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## Canadian Forces Weekend and Air Display 2009 a huge success



Photo: Eric Dumigan

See Pages 3, 5, 6, 14, 15, and 25 for Canadian Forces and Air Display Weekend 2009 coverage.



Photo: Pte Tina Gillies, 8 Wing Imaging

Left to right: Colonel M. Hood, Commander, 8 Wing/CFB Trenton; Wing Commander J. Yapp, Defence Attaché Great Britain; Major-General A. Deschamps, Assistant Chief of the Air Staff; Wing Commander Dyer, Royal New Zealand Air Force representative; Chief Warrant Officer T.J. Secretan, 8 Wing Chief Warrant Officer; Squadron Leader M. Spencer, Defence Attaché Australia.



Photo: Corporal Brandon O'Connell, 8 Wing Imaging

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## Wing Commander's Column

A message from Colonel Mike Hood



Well, here you have it - my last article for the Contact as your Wing Commander. CWO Secretan and I have tried to use this space over the past two years to personalize some of the initiatives that have been ongoing within the Canadian Forces as it is impossible in a Wing as large as ours for you to hear directly from us very often. Lord knows that there has been an incredible amount of change these past two years - your resilience in the face of this transformation has been inspiring.

8 Wing is an exceptionally busy place and the breadth and scope of our missions never ceases to amaze me. I have been very honoured to be at the helm of such a great group of professionals - proud and committed Canadians - and amazed in the manner of how you have excelled in the face of every challenge. The coming construction at the Wing coupled with the arrival of the

C130J will present new challenges and are exacerbated by our continued high deployment tempo. I know that you will meet these challenges head on, as you have every challenge in recent times, and I am confident that you will undoubtedly excel as always.

This past weekend we opened our doors to our great friends in the local area so they can see what 8 Wing and their Air Force does for them - what a resounding success! The parade was magnificent and you could not imagine how many favourable comments I have received. One veteran who was on the original parade sixty years ago mentioned how he had a hard time telling the difference between the two events - that was until the C-17 flew over! I think we truly managed to honour the legacy of the British Commonwealth Air Training Plan in a very fitting manner. The open house was equally successful - a testament to the hard work

and dedication of all who participated - my thanks to you all. But like all things, we quickly returned our focus to operations and by Monday all traces of the weekend were gone. I hope you have managed to tuck away a few nice memories from the weekend - I think it was important that we celebrated our collective heritage and professionalism in such a great manner.

These past two years have been an incredibly rewarding experience for me and I want to thank you all for your hard work, loyalty and dedication. I have been honoured to be associated with such a magnificent group of people as you all are and I will miss the Wing and the local area immensely. On behalf of my family, my wife Louisa and daughter Charlotte, thank you for your tremendous support and best wishes for the future.

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## WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



Cpl Lawrence Thompson (foreground) and Cpl Shaun Carleton work on a Leopard main battle tank that has recently been returned from Afghansitan. The two EME Vehicle Technicians were thrilled to get a chance to put their Army training and experience to the test in order to stop some engine fluids that were leaking out of the tank.

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# Weekend of wonders thrills tens of thousands at 8 Wing Trenton

by Lisa Bailey  
Contact Staff

They came by the thousands – more than 70,000 in all – to 8 Wing/CFB Trenton's Canadian Forces and Air Display Weekend July 4 and 5.

Blessed with favourable weather, the celebration of the 100th anniversary of Powered Flight in Canada, 85th anniversary of the Air Force, 60th anniversary of British Commonwealth Air Training Plan Memorial Gates, 25th anniversary of the National Air Force Museum of Canada and the 40th anniversary of 8 Air Communication and Control Squadron offered something for all ages and interests. Enthusiasts of vintage military aircraft as well as those flown by today's Air Force were treated to spectacular static and air displays. Youngsters and their families delighted in a children's play area. Community groups, national organizations and support services enticed visitors with information and giveaways. Both the Canadian Army and Navy were present with hands-on equipment exhibits and personnel to answer questions. Concession booths offering various goodies were run by civilians as well as some of the countless 8 Wing personnel at work all weekend.

For many, the re-dedication of the BCTAP Memorial Gates on July 4 was a highlight. Hundreds of spectators ringed the parade square perimeter while veterans and other dignitaries were seated to see the 90-minute ceremony, marked by pomp and circumstance and carried out with military precision. A march by representatives of six 8 Wing squadrons and a fly-past by vintage

Photo: Pte Tina Gillies, 8 Wing Imaging



**More than 70,000 people descended on 8 Wing/CFB Trenton last weekend to celebrate the Canadian Forces and Air Display Weekend.**

aircraft likely left lasting impressions.

They did for Bernard Toohey of Brockville. The re-dedication stirred some memories of his military service during the Second World War.

"Learning how to march, all of these kinds of things that were part of your basic training and advance training," he said.

The 84-year-old, whose son-in-law is Lieutenant-Commander Steve Merriman, 8 Wing Chaplain, said he had been a nurse orderly stationed outside Birmingham, England.

"The people we were tending to were casualties from Italy," he said, recalling how one 18-year-old had lost his arms and legs.

"It was an experience."

On the positive side, Toohey remem-

bered taking two patients on stretchers to see some entertainers who had come to their camp. Among them was a young woman whom Toohey said he took one look at and declared, "That's the girl I'm going to marry."

He and Betty, 80, have been together now for 63 years. They attended 8 Wing's celebration with their daughter, who is a nurse, great-grandchildren and other family members.

Asked what stood out for her at the event, the war bride enthusiastically replied, "Those great big airplanes!"

Others shared her view.

"The planes... the girls love the planes," said Trenton's Amanda McRae as two-year-old Madison McRae and her three-year-old

sister, Mackenzie Kent, munched on hot dogs in the shade of a tent.

There were many planes to love. Vintage aircraft fans saw everything from the Chipmunk and Harvard to the Spitfire and Lancaster. More than a dozen modern aircraft were also on display, ranging from the CC177 Globemaster to the CH146 Griffon, with visitors welcome to get up and close personal tours. Lineups formed, especially for the big transports.

Collingwood's Frank Passarelli said he decided to "join the party" because his wife, a lieutenant, is posted at 8 Wing. He had just visited a CC177 Globemaster, where he had his photo taken in the cockpit, and couldn't say enough about the celebration.

"It's awesome... I'm having a wonderful day.

"I did enjoy the (BCATP Memorial Gates) parade very very much... and now that I'm allowed to go into the plane, I can't believe it, it's awesome," he said.

Passarelli appreciated the fact that crew members were very helpful in showing the planes and answering questions.

The flying displays thrilled thousands with the Snowbirds/Hawk One, SkyHawks, a CF18 Hornet specially painted for the powered flight centennial and a Hercules Para Drop among the demonstrations.

