eyes frequent rest breaks. Take five or 10 second breaks every

twenty minutes or so. Look off into the distance to change your focus.

- Ideally, your computer work station should have a view into the distance, such as across the office or out a far window. Every hour or two, take a break from the computer.
- When you are working around a computer screen, chances are you do not blink as often as you usually would. Make an effort to blink more frequently to prevent the discomfort of dry eyes.
- If you wear corrective lenses, make sure they are appropriate for computer distances. Ordinary glasses and contact lenses may be good for distance or close-up vision, but not for the middle distance view of a computer screen.
- Have regular eye exams so you can keep your corrective prescription up-to-date.

You will work more comfortably and efficiently if you practice proper computer eye care.



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# Hike to Boxtop 22 Crash Site

By Lieutenant  
Jack McDonald

In the winter, Canadian Forces Station (CFS) Alert is cold and dark and Station staff spend most of their time indoors. This means that in the constant daylight of July and August once the snow finally melts, Station members spend as much time as they can exploring the surrounding areas. Recreational outings are organized almost every weekend to a variety of different locations, whether it be a hike or a drive in one of the Station's tracked vehicles. Ten Station members recently spent a day hiking to the historic Boxtop 22 crash site.

The crash occurred on October 30, 1991, when a CC-130E Hercules from 435 Transport and Rescue Squadron was flying from Thule Air Base, Greenland on the bi-annual resupply effort called Operation Boxtop. While on the final approach, the aircraft struck a rocky slope and crashed approximately 16 km short of the Station, resulting in the tragic death of four of the 18 passengers and crew. While awaiting rescue in the blizzard conditions, the pilot died from exposure.

The group set out early in the morning and drove 6 km in trucks to their departure point, Crystal Mountain. Once they arrived, they parked the trucks, packed their bags and set out in the direction of the crash site. Crystal Mountain lies on the very outskirts of the range of the Motorola radios that are normally used on Station, so all communications from that point on were completed using satellite phones. As soon as the group got out of the shadow of the Mountain, they came across their first obstacle – the Sheridan River



Photo by Lieutenant Jack McDonald

Hikers from CFS Alert walk across the tundra on the return journey from the Boxtop 22 crash site, on August 2017. Mount Pullen and Crystal Mountain can be seen in the background.

Gorge. Flowing from the nearby mountains into the Arctic Ocean, the Sheridan River carries meltwater from a large catch basin, and consequently can grow quite large. Over the years it has carved a 200 foot deep canyon into the tundra plateau, which is a considerable obstacle on the journey to the Boxtop 22 crash site. After picking their way down the rocky sides of the Gorge the hikers took off their shoes and socks and waded across the knee-deep, icy waters. Following a quick snack and water break, the group climbed back up to the tundra and continued on their journey.

Once the hikers were past the Gorge, all that was left between them and the crash site was 8 km of rolling tundra. Just before noon, they

were able to see the tail of the crashed plane sticking out above the horizon, and by lunch time they had reached the site. By then, the wind had picked up, so the group found shelter behind the mangled fuselage. They ate their lunch, and then took some time to pay their respects to the fallen, being careful not to disturb the remnants of the site. After about 30 minutes it was time to begin the journey back to the trucks.

The walk back was the same as the walk there, except for one thing. About an hour after leaving the crash site, the group crested one of the rolling hills of the tundra only to find that they had walked right into a herd of ten peary caribou. This is a special breed of caribou that are small and fully white,

and are native only to Ellesmere Island and the north end of Baffin Island. Seeing them is rare, and they aren't dangerous if left alone, so the group took a few photos while keeping their distance, and then continued on with their hike.

The hikers finally returned to the trucks in the late afternoon, having walked 25km in total. It was dinner time by the time they made it back to the Station, which was thoroughly enjoyed, and then most of the members found their way back to their rooms for a good night's sleep. Overall the trip was a great success, providing a great opportunity for Station members to stay active, explore the area, and visit the historic site of the Boxtop 22 crash to honour our fallen.

## The Contact Newspaper

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

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

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

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

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## ARTICLES AND PHOTOS

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

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

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

## Letters to the Editor:

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



## A Military Community Newspaper

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

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# Members of 8 Wing Trenton recognized for their service

By Makala Chapman

Members of the 8 Wing Trenton family are being recognized for their contributions to the military. In a small ceremony held at Canadian Forces Base (CFB) Trenton, Deputy Wing Commander Lieutenant-Colonel (Lt.-Col.) André Delhommeau and Chief Warrant Officer Bruno Poirier presented a series of awards, promotions and medals to the recipients on Tuesday. Earning his second clasp on his Canadian Forces Decoration (CD) for his 32 years of service was the Base postal clerk Master Corporal (MCpl.) Stephen McGuire. Lt.-Col. Delhommeau thanked him for his time put in the military and noted that recognizing the contributions of individuals, like MCpl. McGuire, was of extreme importance. "When people get the CD sometimes we internally don't make as big of a deal as it should be," said Lt.-Col. Delhommeau. "A Canadian Forces' Decoration is 12 years of service to your country and that means you've made sacrifices that the average individual in Canada doesn't." Receiving his very first CD was Corporal (Cpl.) Jesse Wood who said he has been a part of the military for close to 13 years. Originally a part of the aviation trade, Cpl. Wood said a medical injury forced him to switch career paths and that he recently began his journey in the world of human resources.

