



Regional Cadet Support Unit (Central)



Silver Star / Gold Star Expedition Centre Training



Joining Instructions 2014

INTRODUCTION

1. Silver and Gold Star cadets from across Central Region will attend Expedition Centre Training Weekends. Expedition Centre (EC) training has been designed to provide the Silver and Gold Star cadet with an opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The EC will approach training through an experiential approach, which will allow the cadet to develop skills such as canoeing, mountain biking and hiking through direct experience at a personal level.
2. The purpose of these joining instructions is to provide the cadet and their parent(s)/guardian(s) with the information necessary for them to prepare for and participate in the training weekend.

GENERAL

3. Cadets will receive instruction in (Silver Star) and complete reviews of (Gold Star) the following at the EC:
 - a. practicing environmental stewardship as a team leader;
 - b. navigating along a route using a map and compass;
 - c. using expedition equipment;
 - d. following daily expedition routine; and
 - e. recording entries in a journal.
4. Cadets will be provided training in at least two of the three following dynamic modes of travel:
 - a. paddling a canoe;
 - b. hiking along a route; and / or
 - c. riding a mountain bike.
5. A sample weekend training schedule is located at Annex C.
6. EC dates and corps allocations are located at Annex D.

PRE TRAINING

7. Prior to attending the training weekend each cadet should receive a briefing (Silver Star PO M326.01 and Gold Star PO M426.01) from their corps staff that:
 - a. reviews selection of clothing, footwear and equipment;
 - b. reviews selection high-energy snacks;

- c. reviews the ECs joining instructions and training schedule; and
- d. explains the instructions for completing the navigation review package (Gold Star only).

OBJECTIVES

- 8. Specific objectives of expedition training are to:
 - a. promote a feeling of fun and satisfaction of being a part of an exciting and adventurous activity;
 - b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
 - c. develop leadership and outdoor abilities, techniques, and skills;
 - d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
 - e. promote an increased awareness and concern for the natural environment; and
 - f. develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

ASSESSMENT OF PARTICIPANTS

9. All Silver Star cadets participating in the training weekend will be formally assessed using the PO M326 Assessment Checklist. All Gold Star cadets participating in the training weekend will be formally assessed using the PO M426 Assessment Checklist. Assessment results will be entered into Fortress and forwarded to the respective cadets' cadet corps.

10. All cadets will receive an individual de-briefing by their assigned Team Leader to discuss their performance over the course of the weekend.

ACCOMODATIONS AND MEALS

11. All accommodations and meals during the expedition will be pre-arranged and DND will fund the cost.

12. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets who are allergic to down, should notify their corps Commanding Officer (CO) who will in turn notify the Regional Cadet Expedition Training Officer (RC Expd Trg O) to make necessary arrangements for a synthetic sleeping bag.

13. During the training weekend cadets will be fed Meals Ready to Eat (MREs). They will also receive a meal supplement each day that includes items such as granola bars, fresh fruit, juice, etc.

14. Cadets who are vegetarians, who have food allergies or who have special diet requirements should inform their corps CO who will then inform the RC Expd Trg O in order to make alternate arrangements.

DRESS

15. Dress during training shall be suitable clothing based on both the current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry. As such, appropriate civilian clothing is authorized.

ABSOLUTELY NO TYPE OF COMBAT / MILITARY CLOTHING, COMBAT BOOTS OR JEANS ARE PERMITTED.

16. Annex A of these JIs provides a complete list of clothing that should be brought to the EC. If a cadet does not have access to all of the items listed in Annex A, they should inform their corps CO who will then inform the RC Expd Trg O so that the items can be procured where possible.

17. Annex A also provides a detailed list of clothing and equipment items that will be issued to each cadet while at the EC.

TRANSPORTATION/MOVEMENTS

18. Transportation for cadets and personnel will be co-ordinated by their respective area detachment. Corps COs will be contacted directly and informed of location and timings for pick-up and drop-off. It is the responsibility of the corps CO to ensure that all cadets and their parent / guardian are aware of transportation details – i.e. pick-up / drop off timings and locations.

19. The use of mini-vans will be authorized when a small number of cadets are participating in the activities and when it is more economical and practical than using a bus. Use of the school bus will be the transportation of choice when there are a number of corps from the same geographical area participating. A single assembly point will be established to minimize delays during personnel movements.