"It's the best ever," Marion McQueen said of the air display, adding it was well worth the drive from Brighton By The Bay.

"And it's free," added McQueen's neighbour, Roberta Ritchey.

Paul de Laat of Wellington marvelled at the intricacy of the air demonstrations. He

**See Weekend success, Page 6**

## Search & Rescue UPDATE

424 Squadron had a relatively busy week, as we were involved in seven missions since our last article. Five of these missions were for our CC130 Hercules crews, while one mission was taken on by a CH146 crew, and the final mission saw crews from both airframes take part in the search.

The first tasking had us out to Lake Erie to aid the U.S. Coast Guard to look for an overdue 19-foot vessel. After spending four hours searching for the boat in the early morning hours, the crew was stood down and returned to Trenton.

The next mission sent us back to Lake Erie to search for an overdue boat. The CC130 crew searched for over four and a half hours and found no signs of distress on the lake. While refueling in London, RCC informed the crew that the missing boaters had been located and were alive and well.

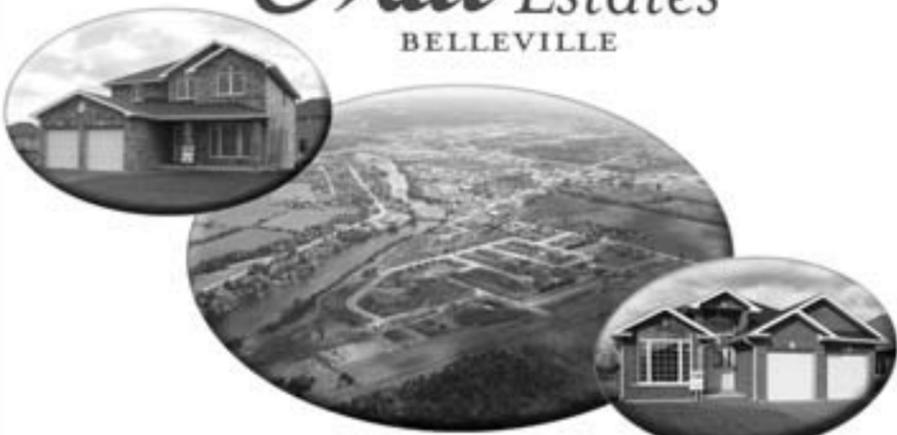
The next tasking sent a CC130 crew to the Montreal area to look for an ELT signal. After acquiring the signal, it was localized to a docked float plane and it was determined that there was no distress. The crew was returned to base and a SERABEC search party was sent to investigate on ground.

The next tasking was to Wellington to search for a man overboard from a 28' personal boat. The CH146 crew searched for over four hours and was returned to base with nothing found.

The last mission of the week was at Hamlin Beach, near Rochester, NY. After being asked to assist the U.S. Coast Guard, both a CC130 and CH146 were tasked to search for a boat which had been taking on water. The CC130 dropped flares on-scene at possible targets, however, upon inspection by a U.S. Coast Guard vessel, it was determined that the debris in these target areas was not related to the search. The crews were stood down and returned to Trenton with nothing found.

Until next week, stay safe.

Missions for 2009: 103 Missions for July: 8 Persons rescued: 9

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### Guidelines for submissions: ARTICLES AND PHOTOS

The CONTACT delivers news and information about 8 Wing / CFB Trenton; at home and around the world. We depend on you and our military community for articles, personal stories and photos. We work hard, with a limited staff, to bring you a quality weekly newspaper. You can help considerably by following these guidelines on preparing your submissions for the paper:

- Articles should be typed in upper and lower case and in plain black text. Don't worry about formatting with underlines, bolds, italics, colours, etc. Acronyms should be spelled out on first reference, and then abbreviated when referred to thereafter.
- Do **not** include clip-art or graphics within your typed pages. Additional graphics/logos may be sent as separate files.
- Articles may be mailed, e-mailed (steiner.al@forces.gc.ca) or delivered in person. Non e-mail submissions should be saved as word documents on a disc and accompanied by a hard copy of your article.
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*Jpeg-Maximum (8X10), 300 dpi*
- Please label all disks and hard copies with article name, contact person and phone numbers, date.
- **ARTICLES MUST BE RECEIVED BY TUESDAY AT 4 PM PRIOR TO PRINT DATE AT THE CONTACT OFFICE.**

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All letters and editorials must be signed and the name of the author will be published, unless otherwise requested. Include a phone number for verification. We reserve the right to edit while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. Mail, e-mail, fax or drop in person to the Contact office. Please refer to the information at the bottom of the page for how to reach us.

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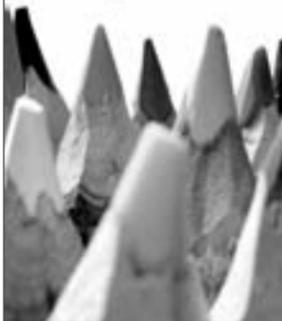
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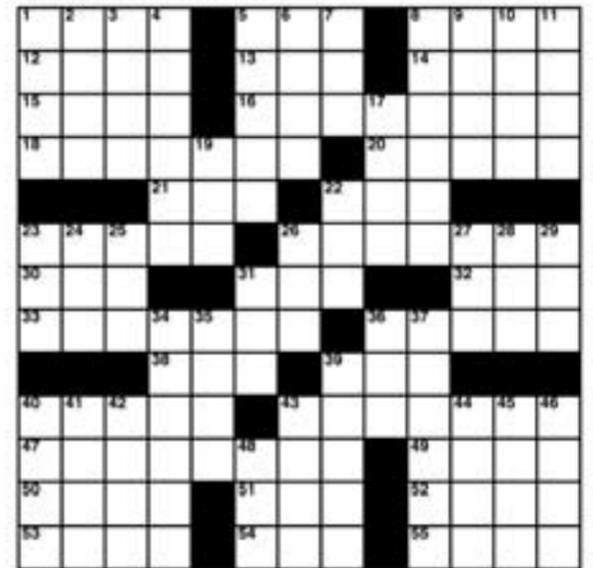
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## Canadiana Crossword

### Performin' Norman

By Bernice Rosella and James Kilner

- ACROSS**
- 1 Buffalo \_\_\_\_\_
  - 5 Legislative assembly member
  - 8 Mother
  - 12 Floral soother
  - 13 Paddle
  - 14 Miniature buffalo
  - 15 Divinity
  - 16 Movie maker
  - 18 \_\_\_\_\_ on The Roof (1971 film by 33 Across)
  - 20 Hoist
  - 21 19th letter of Hebrew alphabet
  - 22 \_\_\_\_\_ magnon
  - 23 Cozy
  - 26 In \_\_\_\_\_ (1989 film by 33 Across)
  - 30 Imitate
  - 31 Spring month
  - 32 Nautical affirmative
  - 33 Celebrated Canadian director
  - 36 \_\_\_\_\_ of God (1985 film by 33 Across)
  - 38 Pecan
  - 39 Reverence
  - 40 Malice
  - 43 1984 film by 33 Across
  - 47 Slow to Sibelius
  - 49 Ottawa NHL-ers
  - 50 Portent
  - 51 The Cincinnati \_\_\_\_\_ (1965 film by 33 Across)
  - 52 Suffix denoting small
  - 53 Fall guy?
  - 54 Employ
  - 55 Blue Jay Alex