"It was hard at first because there was a bit of a learning curve," he said, "but I'm happy to be here." As for his advice to others who are forced to switch trades because of injuries, he said to remain open to new challenges and to persevere. "Don't shut yourself down to different ideas," he said, adding that being in human resources has given him a newfound respect for the job. "I can't believe the amount of stuff they actually do. It's crazy." He added that he was humbled to be recognized for his time in the military and that it was important to recognize the hard work of the military's servicemen and women. "Before the military I'd never been in a job where you feel that you're needed or wanted," he said, "so when you've been in (the military) as long as some of us have been in and get recognized for that, it makes you feel like what you've done has meant something and not just to yourself." Also receiving thanks for their hard work was Cpl. Kimberley Vienneau from the human resources department. She was promoted to the rank of

MCpl. during the ceremony. One of the last recognitions of the ceremony was giving to Petty Officer Second Class (PO2) Jeremme Sean Andrews. The seaman by trade received one of the last two coins given out to those in the Resource Management Support trade (RMS) for his exemplary work. Lt.-Col. Delhommeau noted that since the RMS clerk trade recently split back into two separate trades, there are no longer individuals trained to do the same job as PO2 Andrews. "It was a big deal for the PO to be getting this coin," Lt.-Col. Delhommeau explained after the ceremony. "There are no longer RMS clerks." PO2 Andrews added that he was grateful to have received the RMS coin and that he was surprised and honoured to be one of the last two recipients of the award.

"I started as an RMS clerk, so human resources clerk and now it's going to be somewhat non-longer as an RMS clerk," he said. "I'm very honoured."



Photos by Makala Chapman  
Deputy Wing Commander Lt.-Col. André Delhommeau and Chief Warrant Officer Bruno Poirier present Master Corporal (MCpl.) Stephen McGuire with his second clasp on his Canadian Forces Decoration medal for 32 years of service.



Corporal Jesse Wood holds up his Canadian Forces Decoration, which he received for his first 12 years of service in the military.



Cpl. Kimberley Vienneau (middle left) proudly receives a promotion as she changes from corporal to master corporal.



Petty Officer Second Class (PO2) Jeremme Sean Andrews holds one of the last RMS clerk coins given to him for his exemplary work in the Resource Management Support trade.

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## Blue Knights give Trenton MFRC a boost

### Submitted content

Trenton's Military Family Resource Centre (MFRC) is one again getting a financial boost from one local group.

Karl Hennek of the Blue Knights presented Tamara Kleinschmidt, Executive Director of the Trenton Military Family Resource Centre (MFRC) with a \$150 donation on August 16.

The funds were donated to help support the various programs offered by the MFRC to military members and their families across the region.

Hennek and the Blue Knights have been strong supporter of the MFRC and have steady supporters of the organization for the last 10 years.

In the last five years alone, they have contributed more than \$1,070 to the MFRC.



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## Picture of the week



Photo by Aviator Jerome J.X. Lessard, 8 Wing Imaging  
Loadmaster Sergeant Ken Leacock of 424 Transport and Rescue Squadron looks out of a CC-130H as it flies near downtown Toronto, Ontario following a flyby over Tim Hortons Field, the home of the Hamilton Tigercats, to mark the Canadian Armed Forces appreciation night on August 18, 2017.



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**Continued from page 1**

Two wreaths were then laid at the foot of the memorial, one by a group of first responders and the other by Acting Wing Commander Lieutenant-Colonel (Lt.-Col.) Brent Hoddinott who paused to salute his fallen comrades. Shortly after the ceremony, the sombre mood was quickly lifted by sounds of cheering and bicycle tires skipping

along the pavement as the group officially began the first leg of the second annual ride. In 2007, the stretch of highway from Trenton to Toronto was designated as the Highway of Heroes since it was the route that funeral convoys carrying fallen Canadian servicemen and women would take from Canadian Forces Base (CFB) Trenton to the coroner's office in Toronto. To honour that tradi-

tion, bikers travel alongside the 170-kilometre stretch of the Highway of Heroes until they reach Toronto.

Coming all the way from Alberta to once again participate in the ride this year was Sharon Bath, a Correctional Services of Canada worker.

Bath, who added that she had also been a former member of the military, said she wanted to participate in the ride as a way to help bring awareness to "invisible injuries" like post-traumatic stress disorder (PTSD).

"I wanted to help others," she said. "I've even seen PTSD where I work as I work in a prison and there's trauma there (too)."

As for the most reward-

ing part of the ride, Bath said it was getting to connect with her fellow riders and to share the ride's motto of "honour the fallen, help the living."

"The best part is meeting people and building friendships and camaraderie," she said, "but also honouring those that have scarified their lives."

Wounded Warriors Canada is a privately funded organization that offers mental health programs for members of the Canadian Armed Forces (CAF), veterans, first responders and their families across the country.

Last year, the charity raised more than \$3 million in donations with 82 per cent of expenditures delivered



A trumpet player plays "The Last Post" while the crowd takes a moment of silence to commemorate the ultimate sacrifice given by the men and women whose names are etched on the Afghanistan Repatriation Memorial. Photos by Makala Chapman

to mental health programs and services.

The charity currently supports 13 mental health programs and helps an average of 2,500 to 3,000 people in Canada each year.

Wounded Warriors Canada Executive Director Scott Maxwell added that over the past two years, the ride alone has brought in close to \$250,000 for the charity.