20. For cadets who are taking commercial transportation to the EC they will be met by an officer at the start and end point of their journey.

21. Cadets designated as “walk-ins” are requested to arrive at their respective EC not early than 1900hrs and no later than (NLT) 1930hrs.

22. Cadets are NOT required to travel in their cadet uniform. Cadets are required to wear their issued Cadet Parka along with appropriate civilian clothing while travelling.

23. All cadet transportation information will be sent to the corps CO NLT one week prior the expedition training weekend.

MEDICAL / DENTAL / HEALTH

24. All cadets participating in the training weekend must have a current Basic Health Questionnaire and Detailed Health Questionnaire, if required.

25. If a cadet has a temporary medical issue, such as a sprained wrist or knee, broken arm, etc. they must notify their corps CO who must get in touch with the RC Expd Trg O to ensure they are capable of participating in training.

26. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on the spot first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and evacuation to a designated medical facility. More serious incidents will involve the assistance of Emergency Services.

27. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration of the training weekend. Medications must be in clearly labelled containers. Individuals allergic to bee and wasp stings must have an EPI PEN with them and carry it on their person at all times.

EYE GLASSES / CONTACT LENSES

28. Cadets wearing eyeglasses during the expedition must exercise due diligence to the safety of their glasses, i.e. wearing a safety strap.

EMERGENCY CONTACT NUMBERS

29. The following is a list of emergency contact numbers:

a. Capt Nicole Stark, RC Expd Trg O:

(1) office: (705) 424-1200 extension 7664;

(2) toll free: (888) 232-2290, opt 5; and

(3) cell: (705)-790-0187; and

b. Capt Hannah Walker, RC Army Trg O:

(1) office: (705) 424-1200 extension 7028;

(2) toll free: (888) 232-2290, opt 2, 2; and

(3) cell: (705) 715-2235.

SECURITY / RESTRICTIONS

30. It is recommended that personal belongings be marked with the cadet's name or initials for identification purposes.

31. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours.

32. Cadets are forbidden from bringing any firearms or weapons of any sort.

33. **Cadets are forbidden from bringing any army related clothing.**

DRUGS, ALCOHOL AND TOBACCO

34. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to the conduct of the training weekend. Cadets who are found in the possession of, or use drugs, prohibited substances or drug related material will be reported to local civilian police. The use of alcohol by cadets will result in an immediate return to unit (RTU).

35. **Tobacco.** Smoking by cadets will not be permitted.

DISCIPLINE AND BEHAVIOUR

36. Cadets indulging in inappropriate behaviour, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of RTU.

PUBLIC AFFAIRS

37. Following the weekend, pictures taken during training will be posted on the Central Region Flickr Page: http://www.flickr.com/photos/central_region_cadets/.

38. Cadets are also invited to “like” the Central Region Army Cadet Expedition Page on Facebook. This page will provide cadets a web-based resource for pictures and information about expedition related training in Central Region. The group will be monitored by regional expedition staff members. Go to this link to join: <http://www.facebook.com/pages/Central-Region-Army-Cadet-Expeditions/291457294198690>.

COMMUNICATIONS AND CONTACTS

39. Communications regarding the expedition are to be directed to the RC Expd Trg O or the EC OC. Contact information is as follows:

- a. RCSU Central – Email: centralexpeditontraining@gmail.com;
- b. RC Expd Trg O – Capt Nicole Stark :
 - (1) office: (705) 424-1200 extension 7664;
 - (2) toll free: (888) 232-2290, opt 5; and
 - (3) cell: (705)-790-0187;
 - (4) email: nicole.stark@forces.gc.ca;
- c. Central EC OC – Capt Joey Landry:
 - (1) cell: (416) 358-2858; and
 - (2) email: joey.landry@cadets.gc.ca;

- d. Western EC OC – Capt Frances Ogilvie:
 - (1) cell: (519) 717-6273; and
 - (2) email: frances.ogilvie@cadets.gc.ca;
- e. Eastern EC OC – Capt Al Stewart:
 - (1) cell: (613) 883-0615; and
 - (2) email: al.stewart@cadets.gc.ca; and
- f. Northern EC OC – Capt Simon Young (Silver Star):
 - (1) cell: (705) 331-3493; and
 - (2) email: simon.young@cadets.gc.ca; and
- g. Northern EC OC – Capt Chris Donner (Gold Star):
 - (1) cell: (607) 686-6524; and
 - (2) email: christopher.donner@cadets.gc.ca.