- DOWN**
- 1 Fisherman's friend?
  - 2 Kyrgystan mountains
  - 3 Raucous
  - 4 \_\_\_\_\_ No Flowers (1963 film by 33 Across)
  - 5 Internet connector
  - 6 Den
  - 7 Itinerary ref.
  - 8 Diacritical mark
  - 9 Pier
  - 10 \_\_\_\_\_ Struck (1987 film by 33 Across)
  - 11 Swiss river
  - 17 Beige
  - 19 Meadow (ME)
  - 22 Demure
  - 23 Muslim pilgrimage
  - 24 Open, to Pope
  - 25 Kitty cry
  - 26 Preserve
  - 27 Take rays
  - 28 Whiskey genre
  - 29 Affirmative
  - 31 Witty remark
  - 34 Focused
  - 35 Plaintiff
  - 36 Cobbler's concern
  - 37 Natural spring
  - 39 Electrode
  - 40 Polluted air
  - 41 California aboriginal
  - 42 Notion
  - 43 Elevator guy?
  - 44 Abominable one
  - 45 In the know
  - 46 Exploits
  - 48 Skipjack tuna

See Answers, Page 26



### This Week in Contact

1979 – Colonel R.D. Russell, Base Commander, CFB Trenton, launched the base's Teamwork Safety program, a two-year, general safety campaign in which all federal government departments would participate. Teamwork Safety would use a "team approach to develop and expand all unit safety programs, (with) labour and management working together to prevent accidents and eliminate injuries," Col Russell said.

1989 – CFB Trenton, under the command of Colonel C.G. Diamond, welcomed a contingent of 22 Foreign Military Attachés to the base. The officers were on a tour of the Arctic and Eastern Canada. The visit to Trenton included an ATG briefing, a tour of RCC/MCC, the CC130 Hercules Simulator, AMDU and the RCAF Museum.

1999 – The Honourable Hilary Weston, Lieutenant-Governor of Ontario, officiated at a special ceremony at St. George's Cemetery, as the official start to a 75th anniversary (RCAF) project to restore war graves in the Quinte area. Her Excellency, who was also Honorary Colonel of 437 Squadron at the time, participated in the ceremonial planting of flowers and placing of flags on identified graves.

Created by Lt J. H. MacDonald,  
 Compiled by Tom Philp.

# BCATP Memorial Gates Re-dedication Parade and Garden Party

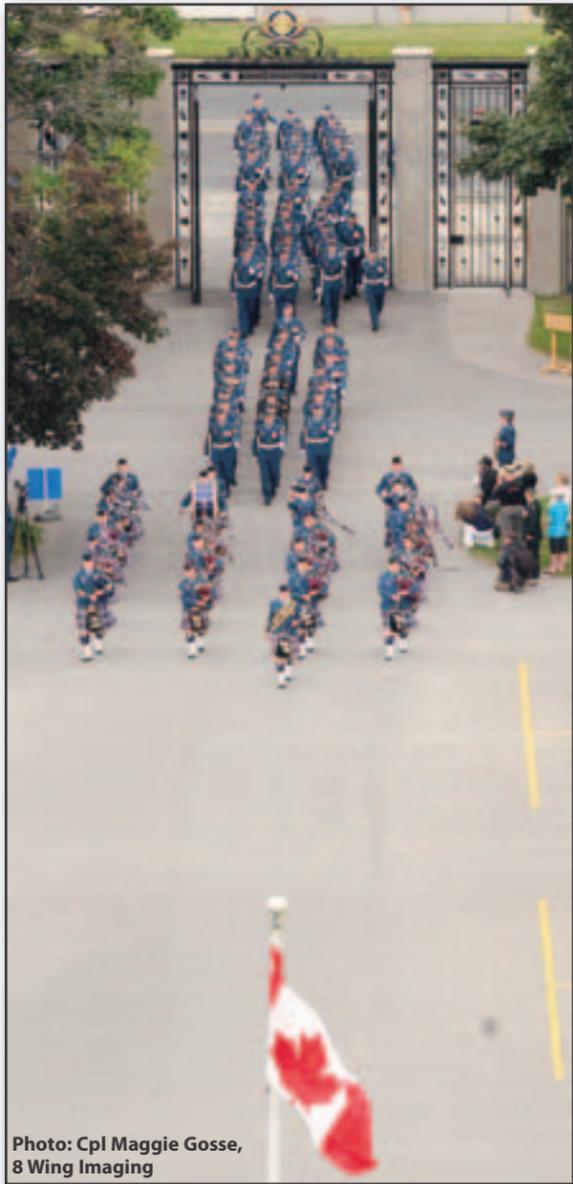


Photo: Cpl Maggie Gosse, 8 Wing Imaging

The Memorial Gates Re-dedication Parade kicked-off Canadian Forces Weekend and Air Display 2009 held on July 4 and 5 at 8 Wing/CFB Trenton. 8 Wing/CFB Trenton personnel make their way through the Memorial Gates, which were presented to Canada for its contribution to the British Commonwealth Air Training Plan (BCATP), which ran from 1940 to 1945.



Photo: Cpl Maggie Gosse, 8 Wing Imaging

8 Wing/CFB Trenton personnel take formation on Parade Square, located in between the BCATP Memorial Gates and the 8 Wing Headquarters building on July 4, 2009. The BCATP was formed by Britain, Canada, Australia, and New Zealand to train pilots and aircrew during the Second World War.



Photo: MCpl Miranda Langguth, 8 Wing Imaging

The 2009 Air Demonstration CF18 Hornet, along with the Snowbirds and the F86 Golden Hawk Sabre, fly over the 8 Wing Honour Guard during the Memorial Gates Re-dedication Parade.



Photo: Pte Gisele LeBlanc, 8 Wing Imaging

**Above:** A general view of the entrance of the Garden Party, following the Memorial Gates Re-dedication Parade.

**Top right:** Garry Beck (left) and Colonel Mike Hood, Commander, 8 Wing/CFB Trenton at the Garden Party. Beck is the president of 483 (Regional Niagara) Wing RCAF. Photo: Pte Gisele LeBlanc, 8 Wing Imaging

**Middle right:** Clint McCormack and partner Doreen Hurley attend the Garden Party. McCormack is a former Air Force fighter pilot and veteran of the Second World War. Hurley is a former Private, drill instructor and a Second World War veteran. Photo: Pte Gisele LeBlanc, 8 Wing Imaging

**Bottom right:** Lieutenant-Colonel Lewis (left), WLEO, and his wife Deana. Photo: Pte Gisele LeBlanc, 8 Wing Imaging





## Weekend success, Cont'd from Pg. 3

said he and his wife, Geeske, have seen many Snowbird presentations but "never one like this."