He further explained that while there wasn't a set fundraising goal for the ride, every dollar

helped and that he wanted the bikers to enjoy the event.

"We want it to be an experience and a ride like no other," he said. "It's not a race because it's about the education, the awareness and the remembrance."

Maxwell said that he was both "excited" and "humbled" by the amount of support the charity has received over the years and still receives to this day.

As for his final words of encouragement to the riders, he said he wanted to make sure that they knew that they "make our programs possible as well as change lives and save others in some cases."

The riders left Bain Park promptly at 9:30 a.m. and headed onto RCAF Road to begin the first part of their two-day bike tour.

(From left to right) Barry Mount, Vicki Kemp, Sharon Bath and Dave MacAskill prepare to set off on the second annual Highway of Heroes Ride from Bain Park in Quinte West on August 19, 2017.



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# TRENTON Military Family Resource Centre



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### Summer Hours at the Trenton MFRC

Tuesday, July 4 - Monday, September 11  
The MFRC will be open from Monday - Friday from 7:30 a.m. to 5 p.m. Please note that this does not affect the daycare or Youth Centre hours.

### Heures estivales du CRFM de Trenton

Mardi 4 juillet - lundi 11 septembre  
Le CRFM sera ouvert du lundi au vendredi de 7h30 à 17h. Ces heures n'affectent pas la Garderie.

### 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 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!

### Summer Kidz Kamp Registration

Our Summer Kidz Kamp has a wide range of activities and experiences that you will not find anywhere else such as rock climbing, parachute packing, outdoor swimming, the WIBIT and weekly excursions. For children 6 - 12 years of age.  
At the RecPlex Monday to Friday: July 3 - September 18 a.m. - 4 p.m.  
Before & After Care is available from 7 - 8 a.m. and 4 - 5 p.m. for no additional cost.

### Take Back the Night Belleville - 2017 Call for Participation - Writing

The 2017 Take Back the Night committee wants to use this year's event to elevate the voices of womyn\* in our community. Take Back the Night is a rally and march that happens every year in Belleville and all over the world with the goal to end sexual violence and to highlight the ways sexual violence and rape culture permeate the lives of womyn over their lifetime. We hold our rally at night because often womyn are told not to walk alone at night, and if we are hurt or assaulted it is our fault for not doing what we're told. Take Back the Night allows us to express the frustration of being held to such unrealistic expectations, and organize to hold a space we are often lead to believe is not ours to hold.  
We're asking womyn who have something to say to submit a short piece of

writing to be shared at this year's rally. If you've been a part of this event before or not we want to know what Take Back the Night means to you. We want to know what you would think if you felt you had the freedom to walk alone at night, or any space you've felt unsafe in because you're a womyn. What would it be like to wear whatever cloths you wanted without shame or judgement, to not be sexually objectified or to just wear something because you feel comfortable? Rape culture tells us that our bodies and actions are wrong and we can find ourselves changing our behavior to avoid victim blaming and attack. We want to know how you've experienced this, how you survived, and how you have found healing despite these sometimes disorienting social rules. This invitation is extended to all womyn (trans womyn, cis- womyn, self-identified womyn) and we are placing an importance on womyn who do not always have the privilege to speak and be heard. This includes indigenous womyn, womyn of colour, womyn living with a disability, young womyn, womyn who have jobs as sex workers, immigrant womyn, and all womyn impacted by intersecting oppressions.

Some pieces will be read at the rally and some may be displayed around the market square during the event. If you choose your piece can be anonymous, you can choose to read your piece yourself, or you can choose an organization from the committee to read it. We will also have an interactive community art table where people at the event will be able to connect, engage and respond to words you submit. The Deadline for submissions is Tuesday, September 5, 2017.

Take Back the Night happens on Thursday, September 14, 2017 at Market Square in downtown Belleville. The Take Back the Night Committee is represented by Three Oaks Shelter, Red Cedars Shelter, Ontario Native Women's Association, Slut Walk Belleville, DVSARP, Trenton Military Family Resource Centre, Community Legal & Advocacy Centre and the Sexual Assault Centre for Quinte and District.

Submissions and questions can be sent to Ellen at ellensac@lks.net or to any committee member. Thank you for your engagement in this community project!  
(\*Womyn is an alternative spelling of women that has been used historically to get people thinking about the patriarchal structures in our society.)

### Take Back the Night Belleville - 2017 Call for Participation - Volunteers

Belleville's annual Take Back the Night is approaching. Take Back the Night is a march that strives to end sexual violence against womyn\* and victim blaming. It is

based on the premise that womyn should be able to go out at night feeling safe in their community without risk of violence and that the blame for violence shall be placed upon the perpetrators rather than the survivors. The event takes place on Thursday September 14th at 6pm at the Market Square in Belleville. It will include a rally, the red dress project exhibit and of course, the march. The march is for womyn (cis womyn, trans womyn, self-identified womyn) individuals and anyone is welcome to come out to the rally. We're looking for volunteers to help marshal the march who are womyn. Marshals will be responsible for watching traffic and surrounding the marchers, being mindful of the safety of marchers and will aid participants who may be experiencing physical or emotional distress. There are other volunteer opportunities with set up of the rally and we would love to have either womyn or our male allies support us in this work. There will be a volunteer training meeting prior to the event.

Anyone who would like more information about Take Back the Night or is interested in volunteering is encouraged to contact Ellen Carlisle 613-967-6300 ext 204 or at ellensac@lks.net.