40. As training will be conducted in remote locations, cadets will NOT have access to telephone services; however, there will be both cellular and satellite phones for emergency communication purposes.

Annex A – Clothing and Equipment List

Annex B – Packing Tips

Annex C – Sample Weekend Training Schedule (Silver Star and Gold Star)

Annex D – Expedition Centre Training Dates and Corps Allocations

CLOTHING AND EQUIPMENT LIST

1. The provision of all personal clothing and equipment items listed below is the responsibility of each cadet. Prior to purchasing any outdoor related clothing and equipment cadet's should contact their corps CO or the RC Expd Trg O.
2. Cadets are required to bring the items listed below. Cadets who do not have an item should notify their corps CO, who will then contact the RC Expd Trg O, who will make arrangements to procure the equipment for the cadet if possible.

TO BE BROUGHT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
3 pairs of underwear	
1 pair of long underwear (not cotton) (top & bottom)	
2 short sleeve shirts or t-shirts (not cotton)	
2 pairs of long pants (not cotton or denim)	
1 pair shorts	
1 Cadet Parka with fleece liner	
1 pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 pair shoes/sneakers (evening usage)	
1 pair hiking/ biking shoes (day time usage)	
1 water bottle	
1 wrist watch	
1 towel (small)	
1 travel-sized soap	
1 travel-sized deodorant	
1 travel-sized toothbrush and toothpaste	
1 comb/hairbrush	
1 swimsuit (Silver Star EC only)	
1 pair fitted water shoes – no flip-flops, crocks or thongs (Silver Star EC only)	
1 camera (optional)	
1 duffle bag for bringing/stowing gear (NOT a rolling suitcase as these are difficult to store)	

Annex A

Joining Instructions – Silver and Gold Star Expedition Centre Training

5 Mar 14

3. The following items will be issued upon arrival at the EC training site:

TEAM EQUIPMENT (ISSUED)	PERSONAL EQUIPMENT (ISSUED)
Tent	Expedition field pack
Pocket knife	Compression sack(s)
Compass	Stuff sack(s)
Mountain stove/ Dragon Fly Stove	Sleeping bag
Fuel bottle	Sleeping bag liner
Pot set	Thermarest mattress
Matches	Wet weather jacket
Waterproof match container	Wet weather pants
Wash basin	Plastic cup
First aid kit	Whistle
Backpacking tarp	Headlamp
GPS	Carabineer
Naphtha	Trekking poles
MSR water filter	20 SPF lip balm
Toilet paper	Journal
Re-sealable plastic bags	Pencil
Garbage bags	
Gear tape	
Glow sticks	
30 SPF sunblock	
Foot powder	
Hand sanitizer	
Day Bag	
Insect Repellent	

4. ECs have a limited supply of large, x-large, and xx-large sizes of jackets, pants and PFDs. If a cadet requires these sizes please contact the EC OC so that arrangements can be made.

5. The following items will NOT be brought to the EC training site by any participants:

- a. personal climbing equipment;
- b. personal canoeing / hiking / mountain biking equipment;
- c. military related clothing;
- d. junk food of any sort;
- e. inappropriate books or magazines (due to pornographic or violent content);

Annex A

Joining Instructions – Silver and Gold Star Expedition Centre Training

5 Mar 14

- f. lighters;
- g. non-prescription drugs, alcohol or other controlled substances; and
- h. ammunition, firearms (or any other weapon) of any kind.

PACKING TIPS

1. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is your personal kit complete and marked?	
Do you have your prescription medication?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your provincial health insurance card?	
Do you know exactly how you are travelling? If not, contact your corps CO.	

SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule for **Silver Star Expedition Centre Training**. Be advised that Central and Western ECs will conduct canoe and mountain bike training; whereas, Northern and Eastern ECs will conduct canoe and hiking training.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	Expedition Centre staff.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, etc. Cadets will be introduced to their Team Leader (TL).
	Navigation review	Completed as required, time permitting.
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. Expedition Centre staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of TL each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition	
	Mode of Travel #1	Cadets will be assigned a leg of the route to lead.
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route. TL will use time during lunch to instruct EO M326.06
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	

Annex C
 Joining Instructions – Silver and Gold Star Expedition Centre Training
 5 Mar 14

SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	Cadets will be assigned a leg of the route to lead.
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the EC Log O.
1330	Debrief	All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

2. Below is a sample schedule for **Gold Star Expedition Centre Training**. All ECs will conduct hiking and mountain biking training.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	Expedition Centre staff.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, etc. Cadets will be introduced to their Team Leader (TL).
	Navigation review	Completed as required, time permitting.
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. Expedition Centre staff to model daily routine activities.
0630	Breakfast	Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of TL each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition	
	Mode of Travel #1	Cadets will be assigned a leg of the route to lead.
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route.
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	

Annex C
 Joining Instructions – Silver and Gold Star Expedition Centre Training
 5 Mar 14

SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	Cadets will be assigned a leg of the route to lead.
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the EC Log O.
1330	Debrief	All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

EXPEDITION CENTRE TRAINING DATES AND CORPS ALLOCATIONS

Silver Star 2014

11-13 Apr 14	Eastern EC - Bon Echo - 1			
	Corps	Location		
	137	Rockcliffe		
	2317	Ottawa		
	2332	Ottawa		
	2784	Ottawa		
	2870	Ottawa		
	2951	Greely		
	2958	Manotick		
	3018	Orleans		
25-27 Apr 14	Eastern EC - Bon Echo - 2		Central EC - Earl Rowe - 1	
	Corps	Location	Corps	Location
	88	Cobourg	105	Streetsville
	100	Brighton	676	Georgetown
	113	Brockville	774	Kenora
	385	Madoc	1188	Oakville
	492	Gananoque	2072	Dryden
	2587	Kingston	2294	Thunder Bay
	2672	Peterborough	2379	Burlington
	2777	Campbellford	2511	Thunder Bay
	2817	Lindsay	2990	Milton
	2818	Belleville		
2-4 May 14	Eastern EC - Bon Echo - 3		Central EC - Earl Rowe - 2	
	Corps	Location	Corps	Location
	57	Hawkesbury	557	Brampton
	640	Cloyne	2824	Mississauga
	1129	Haliburton		
	2360	Arnprior		
	2403	Cornwall		
	2642	Petawawa		
	2677	Pembroke		
2804	Casselman			

Annex D
 Joining Instructions – Silver and Gold Star Expedition Centre Training
 5 Mar 14

9-11 May 14	Western EC - Wildwood - 1		Central EC - Earl Rowe - 3			
	Corps	Location	Corps	Location		
	68	St Catharines	41	Port Perry		
	162	St Catharines	76	Uxbridge		
	613	Fonthill	748	Markham		
	1626	Grimsby	1888	North York		
	2659	Brantford	1913	Oshawa		
	2835	Niagara Falls	2525	Ajax		
	2865	Hamilton	2754	North York		
	2966	Fort Erie	2799	Aurora		
	2968	Welland	2881	Scarborough		
23-25 May 14	Western EC - Wildwood - 2		Central EC - Earl Rowe - 4			
	Corps	Location	Corps	Location		
	59	Chatham	48	Toronto		
	109	Ingersoll	75	Toronto		
	202	Amherstburg	337	Toronto		
	223	Startford	709	Toronto		
	1086	Windsor	2402	Toronto		
	1112	Tecumseh	2736	Toronto		
	1943	Palmerston				
	2715	Lasalle				
	2828	Windsor				
	2833	Woodstock				
	2853	Simcoe				
	2861	Windsor				
2884	West Lorne					
30 May - 1 Jun 14	Western EC - Wildwood - 3		Central EC - Earl Rowe - 5		Northern EC - Restoule - 1	
	Corps	Location	Corps	Location	Corps	Location
	7	St Thomas	42	Owen Sound	204	North Bay
	9	London	329	Tottenham	1635	Kapuskasing
	11	Stathroy	1849	Orangeville	1884	Timmins
	102	Sarnia	1909	Collingwood	2310	Sault Ste Marie
	2563	Petrolia	1944	Creemore	2344	New Liskeard
	2918	Leamington	2250	Bracebridge	2407	Blind River
	2923	Exeter	2408	Borden	2826	Hearst
	2967	Brussels	2919	Barrie	2912	Sudbury
	3144	Clinton	3133	Kearney	2915	Capreol
					2964	Naughton
					3013	Cochrane