"And the (CC150 Polaris/CF18 air-to-air refuelling is just unbelievable," he added.

The fact that the weekend saluted Canada's rich aviation history was noted.

Rocky Mikolic of Oshawa, a self-professed "airplane nut", said he enjoyed seeing the "whole spectrum of aircraft" and the demonstrations reflected the technological advancements made in aviation.

"It's our heritage really; to me it's important," said Art Darnbrough, president of 413 Wing of the Air Force Association of Canada in Trenton.

He spent 29 years in the military service and said the celebration helps foster good relations.

Warrant Officer (Ret) Gordon MacCalden of Port Hope said he was stationed at 8 Wing twice and had tours overseas. Enjoying the air display with family members, WO (Ret) MacCalden said the weekend celebration presented the perfect oppor-

tunity to show "support for our troops."

Todd Armstrong and a busload of about 40 others travelled to 8 Wing from the Barrie area. His teenaged son and the youth's friend, who are both Air Cadets, were with the group; Armstrong said a friend keenly interested in the military planted the seed to attend the celebration.

"It was so well publicized to attract the attention of regular people to come out and celebrate the 100th anniversary of Powered Flight in Canada, and so we're here to see the cool planes and hopefully learn some history," he said.

For others the visit was an enjoyable family outing.

Peter Schildknecht of Belleville, who recently retired after 22 years as an aircraft mechanic, said he appreciated the effort made to embrace children "and everybody actually." A play area enticed youngsters with everything from a fun obstacle course run by 8 Wing Supply, to a Mad Science show, to crafts and face painting, to a huge inflatable shaped

like an aircraft carrier that came from Michigan. Familiar mascots like Tony the Tiger and Honey Bee of Honey Nut Cheerios were brought in by Smylie's Independent Grocer.

"I think it's really important for families to be able to come and enjoy this... not only military families but also the community," said executive director Susan Sweetman of the Trenton Military Family Resource Centre.

"It's important to give back and have fun," Sweetman said, noting the community is "so supportive" of the base and the MFRC.

Various organizations, local to national in scope, had booths at the celebration, presenting an opportunity to increase exposure and raise awareness.

It was appreciated. At the Belleville Shrine Club and District Mason booth, for example, John Neil said they talked to a lot of people about their work, which includes helping children at Shrine hospitals, and they boosted their fundraising.

Photo: Lisa Bailey, Contact Staff



The Honey Nut Cheerios mascot, Honey Bee, hugs Mona-Lise Dube while enjoying the fun-filled celebrations at the Canadian Forces Weekend and Air Display.

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## PET OF THE WEEK



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# SPORTS & RECREATION

## CORRECTION – 2009 SURF AND TURF RELAY RACE

Photo: Cpl Igor Loutsiouk, 8 Wing Imaging



The Contact received incorrect information regarding the above photo. The members in the photo are from the Canadian Forces Land Advanced Warfare Centre (CFLAWC) not from the Canadian Forces Aerospace Warfare Centre (CFAWC) as previously published in the June 19, 2009 edition (Volume 44, Issue 24). The correct information should have read as follows: Colonel Mike Hood (right), Commander, 8 Wing/CFB Trenton presents #391 "TX'D Para-shoes" from the Canadian Forces Land Advanced Warfare Centre (CFLAWC) with the first place trophy for achieving the fastest time (03:42:54) in the Master Category of the 23rd Annual 8 Wing/CFB Trenton Surf and Turf Relay Race held on July 12, 2009. Team members included Corporal Greg Stevens, Warrant Officer John Renaud, Master Corporal Stephane D'Aragon, Warrant Officer Diezel Lodger, Warrant Officer Ted Kilcup, Sergeant Darrell Bishop, Major Greg Strome and Terry Gough.

## Junior Lifeguard Club mini-camp

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Join our Aquatic Leadership Camp and we will get you started. During this week-long Aquatic Leadership camp participants will work towards achieving their Standard First Aid/CPR "C", Bronze Medallion and Bronze Cross Certifications. Participants must be 13 years of age or older.

quick learners, those between levels or those who thrive in an energetic learning environment.

The mini-camp will take place on Monday, August 24, Wednesday, August 26, and Friday, August 28, from 9 a.m. to 1 p.m. each day.

Cost is \$40 for military community members and \$50 for the general public.

The camp will take place on Monday, July 27, and Friday, July 31, from 9 a.m. to 6 p.m. each day.

Cost is \$225 for military community members, plus a \$40 fee for the Lifesaving Manual, and \$250 for the general public, plus a \$40 fee for the Lifesaving Manual.

## Introduction to Fencing

You've heard of fencing but never actually had a chance to try it? Want to try a new sport for the summer? Fencing might be for you!

In order to introduce the youth fencer 10 years of age and up to competitive fencing, the PSP Community Recreation Association is offering youth and adult Learn to Fence nights this summer.

These programs, run by a NCCP Level IV qualified coach, will teach the basic fundamental skills of balance, coordination, agility, speed and reaction, provide an introduction to the fencing disciplines of foil and sabre, and give the new fencers a taste of competitive fencing in a fun environment.

For those fencers who demonstrate an interest and ability to pursue competitive

fencing training, beginner programs will run in the fall.

All required equipment will be supplied. Lessons will be taught in small groups. Participants are to wear appropriate gym attire with running shoes.

Lessons will take place from 6:30 to 8:30 p.m. on the following dates: July 15 for 10- to 13-year-olds; July 29 for 14- to 16-year-olds; and August 12 for those ages 17 and older.

Cost for military community is \$10 per class, and \$12 per class for the general public.

For more information please call 613-392-2811 ext. 3361. You may also contact Capt Marilyne Lafortune at 613-392-2811 ext 3563 or 613-475-0318, or at Marilyne.lafortune@forces.gc.ca.

## Enjoy 'Kayaking for Kicks' on local waters

Kayaking for Kicks is a three-hour adventure on quiet and serene West Lake – and then, a short portage will take you over to Lake Ontario.

Take this introduction course and then enjoy renting the kayaks available at the Gym on the Southside.

All equipment for the course is supplied. You will be placed into small groups. This is also a great course for families.

Kayaking for Kicks includes a Wet Exit and Re-entry Certificate (issued if wet exit and re-entry is performed).

The course is open to those 12 years of age and over, accompanied by a parent.