Thank you from the 2017 Take Back the

Night Committee.

### Summer Kidz Kamp Registration

Our Summer Kidz Kamp has a wide range of activities and experiences that you will not find anywhere else such as rock climbing, parachute packing, outdoor swimming, the WIBIT and weekly excursions. For children 6 - 12 years of age.

At the RecPlex Monday to Friday: July 3 - September 18 a.m. - 4 p.m.

Before & After Care is available from 7 - 8 a.m. and 4 - 5 p.m. for no additional cost.

### Mindfulness Group

This group will help you develop mindfulness practices as a way to reduce stress and anxiety, and improve choice when responding to difficult situations. Experience is not required. The Mindfulness Group will take place on August 31 from 12 noon until 1 p.m. or 1 p.m. until 2 p.m. at the Trenton MFRC. Please register at least one week prior to the workshop. You can register and learn more by contacting Rabia: 613-392-2811 ext. 2568 or rabia.s@trentonmfr.ca.

Continued on page 13

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# Heroes Youth Camp visits 424 Squadron

By Makala Chapman

Trying out equipment used by paramedics and talking about crime scenes with police are just a few things local kids learned this week during the annual Heroes Youth Camp. Now in its fifth year — the four-day program revolved around teaching kids about first responders — wrapped up with a private tour of 424 (Transport and Rescue) Squadron (Sqdn) at 8 Wing Trenton Thursday morning.

Donning their yellow camp shirts and grinning from ear to ear, the youth excitedly took turns commandeering the pilot's seat of a stationary CH-146 Griffon helicopter.

The campers were also given the chance to learn a bit about the CC-130H Hercules aircraft by 424 (T&R) Sqdn member Lieutenant James Hall.

For the experienced aircraft navigator, he said he couldn't have been happier to teach the youth about the role his squadron plays both locally and nationally.

"At the end of the day, search and rescue is about education," said Lt. Hall. "The less rescues that we have to do, the better. This was a really good opportunity to have (the campers) come out."

Since its inception, the Camp has become increasingly popular because of the unique opportunities it provides, said program coordinator Cst. Dave Ludington of the Quinte West OPP.

"Usually the reaction is, 'Are we allowed to come back next year?'"



Photos by Makala Chapman

Captain Adrian Rizzuto, with 424 (Transport and Rescue) Sqdn, explains the different features of the CC-130 Hercules aircraft he pilots.

he chuckled, adding that the parents will also ask if there's room for them too.

But a camp of this calibre doesn't run without a ton of community support, said Ludington, who pointed out the countless first responders who volunteer their time. He added that it is critical to teach younger generations not to overlook the roles and responsibilities placed upon emergency personnel, and that the camp was the perfect opportunity to engage the youth in their community.

Ten-year-old Ryan Ludington, one of the 14 campers, said he had been enjoying his time in the program and was especially impressed with the equipment at the base.

"The helicopter is neat and I've never seen one right in front of me," he said, adding that he could now properly identify a search and rescue helicopter.

As the campers took turns sitting in the cockpit of the CC-130 Hercules, Cst. Ludington took a moment to reflect on the Camp and said it was his hope that the youth would choose a career as a first responder.

"I'd like to expose our young people to a variety of different roles that they can choose from in life," he said. "For me, obviously the first responder role is very rewarding."

The campers finished off the week with a barbecue, courtesy of Smylie's Your Independent Grocer, at Centennial Park in Quinte West.

Special guests at the luncheon included 8 Wing Commander Colonel (Col.) Mark Goulden, local paramedics, the fire department and other first responders.



Captain Erin Chapman, a pilot with 424 (Transport and Rescue) Squadron, explains the different functions of the CH-146 Griffon to the participants of the Heroes Youth Camp on August 17, 2017.

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# 8 Wing Trenton says goodbye to summer cadets

By Makala Chapman

After weeks of hard work, more than 600 cadets can officially call themselves graduates of the Trenton Cadet Training Centre (TCTC). To commemorate their time at Canadian Forces Base (CFB) Trenton, the cadets capped the program off with a graduation parade. While threats of rain loomed, the smiles of the cadets from the Intermediate Military Band, Advanced Military Band, Basic Aviation Course, Basic Aviation Technology Aerospace and General Training Course shone through. The final parade also marked the end of the TCTC's summer-long program that had seen mul-

iple groups of young Canadians from all over the province come to the Base for training. Presiding over the celebration and assuming the role of reviewing officer was 8 Wing Trenton Commander Colonel (Col.) Mark Goulden. In his address to the cadets, Col. Goulden noted that he had been inspired by all their hard work and that he would especially miss hearing the band practice from the parade square below his office. The Wing Commander then added that when he had visited the cadets earlier in the week, he had gotten the chance to have a one-on-one discussion about some of their worst and best experiences during the program. "I asked them what the best

thing about the camp is and they said the food," he chuckled, adding that having to make their beds each day was at the bottom of their list. Col. Goulden further went on to tell the cadets that his hope would be that they would continue to apply the values and skills that they had learned at the TCTC as it would ultimately enrich their lives. "Never let anyone tell you that you can't do something because I believe you can accomplish anything you desire with commitment and dedication," he said. "Be leaders and make your communities and your schools a better place." TCTC's Commanding Officer Lieutenant-Colonel (Lt.-Col.) David Forster also shared a few comments at the graduation. He jokingly added that while the cadet's had been trained to properly make their beds, the TCTC could only give a 48-hour guarantee that they would continue to do so once they returned home. He also offered his thanks to the staff at the Base for helping make the program possible. "The support that we receive from this Wing is outstanding and I can tell you that the benefits that your cadets received are second to none," he said. "I consider us to be part of the 8 Wing family." During the ceremony, a handful of cadets were also given awards for their various achievements throughout the course. Winning cadet award for the top intermediate musician was



8 Wing Commander, Col. Mark Goulden, offers a salute to the graduating cadets on August 18, 2017



Photos by Makala Chapman  
Cadets from the Trenton Cadet Training Centre perform a march past at their graduation parade on August 18, 2017.