Annex D
Joining Instructions – Silver and Gold Star Expedition Centre Training
5 Mar 14

6-8 Jun 14	Western EC - Wildwood - 4	
	Corps	Location
	21	Cambridge
	62	Hamilton
	1596	Kitchener
	1882	Guelph
	2347	Hamilton
	2814	Hamilton

Gold Star 2014

10-12 Sep 14	Central EC - Kelso		Central EC - Earl Rowe			
	Corps	Location	Corps	Location		
	142	Aurora	142	Aurora		
12-14 Sep 14	Central EC - Kelso - 1					
	Corps	Location				
	105	Streetsville				
	329	Tottenham				
	676	Georgetown				
	1909	Collingwood				
	1944	Creemore				
	2250	Bracebridge				
	2379	Burlington				
	2408	Borden				
2990	Milton					
3133	Kearney					
19-21 Sep 14	Central EC - Kelso - 2		Eastern EC - Gatineau - 1		Western EC - Fanshawe - 1	
	Corps	Location	Corps	Location	Corps	Location
	774	Kenora	204	North Bay	7	St Thomas
	1188	Oakville	640	Cloyne	11	Stathroy
	2072	Dryden	2317	Ottawa	59	Chatham
	2294	Thunder Bay	2332	Ottawa	102	Sarnia
	2511	Thunder Bay	2360	Arnprior	202	Amherstburg
	2824	Mississauga	2642	Petawawa	1086	Windsor
			2677	Pembroke	1112	Tecumseh
			2870	Ottawa	2563	Petrolia
					2715	Lasalle
					2828	Windsor
					2861	Windsor
				2884	West Lorne	
				2918	Leamington	
26-28 Sep 14	Central EC - Kelso - 3		Eastern EC - Gatineau - 2		Western EC - Fanshawe - 2	
	Corps	Location	Corps	Location	Corps	Location
	42	Owen Sound	57	Hawksbury	21	Cambridge
	62	Hamilton	2403	Cornwall	613	Fonthill
	1626	Grimsby	2784	Ottawa	1596	Kitchener
	1849	Orangeville	2804	Casselman	1882	Guelph
	2347	Hamilton	2951	Glouster	2659	Brantford
	2799	Aurora	2958	Manotick	2968	Welland
2814	Hamilton					
2865	Hamilton					

Annex D
 Joining Instructions – Silver and Gold Star Expedition Centre Training
 5 Mar 14

3-5 Oct 14	Central EC - Kelso - 4		Eastern EC - Gatineau - 3		Western EC - Fanshawe - 3	
	Corps	Location	Corps	Location	Corps	Location
	41	Port Perry	100	Brighton	9	London
	75	Toronto	113	Brockville	109	Ingersoll
	76	Uxbridge	137	Rockcliffe	223	Startford
	88	Cobourg	385	Madoc	1943	Palmerston
	748	Markham	492	Gananoque	2833	Woodstock
	1129	Haliburton	2587	Kingston	2835	Niagara Falls
	1913	Oshawa	2818	Belleville	2853	Simcoe
	2525	Ajax	3018	Orleans	2923	Exeter
	2672	Peterborough			2966	Fort Erie
	2777	Campbellford			2967	Brussels
	2817	Lindsay			3144	Clinton
17-19 Oct 14	Central EC - Kelso - 5		Northern EC - TBD - 1			
	Corps	Location	Corps	Location		
	48	Toronto	1635	Kapuskasing		
	68	St Catharines	1884	Timmins		
	162	St Catharines	2310	Sault Ste Marie		
	337	Toronto	2344	New Liskeard		
	709	Toronto	2407	Blind River		
	2402	Toronto	2826	Hearst		
	2736	Toronto	2912	Sudbury		
			2915	Capreol		
			2964	Naughton		
		3013	Cochrane			
24-26 Oct 14	Central EC - Kelso - 6					
	Corps	Location				
	557	Brampton				
	1888	North York				
	2754	North York				
	2881	Scarborough				
2919	Barrie					