Cost is as follows: \$60



for military community and \$65 for the general public.

The course will take place on the following dates: Wednesday, July 15, from 5:30 to 8:30 p.m.; Sunday, August 9, from 9 a.m. until noon; Wednesday, August 19, from 5:30 to 8:30 p.m.; and Thursday, August

27, from 5:30 to 8:30 p.m.

This course will be held at Bernie Gray Kayaking, located at 177 Main St. in Wellington.

Registrations are being accepted at the RecPlex.

Take advantage of the REDUCED cost of the course and register today!

## Red Cross Swim Lessons

Registration for Sessions One and Two of the Summer Red Cross Swim Lessons continues for all (military community and the general public) until Sunday, July 12, at the RecPlex during regular hours of operation.

## Provincial Park Day Passes

Take advantage of our park passes and save on your entry to Sandbanks Provincial Park, North Beach, Presqu'île Provincial Park, Ferris and Bon Echo.

Passes are now available at the RecPlex. Provincial Park day passes are available through the RecPlex for a cost of \$7 (per pass). There is a limit of one pass per family.

Please be advised that passes cannot be reserved in advance and that these passes are available to military personnel and CRA members only.



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### Creating a healthy habit

Over half of Canada's children are not active enough for healthy growth and development. It is important to develop physical activity habits in the younger years to prevent significant health risks such as high blood pressure, heart disease, stroke, obesity, diabetes, osteoporosis, depression, and colon cancer.

Health Canada has produced a variety of reliable resources for children, youth, families, teachers and community leaders to address this serious issue. Visit the *Physical Activity Guides for Children and Youth* online at [www.phac-aspc.gc.ca/pau-uap/paguide/child\\_youth/](http://www.phac-aspc.gc.ca/pau-uap/paguide/child_youth/).

These resources describe two key guidelines for increasing physical activity in children and youth. Increase the time currently spent on physical activity by accumulating at least 30 minutes more per day.

Reduce "non-active" time, such as watching TV, playing video and computer games and surfing the Internet, by at least 30 minutes per day.

Physical activity shouldn't be a power struggle between you and the young people in your life! Some things you can do as a family:

Walk the children to school, go for a walk after supper, dance – with or without music, create a "Get Active, Idea Jar" – dip into it when you hear "I'm Bored!", enjoy the playground as a family, teach them to ride bicycles/ ride with them, borrow equipment: balls and bats, frisbees, bikes, in-line skates, ice skates and toboggans, and teach them how to use them, clear snow together and make a snow fort, get help with chores by making a game or challenge of it.

The *Family Guide to Physical Activity for Children* states that "encouraging kids to build physical activity into their daily routine helps to create a pattern that may stay with them for the rest of their lives."

As parents, teachers and community leaders, we have an opportunity to give the gift that keeps on giving – the benefits of a healthy lifestyle through an appreciation for physical activity.

### Become an active family by becoming a SMART family

School is out! Now is a great opportunity to build on your family fitness plans for a healthier and more active lifestyle.

One way to get started is to use SMART goals to provide some specific direction to experience the success you are looking for. Here is an example on how you can make SMART goals work for your family.

**Specific:** We will walk together as a family two times per week to start. Our fitness goals need to be specific in that they clearly define the what, why and how of the changes we want to make.

**Rather than just saying we want to be healthier as a family we might plan to walk as a family at least one time during the week on Wednesdays after supper and one time during the weekend on Sunday afternoon. By the end of three months we'll increase this to three times per week.**

**Measurable:** We are going to walk for 30 minutes. Your goals should be measurable and as a result you'll be able to manage them easier. Your family members should be able to see the change(s) occur in themselves and other family members:

"I can see that our family walks have brought us closer, we are talking more to each other and we have picked up our pace over the

last three months."

**Achievable:** We will walk together on Sunday afternoons. Goals should be achievable in that we should be able to figure out ways to make our goals come true. Your physical activity goals need to s-t-r-e-t-c-h you a little, so you and other family members can feel that everyone can do them and it will take some commitment from everyone.

**"Let's increase the distance we walk by one block per play session. Motivation to continue will result from the success everyone experiences at the end of each play session."**

**Relevant:** Relevant goals are meaningful and significant. They can make a difference in your life as a family. Get everyone involved in deciding what the goals should be and how to achieve them. An example might be: every family member will get the opportunity to plan and choose the walking route for each play session.

**Trackable:** All goals should be trackable so you can see what your progress is; either in terms of results you are experiencing, or actions you are taking. Tracking your goals helps you determine if you are going in the right direction and make any necessary adjustments along the way. If your goal is to walk at least three times per

week by the end of three months, you can track your progress to determine if the goal is achievable.

From this you can determine a larger goal such as walking as a family three times per week and be active as individual family members an additional three times per week.

For those families who are well on their way and are looking to enhance their family's active plan, add variety into your active schedules. Try a new activity that a family member has desired for some time. Another challenge would be to consider creating a monthly family day or activity/carnival/festival day.

Give all family members a chance to contribute to the success of the day from the variety of activities or type of active transportation, to nutritious snacks for the day. It doesn't have to be costly.

Bring some play things; you'll be pleasantly surprised how creative these days will become and they will simply change as a result of the change in seasons, moving from being winter active to summer active and everything in between.

*Adapted from: Running Room Magazine, Jan/Feb 2009, Volume 15, Issue 1*

### Did You Know?

Golf is the only sport to be played on the moon – on February 6, 1971 when Alan Shepard hit a golf ball.



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# Unique memorial to our veterans past and present

By Lisa Bailey  
Contact Staff

What began as a way for Devin Castilloux to work on his writing skills and explore history has become a unique memorial to Canadian veterans past and present.

Visitors to his display at 8 Wing/CFB Trenton's Canadian Forces & Air Display Weekend got the chance to see the 16-year-old's project and add their names to the more than 2,000 already collected.

"I just wanted to try to reach as many people as possible (with the project)," Castilloux said. "I wanted to try to get as many signatures as possible."

He said he is striving to ensure that the sacrifices of veterans will not be forgotten.

These people deserve to be remembered because they "have put their flag before themselves," Castilloux said.

"When you sign up with the military and you go into service, you're doing what your country tells you to do rather than what you (individually might) want to do," said the Oakville resident and sergeant with Air Cadets 540 Golden Hawks Squadron.

Fittingly, a Canadian flag forms part of his project. The Maple Leaf is stitched in one corner of a large white canvas. In another corner is the poppy, a universal symbol of Remembrance. The canvas is covered in signatures so another strip of canvas was made available on the weekend; it is to be attached to the larger piece and the whole creation is headed in September to the Juno Beach Centre in Normandy, France - near the site where Canadian troops landed in June 1944 as part of the Allies' historic D-Day invasion in the Second World War.