Corporal (Cpl.) Christopher Fan with the band program. Proudly holding his French horn, Cpl. Fan said he couldn't believe that he was chosen as this year's winner. "I feel very excited and I'm happy that everything that I did in the six weeks of the course paid off," he exclaimed. "I'm feeling pretty happy!" He added that while it had been great getting to learn about music theory and play in the

band, he was looking forward to finally going home. As for something he said he would cherish, Cpl. Fan said it would be the bonds that he made with his newfound friends and staff cadets.

band, he was looking forward to finally going home. As for something he said he would cherish, Cpl. Fan said it would be the bonds that he made with his newfound friends and staff cadets.



Cadet Lindsay Bisland receives the award for top drill team commander on August 18, 2017

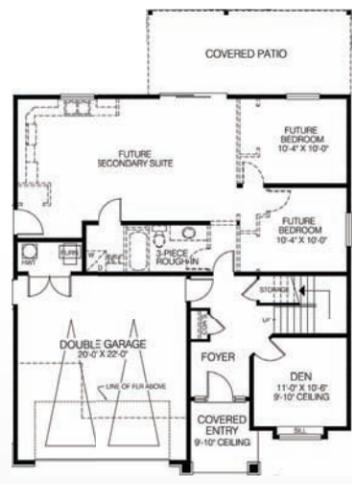
# Home of the Week

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This attractive two-storey, two-bedroom-plus-den family home has plenty of curb appeal, thanks to its nostalgic exterior, complete with pilasters, gables and ornamental woodwork. Inside, however, everything is up-to-the-minute. The unfinished basement includes room for a two-bedroom secondary suite, as well as a den with a peaked ceiling that measures between nine and 10 feet high. There is also a roughed-in bathroom.

The home's entry is at ground level, through a covered porch with a pitched roof, into a foyer with a coat closet on the left. To the right is the U-shaped flight of stairs to the second storey living-area. Upstairs, the large open great room includes a gas fireplace and large windows with a doorway to a partly covered deck. The dining area is tucked into one corner of the great room, with the kitchen adjacent. The kitchen boasts a generous



prep island and eating bar. The L-shaped counter configuration will spell efficiency for the cook, and the window over the double sink will let in lots of natural light. The master suite also looks out to the back garden, and includes a walk-in closet and a three-piece en-suite. The two secondary bedrooms have lots of closet space and share a three-piece bath. Nearby is the laundry room, with a window over the front garden.

The ground floor also includes a covered patio. A double garage completes the lay-out. Exterior finishes include painted horizontal siding, accented with brick-based pilasters, shingles in the gables and decorative woodwork. This home measures 40 feet wide and 55 feet deep, for a total of 1,384 square feet. Ceilings are nine feet high throughout, unless otherwise noted.

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## Welcome to the Trenton MFRC Youth Centre!!

### Special Events:

There's still plenty of summer left, the Youth Centre plans to take full advantage! Check out our fun summer themed activities for August.

### August 5th, 2017

There's no special event at the Youth Centre this month, however we encourage everyone to join us at Walt's Sugar Shack for a full day of fun, food and games!



# AUGUST 2017

| Sun   | Mon   | Tue  | Wed          | Thu   | Fri   | Sat   |
|---|---|--|--------------|---|---|---|
|  |  | 1<br>Water Fight<br>Ages 9-12<br>6 - 9p.m.   | 2<br>CLOSED  | 3 Dream Catchers<br>Ages 10-14<br>6 - 9p.m.       | 4<br>CLOSED   | 5<br>Walt's Sugar Shack Shindig   |
| 6<br>CLOSED   | 7<br>Civic Holiday!<br>CLOSED   | 8 Summer Windmill<br>Ages 9-12<br>6 - 9p.m.  | 9<br>CLOSED  | 10<br>Ring Toss<br>Ages 10-14<br>6 - 9p.m.        | 11<br>Cupcakes<br>Ages 12-16<br>6 - 9p.m.   | 12<br>CLOSED  |
| 13<br>CLOSED  | 14 Tissue Paper Flower<br>Ages 6-8<br>6 - 8p.m.                                     | 15<br>Outside Play<br>Ages 9-12<br>6 - 9p.m. | 16<br>CLOSED | 17 Nature Painting<br>Ages 10-14<br>6 - 9p.m.     | 18 Capture the Flag<br>Ages 12-16<br>6 - 9p.m.  | 19<br>CLOSED  |
| 20<br>CLOSED  | 21 Outside Chalk<br>Ages 6-8<br>6 - 8p.m.   | 22 Unicorn Puppets<br>Ages 9-12<br>6 - 9p.m. | 23<br>CLOSED | 24 Make your own Pizza<br>Ages 10-14<br>6 - 9p.m. | 25<br>Game Night<br>Ages 12-16<br>6 - 9p.m.   | 26<br>CLOSED  |
| 27<br>CLOSED  | 28<br>Water Fight<br>Ages 6-8<br>6 - 8p.m.  | 29 Bracelet Making<br>Ages 9-12<br>6 - 9p.m. | 30<br>CLOSED | 31 Skipping Showdown<br>Ages 10-14<br>6 - 9p.m.   |  |  |

For more information about your Youth Centre & Programs please contact:

**Rabia Stobbart**

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# Sports & Recreation

## September Events

- I/S Golf Playoffs (September 5-26)
- I/S Slo-Pitch Playoffs (September 12-14)
- September 9-14 (National Soccer Championship at CFB Borden)
- September 19-22 (Ontario Regional Golf Championship-CFB Petawawa)
- September 21-22 (GCWCC 2nd Annual Slo-Pitch Tournament- RCAF Diamonds - Trenton)

## October

- I/S Golf Finals & Tournament (October 3)

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### Nouveaux programmes 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!

### Summer Kidz Kamp Cuisinez avec Grace-Nourriture pour la beauté et l'énergie

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### Home Alone Course

September 30th This program prepares children ages 9-12 to be responsible when home alone. 9 a.m. to 3:30 p.m. at the Trenton MFRC \$50 per child- Lunch is not provided To register please contact MFRC Reception or email rabia.s@trentonmfr.ca with your questions.

### Seul à la maison- Le cours

Le 30 septembre Ce programme prépare les enfants âgés de 9-12 ans à être responsables lorsqu'ils sont seuls à la maison. 9h à 15h30 au CRFM de Trenton 50\$ par enfant- Le dîner n'est pas fourni Pour inscription, veuillez contacter la réception du CRFM ou par courriel rabia.s@trentonmfr.ca.

### Al Anon meetings

The Hope & Serenity Group Al Anon meeting meets on Sundays from 7:30 to 8:30 p.m. at the Trenton MFRC. Friends and families of problem drinkers will find understanding and support at Al-Anon meetings open to the general public. For more information, please contact Linda Reade 613-392-2811 ext. 4583 or linda.r@trentonmfr.ca.

### Rencontre Al Anon

Les rencontres de groupe Al Anon Espoir et Sérénité ont lieu au CRFM de Trenton les dimanches de 19h30 à 20h30. Le groupe offre du soutien et de la compréhension aux familles de la communauté dont un membre souffre de problème de consommation d'alcool. Pour information, contactez Linda Reade 613-392-2811 poste 4583 ou linda.r@trentonmfr.ca.

### Trenton MFRC and ADHD : A Family Matter Presents : Raising Great Parents Workshop

Strategies for parents from infants to teens. Saturday, September 23, 2017 10:00 am to 2:30 pm at the Trent Port Marina in Trenton , \$10.00 per person or \$5.00 via Webinar. This workshop is sponsored by Kay Stafford For more information please contact Orlana at orlana.b@trentonmfr.ca or 392-2811 ext. 3953

### Le CRFM de Trenton se joint à ADHD : A Family Matter pour vous offrir : L'atelier Raising Great Parents

Des stratégies pour aider les parents de l'enfance jusqu'à l'adolescence. Le samedi 23 septembre 2017 de 10h à 14h30 , à la marina Trent Port de Trenton, 10\$ par personne ou 5\$

par Webinaire. L'atelier est financé par Kay Stafford Pour information ou pour vous inscrire veuillez communiquer avec Orlana au 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca

### Building Blocks Club In partnership with Autism Ontario

An evidence-based social skills program using Lego building blocks to assist in the development of communication and appropriate social interaction. Starting September 28th 2017 from 6:30 to 8 pm at the Trenton MFRC. Starting September 25th 2017 from 6:00 to 7:30pm at the Belleville Branch For information please contact Orlana Bourgoin 613-392-2811 ext. 3953 or orlana.b@trentonmfr.ca.

### Club de blocs de construction En collaboration avec Autism Ontario

Un programme est spécialement conçu pour développer les aptitudes sociales en utilisant des "Legos" pour améliorer la communication et les interactions sociales appropriées. Commence le 28 septembre 2017 au CRFM de Trenton de 18h30 à 20h00. Commence le 25 septembre 2017 à la succursale de Belleville de 18h00 à 19h30 Pour information, veuillez communiquer avec Orlana Bourgoin 613-392-2811 poste 3953 ou orlana.b@trentonmfr.ca.

### SLED Program

Sled is a group-based life and social skill training program for adults ages 18-25 with special needs. This program will focus on social and life skill development by offering participants access to community resources as a way to foster and promote independent living. This program will take place in a local community center and in an outdoor education facility. This 8-week program starts September 26th from 4:30 to 7:30 pm To register please contact Orlana Bourgoin (613)392-2811 ext. 3953

### SLED

Sled est un programme pour adultes de 18 à 25 ans aux besoins particuliers, qui met l'accent sur le développement des compétences sociales et des habiletés de vie personnelles. Sled offre aux participants l'accès aux ressources communautaires afin de favoriser et de promouvoir un mode de vie autonome. Le groupe se rencontre au centre communautaire local et visite aussi différents établissements communautaires. Ce programme de 8 semaines débute le 26 septembre de 16h30 à 19h30. Pour

inscription ou pour information communiquez avec Orlana Bourgoin (613)392-2811 poste 3953.