The canvas has already done some travelling. Some of its other stops have includ-



**Art Darnbrough of 413 Wing of the Air Force Association of Canada (left) signs a canvas as Devin Castilloux, a sergeant with Air Cadets 540 Golden Hawks Squadron, looks on.**

ed Afghanistan (twice) as well as Ottawa, Hamilton and Calgary.

Castilloux's father Mike, who was also manning the display at 8 Wing, inadvertently put the project in motion about five years ago. He suggested the then-11-year-old could work on his writing skills and nurture his interest in Canadian military history by interviewing veterans at Toronto's Sunnybrook Hospital.

Castilloux thoroughly enjoyed it and had each veteran sign a small Canadian flag as a way to remember it.

After a dozen or so interviews,

Castilloux said, he wondered about having the veterans sign a large Canadian flag and flying it on the Peace Tower at Parliament Hill.

Federal officials said that could not happen because signatures on the Maple Leaf would be interpreted as a sign of defacing it. However, it was suggested a border around the flag could be signed and Castilloux received the Maple Leaf that flew atop the Peace Tower on Remembrance Day 2005, the Year of the Veteran.

Subsequently, Castilloux has gathered signatures of everyday people as well as such notables as three First World War veterans, two astronauts and General Rick Hillier, Canada's former chief of defence

staff. Veterans of the Second World War, Korean War, peacekeeping missions and present-day personnel serving in Afghanistan have also added their names to the canvas.

The project has received the support of Veterans Affairs, the Department of National Defence and Prime Minister Stephen Harper, among others, Castilloux noted.

His efforts are also inspiring others. A visitor to his display on the weekend wants to set up a similar project but for cadets only.

"Everyone has something good to say about it, young and old," Castilloux said, noting that always gives him "a good feeling."

Photos: Lisa Bailey, Contact Staff



**Canadian Forces & Air Display Weekend visitors view Devin Castilloux's striking memorial project. The Canadian Flag and a poppy fill two corners of a canvas covered with signatures signifying remembrance of the sacrifices of Canadian veterans past and present.**

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# TACSTC Staff Cadets receive ranks and appointments

by Captain Josh Bambrugh  
TACSTC Public Affairs Officer

Tuesday, June 30, 2009 marked the completion of initial training for 96 staff cadets, during a Ranks and Appointment Parade, for the Pre-Employment Training (PET) at the Trenton Air Cadet Summer Training Centre, located at 8 Wing/CFB Trenton.

A sense of personal pride was evident on the faces of each graduate as the staff cadets, dignitaries, families, friends and officer staff took part in the opening highlight for the Training Centre for 2009.

The Reviewing Officer for the parade was Lieutenant-Colonel Hank Nieuwland, CD, Commanding Officer of the Trenton Air Cadet Summer Training Centre.

Ninety-six staff cadets completed an intensive four-day PET, focusing on youth and leadership development, followed by a four-day 'on the job training' in their new positions.

The PET was completed the week before the arrival of the first intake of approximately 700 course cadets who will be involved in a variety of air

cadet courses and activities this summer.

Besides the intense training schedule, there is a selection process for the warrant officer positions for the summer training centre, including the Training Centre Warrant Officer First Class (TCWO1) appointment, received by Staff Cadet Christopher Ducas (from Cornwall ON), which is the top staff cadet position available.

The Directing Staff are selected from Cadet Instructor Cadre Officers and Civilian Instructors who are employed at the Cadet Summer Training Centre for the summer, and are tasked with mentoring and evaluating these cadets in order to place them in positions appropriate to their abilities.

The culmination of the training period was the graduation and appointment parade at which point once the final appointments of Training Centre Staff Cadets were complete, the newly appointed TCWO1 and Commanding Officer rang the Trenton Air Cadet Summer Training Centre Bell, to signify the start of Summer Training Operations for 2009.

Photo: Capt Josh Bambrugh



TACSTC Flag Party marches on the Colours during the opening of the Ranks and Appointments Parade.

Photo: Capt Josh Bambrugh



Warrant Officer First Class Christopher Ducas (left) and Lieutenant-Colonel Hank Nieuwland (right) ring the bell to indicate the opening of the Training Centre for 2009.

Photo: Victoria Reece



Warrant Officer Second Class Andrew DesRoches (from Cambridge, ON) is the Flag Bearer during the PET Ranks and Appointments Parade.



Photo: Victoria Reece

Sergeant Robert Cottrell, Rifle Bearer, (from Whitby, ON) for the Flag Party during the PET Ranks and Appointments Parade.



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# CFB Trenton Girl Guides

June 2009 was an exciting month for the CFB Trenton Girl Guides organization. The evening of Tuesday, June 9, was the 'Advancement' ceremony for Girl Guides. Parents were able to watch the leaders celebrate their daughters' progression from Sparks to Brownies, from Brownies to Guides, from Guides to Pathfinders and finally Pathfinders to Rangers.

What an evening it was! The girls chose to complete this ceremony with an "Intergalactic" theme, costumes included. They dressed their leaders up and all the presentations sounded like something from outer space! Each Unit was costumed for their respective "planet" and the girls had "rocket blast packs" to advance to the next level. Well done and entertaining!!

The highlight and surprise of the evening was for Shawna Bannerman. She received her Canada Cord. Shawna has been involved in the Guiding organization since she was five years old. She started with Sparks and carried on to complete Brownies and start Guides while her family was posted in Winnipeg, MB. She finished Guides and moved up to Pathfinders in Courtenay, B.C. Shawna has completed the Pathfinder program and now moves up and on to Rangers with the CFB Trenton Girl Guides. Shawna is looking forward to working on the Ranger program and volunteering with the Brownies and Guides. Shawna is a Grade 9 French Immersion student at Bayside Secondary School. This summer she is travelling with the Courtenay Pathfinders to England, Italy, Switzerland and France. Shawna is the daughter of Captain Christine Bannerman, a Flight Nurse at the Canadian Forces



Shown above is Captain Christine Bannerman (right) with her daughter, Shawna Bannerman.

Aeromedical Evacuation Flight.

Other girls that moved up to the next level are: Sparks Rylly Parsonson and Samantha Lloyd (absent) advanced to Brownies; Brownie Margaret Pedersen advanced to Guides; and Guides Cassandra Wareham and Jordan DiStafano advanced to Pathfinders. In addition, four new Brownies were enrolled: Reanna Harron, Juliana Edgett, Hannah Claire Corriveau and Amy Tanguay.

For details about fall registration, please contact the following: Sparks, Nancy Everett 613-394-2865 or Virginia Tanguay 613-813-2158; Brownies, Michelle Murtha-Weir 613-392-9927; Guides, Jennifer Boyle 613-392-3061 or Nancy Everett 613-394-2865; Pathfinders and Rangers, SherryLyn Albanese 613-968-2372.