### The Puzzle Project

For children ages 8 to 12 • Starting September 28th from 4pm to 5:30pm at the Trenton MFRC • Starting September 25th from 3:30 to 5pm at the Belleville Branch The Puzzle Project is a support group for siblings of a child with Special Needs. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual with special needs. \$16.00 per child for 8-week program. To register please contact Orlana Bourgoin : orlana.b@trentonmfr.ca

### Le Projet Casse-Tête

Pour les enfants de 8 à 12 ans • Commence le 28 septembre de 16h00 à 17h30 au CRFM de Trenton • Commence le 25 septembre de 15h30 à 17h00 à la succursale de Belleville Le Projet Casse-Tête est un groupe de soutien pour les frères et soeurs d'un enfant aux besoins particuliers. Ce programme offre un environnement d'apprentissage agréable aux enfants et leur permet d'échanger au sujet des défis et des joies de vivre avec un individu aux besoins particuliers. 16 \$ par enfant pour le programme de 8 semaines. Pour inscription communiquez avec Orlana Bourgoin : orlana.b@trentonmfr.ca

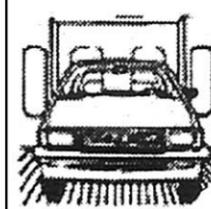
### Special Needs Parent Support Group

Every 2nd Thursday of the Month from 6 to 7:30pm at the Trenton MFRC Connect with other families in your community and discuss topics that effect and interest you. Gain support and insight from local families. This support group is for parents, grand parents, caregivers of persons with all special needs. Please contact Orlana Bourgoin if you require childcare for the meeting : orlana.b@trentonmfr.ca

### Monthly E-News/Social Media

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 Adjointe administrative  
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## Next generation of pilots celebrated at Mountain View

By Makala Chapman

Cadet Jacob Weedon says he is now one step closer to fulfilling his dreams of becoming a pilot in the military.

The 16-year-old Timmins, Ont., teen was one of 39 cadets to be awarded his "wings" through the Ontario Glider Pilot Scholarship for Royal Canadian Air Cadets at this year's end-of-summer graduation.

The newly minted glider pilot, along with 70 other cadets, spent the past six weeks of this summer training at the Mountain View Cadet Flying Training Centre (MVCFTC) in Prince Edward County.

"To have flown so much and to have had this amazing experience

has really been such a joy and such an opportunity," said cadet Weedon.

The young pilot added that he has always been passionate about aviation and that he couldn't wait to put his newfound wings to use.

"(Flying) just feels free and you're just gliding through the air," he explained. "The fun part is having the whole sky be yours."

During the course of the program, the cadets were subjected to hours of in-class learning as well as hands-on experience flying the glider aircrafts.

At the graduation, MVCFTC's Commanding Officer Lieutenant-Colonel (Lt.-Col.) Robert Burns said it was hard for him to find the right words to express how proud he was of his cadets for their dedi-



Photos by Makala Chapman  
 Mountain View Cadet Flying Training Centre's Commanding Officer Lieutenant-Colonel Robert Burns (left) and 16-year-old cadet Jacob Weedon (right) pose in front of the glider aircrafts the cadets learned to fly during the course of the program, 18 August 2017.

cation to the program. "We don't get to this point until we've done six weeks of very, very hard work," he said. "These kids have proven themselves; that they can deliver and rise to the challenge."

As a pilot himself, Lt.-Col. Burns added that he was honoured to be the one to present the cadets with their wings. "This whole continuity of the tradition is very impressive," he explained, adding that he first received his wings from a pilot who had served in the Sec-

ond World War. "I hope that they stay involved in aviation."

He further went on to thank Canadian Forces Base (CFB) Trenton for its support of the program over the years.

Stopping by to offer a few words of encouragement to the graduates was Porter Airline's Chief Executive Officer Robert Deluce.

The aviation tycoon noted that seeing the technological advancements in aviation since when he first had gotten his wings had

given him a greater appreciation of the training the cadets went through.

"Becoming a pilot takes determination, hard work and a personal commitment," he said. "The current generation of pilots that you are a part of may be more capable of taking on a sophisticated aircraft much earlier in your careers than ever before."

As a final word to the cadets, he encouraged them to continue in their quest for knowledge and never give up on their dreams.

"Take advantage of the knowledge that exists around you, learn from one another and support each other," he said. "This will serve you well in both your professional and personal life."



Porter Airline's Chief Executive Officer Robert Deluce (middle) honours two cadets with the 'Porter Star Award' for their "excellence in leadership through teamwork" at the Ontario Glider Pilot Scholarship for Royal Canadian Air Cadets graduation on August 18, 2017.