The first meeting in the fall will be held Sept 15 at Ecole Cite Jeunesse.

**Attention Readers**

The Contact will be closed from July 27 to August 7 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 10.

**Contact**

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## 2 Canadian Air Division stands up

by Capt Holly Brown  
1 Cdn Air Div/CANR

Brigadier-General Rick Pitre assumed command of the Canadian Forces' most recent formation, the newly established 2 Canadian Air Division/Air Force Doctrine and Training Division, in a formal ceremony at 17 Wing, Winnipeg on Thursday, June 25.

The Air Force has embarked on what BGen Pitre calls "a new and exciting chapter in our rich air force history."

Commander 2 Canadian Air Division is now responsible for all Air Force doctrine, individual training and education. In addition to the Canadian Aerospace Warfare Centre located at 8 Wing Trenton, BGen Pitre will oversee the conduct and management of training establishments at: 15 Wing Moose Jaw, 16

Wing Borden, and a new Air Force Training Centre comprising several Air Force schools and training institutions. In addition, he will have oversight of training conducted by the Prairie Cadet Region.

"The creation of 2 Canadian Air Division/Air Force Doctrine and Training Division will regroup the majority of Air Force training, education and lessons learned functions into one formation, which will allow a better focus on doctrine, training and associated support at this crucial time in our history," said LGen Angus Watt, Chief of the Air Staff, who presided over the ceremony. "The reorganization of existing resources into two formations will allow 1 Canadian Air Division to enhance its focus on Air Force operations at home and abroad."

The conditions influ-

encing the training environment today present significant challenges and will require a much more focused integration of doctrine, training and education, not only within the Air Force, but across the whole of the Canadian Forces, said BGen Pitre.

"Today we need the ability to track and influence an individual's career from the moment he or she steps into the recruiting office... to commencing training," he said. "The tools to make this happen exist. We have them and what we need to do now is to make them work for us in a practical and affordable way."

"The creation of 2 Canadian Air Division is a reflection of CF transformation initiatives and is all about increased efficiency and effectiveness," said CWO Bill Dalke, Division Chief Warrant Officer. "There will be a distinct

benefit to having a Commander whose focus is dedicated to Air Force doctrine and training matters." The Air Force's ability to be a "learning organization" while continuing to generate forces for operations will be significantly improved through this realignment, which will make effective use of already existing resources. The principal objective for this transformation is to improve the efficiency and effectiveness of training, standards, activity levels and resource allocation.

"We improve through learning, by having agile processes that can adapt to an evolving environment, while remaining true to the core principles," said BGen Pitre. "And therefore it stands that 2 Canadian Air Division must be responsive, forward-thinking, innovative and continuously learning."

## OFFICERS RECEIVE COMMISSIONS



Lieutenant-Colonel Hank Nieuwland (left), Commanding Officer of the Trenton Air Cadet Summer Training Centre, promotes six Officers to the rank of Second-Lieutenant, as follows: 2Lt Ryan Desroches, 2Lt Michelle Depass, 2Lt Liam Gadbois, 2Lt Daniel Khayutin, 2Lt Patrick Searle, and 2Lt Samuel Vanhuizen. They received their Commissions in the Canadian Forces at the end of the Pre-employment Ranks and Appointment Parade held Tuesday, June 30.

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# 2009 Trenton Downtown Business Improvement Area Sidewalk Sale Stage Entertainment July 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>

**THE streets ARE  
PAVED WITH savings**  
the streets are closed and the fun begins!

## Thursday, July 16<sup>th</sup>

- 10:45am Opening Ceremonies - Mayor John Williams and Chairperson, Maggie George
- 11:00am The Barn Cats
- 1:00pm The Pete's
- 3:00pm Voices in Concert
- 4:00pm Darlene Brooks
- 5:00pm Mark Taylor
- 6:00pm Quinte Bay Cloggers
- 7:00pm Rob Vance

## The Cadillacs Friday, July 17<sup>th</sup> 8-11pm



## Friday, July 17<sup>th</sup>

- 11:00am Andy Forgie
- 12:00pm Flashback
- 1:00pm The Dixie Dudes
- 3:00pm Stacey Dooling
- 4:00pm Tweed Twangers
- 5:00pm Cold Creek Cloggers
- 6:00pm Fade Kings
- 8:00pm The Cadillacs

## Saturday, July 18<sup>th</sup>

- 10:30am Crossroads
- 11:30am Andy Forgie
- 12:30pm Canyoneros
- 2:30pm Fiddleheads

Sound • Matt Goodman  
Equipment • RiverSide Music

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# SIDEWALK *sale* DAYS!

### Canadian Forces Weekend and Air Display 2009



Photo: Ed Baraniecki



Photo: Cpl Maggie Gosse, 8 Wing Imaging

**Top left:** A CC150 Polaris and two CF18 Hornet jets demonstrate strategic air-to-air refueling capabilities.

**Middle, centre:** The CF18 Hornet, along with a Snowbird (left) and a Golden Hawk (right), join together to do a Centennial of Flight formation, to celebrate the 100th Anniversary of Powered Flight in Canada.

**Top right:** A CF18 Hornet, emblazoned with Centennial of Flight colours, takes off.

**Bottom left:** The Snowbirds perform in the background as a Canadair F-86 Sabre, refurbished in the Golden Hawks' colours, taxis past.

**Bottom centre:** Two CT156 Harvard aircraft fly over the crowds.

**Bottom right:** With the Canadian flag in tow, SkyHawks Parachute Demonstration Team members thrill the crowds with their skills.



Photo: Pte Tina Gillies, 8 Wing Imaging



Photo: MCpl Miranda Langguth, 8 Wing Imaging



Photo: MCpl Miranda Langguth, 8 Wing Imaging



Photo: MCpl Miranda Langguth, 8 Wing Imaging



Photo: Cpl Igor Loutsiouk, 8 Wing Imaging

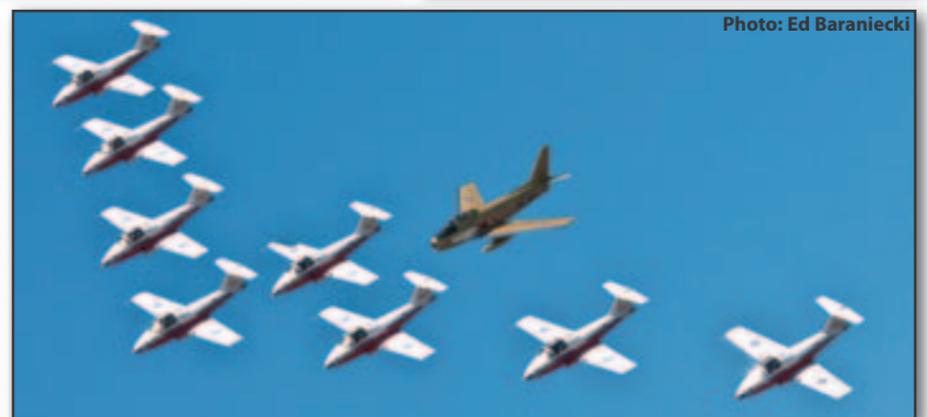


Photo: Ed Baraniecki

**Above left:** The Snowbirds, in CT114 Tutors, perform one of their amazing formation stunts.

**Above right:** The Snowbirds fly in formation with Hawk One, a Canadair F-86 Sabre 5 jet fighter refurbished in the colours of the Royal Canadian Air Force Golden Hawks aerobatic team.