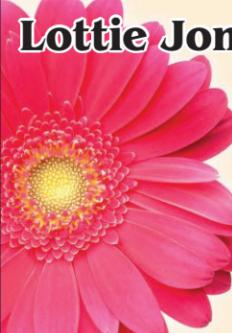
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# In the CFB Trenton spotlight: Kurtis Rogers

By Makala Chapman

A fresh pot of coffee has just been poured and you're about to sit down with your weekly edition of the Contact newspaper before getting ready for work. You might not think much of this routine because every Friday the paper has always been in your mailbox, in the lunchroom at work or you've grabbed a copy on your way out of the grocery store. While the credit has to be given to two hard-working women who wake up before sunrise to deliver each paper by hand, their story will come at a later time. In order to understand exactly how the Contact gets to its readers, even though it's printed all the way in Smiths Falls Ont., you have to meet the man who delivers it to the Quinte region. This is where 38-year-old truck driver Kurtis Rogers comes into the picture because it all starts with him. While 9 p.m. is when most people start getting ready to turn in for the night, that's when Kurtis begins his evening. With the help of his three-year-old daughter Ava Rogers, together they help pack Kurtis a lunch for his long journey ahead. "She'll pick everything up and put it all in the bag for me," he said, adding that she often requests a piggyback ride in between. "I'm not allowed to leave until she knows I have everything." He further explained that his

daughter developed an interest in the trucking industry after he had brought a tuck home one night after work. "Garbage trucks, fire trucks, ambulances, heavy equipment, she just enjoys it," he said. "Even on our garbage days she has to be by the door to wave to the garbage man." Kurtis added that he too fell in love with trucking the moment he began his first delivery back in the spring. "In a truck you can see something new almost every day no matter where you go or how many times you make the same trip up and down the same road," he said. "I love the freedom of it." He went on to explain that once the littlest Rogers has been satisfied that her father has everything he needs for work, she opens the front door of their Smiths Falls, Ont., home and sends him on his way. Taking a five-minute trip down the road, Kurtis arrives at the warehouse that stores all the freshly printed copies of the Contact. He then loads them and some other papers needing delivery onto his truck and sets off for his first stop in Ottawa. Once the drop-offs are complete, he then heads out of the nation's capital and sets sail on Highway 416 and then Highway 401 in order to make his way to Canadian Forces Base (CFB) Trenton. Arriving around 5:30 a.m., Kurtis drops off the Contact and moves on to his last stop in Belleville be-



Photo by Makala Chapman  
Kurtis Rogers holds a bundle of the Contact which he delivers every Friday morning around 5:30 a.m.

fore he can begin making the two-hour drive back home. "On a busy week, I drive close to 3,000 kilometres," he said, adding that he loves every minute of his job. "It might not seem like much and that I'm just delivering a paper, but I know my customers are happy." Like many individuals on the Base, both civilian and military, Kurtis noted that one of the main reasons he does his job with pride is because of his family. While he noted he wished he had more

time with his two daughters and wife, he said their support made it all worth it at the end of the day. "I know my kids are proud of my job and the wife's happy," he said. "I'm doing something I love, I have a family that supports me so what more do you need in life?"

Photo by Kurtis Rogers  
Three-year-old Ava Rogers sits in the front of her father's delivery truck and says she plans to join the trucking industry when she's older.



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96 mths @ 5.9%  
0 DOWN + HST



**12 DUCATI MULTISTRADA S**  
30746 1200L, Brembo brakes, hard saddle bags, multiple pwr modes, all originals, low kms, 150HP, 14,016 km

**\$12,495**  
**\$111**  
bi-weekly  
60 mths @ 5.9%  
0 DOWN + HST



**13 EXCEL F4**  
18133 Shallow water, 17 1/2pt, trolling motor full remote tractions, front mount winch, custom LED headlights, cover, mud buddy motor, all HD best parts, all aluminum EX trac trailer.

**\$24,995**  
**\$190**  
bi-weekly  
72 mths @ 5.9%  
0 DOWN + HST



**11 FORD F-350 XL**  
30092 Auto, 6.7 V8 Turbo, Diesel, 4x4, chrome wheels, tract ctrl, vinyl floor, AC, CD, MP3, ext temp gauge, crank window, cruise, steer ctrl, curb side mirrors, 8'6" XTREME V, 50,636 km

**\$38,495**  
**\$342**  
bi-weekly  
60 mths @ 5.9%  
0 DOWN + HST



**16 CHEVROLET EXPRESS**  
30237 Auto, 4.8 V8, RWD, Airbags, tact ctrl, vinyl floor, leatherette, AC, AM-FM, OnStar, pwr group, 28,941 km  
PREVIOUS DAILY RENTAL

**\$24,195**  
**\$146**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST



**16 FORD TRANSIT 150**  
30310 Auto, 3.7L 6cyl, RWD, keyless entry, AC, MP3, rev cam park aid, pwr group, cruise, curb side mirrors, 24,758 km  
PREVIOUS DAILY RENTAL

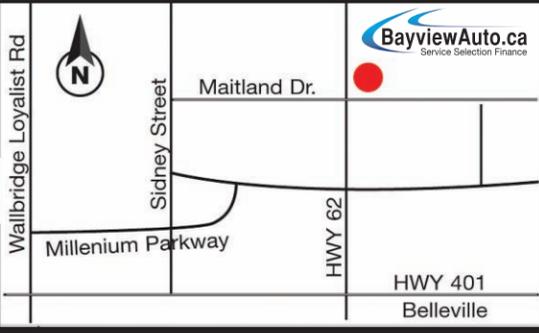
**\$26,995**  
**\$163**  
bi-weekly  
96 mths @ 5.9%  
0 DOWN + HST

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Deferred payments subject to financing. All payments are based on bi-weekly payments. All 2011-2012: 60 mths, 2013: 72 mths, 2014-2015: 84 mths, 2016-2017: 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 5.9% = \$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 2016 & 2017 vehicles are former daily rentals. Bayview Auto is not responsible for pricing, vehicle option or mileage errors printed in this flyer. Contact dealership for more information.