**Bottom left:** A member of the CC177 Globemaster III crew waves to the crowd as the aircraft taxis.

**Bottom right:** A CC150 Polaris takes off in preparation for an air-to-air refuelling demonstration with two CF18 Hornet jets.



Photo: Cpl Igor Loutsiouk, 8 Wing Imaging

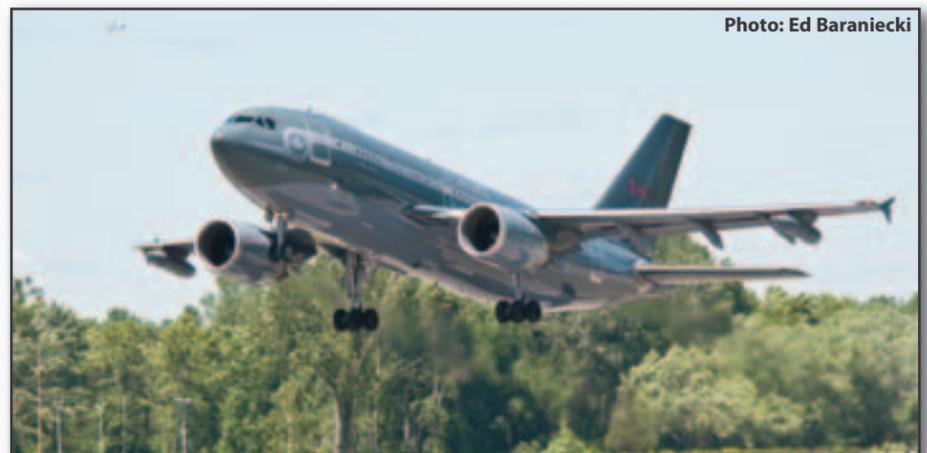


Photo: Ed Baraniecki

*Canadian Forces Weekend and Air Display 2009*



Photo: 8 Wing Trenton, 8 Wing Imaging

**Top left:** Bill Shepard, a Canadian Havard Formation Pilot from Tillsonburg, ON, shows Justin (left) and Jason Kowall (right) the inside of a Canadian Harvart.

**Lower left:** Briana Anton and her cousin Tadeas Mateju from the Czech Republic sit in a Snowbird.

**Right:** Betty Toohey, 80, of Belleville, and her seven-year-old great-grandson, Cameron Prince of Peterborough, prepare to enter the static aircraft displays. Other families members accompanied the pair, including Toohey's 84-year-old husband, Bernard, whom she met while he was serving in England during the Second World War.

**Bottom left:** Standing by an Mk5 diver boat are (from left) Leading Seaman Steve Fisher, LS Kim Sauer and LS Rory Schlauch of HMCS York in Toronto.

**Bottom right:** Eight-year-old Alexandria Schildknecht of Bellville climbs around a LAV III armoured vehicle as Private Pete Jack of 1 Royal Canadian Regiment at CFB Petawawa watches. The LAV III and other vehicles and equipment were part of a Canadian Army and Navy display.



Photo: Lisa Bailey, Contact Staff



Photo: Cpl Maggie Gosse, 8 Wing Imaging



Photo: Lisa Bailey, Contact Staff



Photo: Lisa Bailey, Contact Staff



Photo: Lisa Bailey, Contact Staff

**Above:** Staff from the Trenton Military Family Resource Centre keep an eye on children enjoying an inflatable shaped like a U.S. Navy aircraft carrier that was on display at the Children's Area. Made in Argentina, the inflatable bouncer was brought in from Michigan. It primarily appears at air shows from California to New York.

**Right:** Mac Johnston, 12, of Trenton, checks out a 105 mm C2 Howitzer as Bombardier Evan Laplante of the 7<sup>th</sup> Toronto Regiment looks on at the Canadian Army and Navy display.



Photo: Lisa Bailey, Contact Staff



# Community Events

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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. Fax us at [613-965-7490](tel:613-965-7490) or email to [steiner.al@forces.gc.ca](mailto:steiner.al@forces.gc.ca), at least 10 days prior to your event. Call [613-392-2811](tel:613-392-2811) Ext. 7005 for more information.

## Logistic Movers Association Biannual Reunion

*Knights of Columbus Hall in Trenton*

**Date: 02 - 04 Oct 09**

*02 Oct 09, Movers Classic Golf Tournament ( 0800 - 1600 Hrs ) 8 Wing Trenton Golf Course*

*02 Oct 09, Meet and Greet ( 1900 - 0100 Hrs ) K of C Hall*

*03 Oct 09, LMA Biannual Meeting ( 1100 - 1200 Hrs ) K of C Hall*

*03 Oct 09, Dinner ( 1900 - 0100 Hrs ) K of C Hall*

*04 Oct 09, Champagne Breakfast ( 0900 - 1100 Hrs ) K of C Hall*

*Hope to see you all there.*

All inquiries can be directed to the LMA website at [www.lmacanada.ca](http://www.lmacanada.ca) or email at; [lma933mover@gmail.com](mailto:lma933mover@gmail.com).

## 8 Wing Trenton EAP Referral Agents

Karen Brake 7911  
Dot Serre 3295  
James Leblanc 3053  
Nathalie Serre 7413  
Daphne Mullin 3652 (bilingual)

If you need assistance, our door is always open.

## ANNUAL HYDRANT FLOW TESTING

As in previous years, the 8 Wing Fire Department will be conducting annual hydrant flow testing throughout the Wing and in the PMQ area. These tests help to confirm and ensure that the water pressures servicing these areas are sufficient for firefighting operations. Occupants may experience discoloration of their water and need not worry.

If this occurs, simply continue to run your water until the discoloration disappears. The testing period will run from 1 June until approximately 1 September.

If there are any concerns, please feel free to contact the Fire Department business line at local 3511.

## Concerts in the Park

Concerts will be held at the Ted Snider Band Shell, Fraser Park on Friday nights from 6 p.m. to 8 p.m. Joining us again this year are local artists providing 'Art in the Park' organized by the Arts Quinte West group.

- July 10: Stacey Doling and Darlene Brooks
- July 17: The Cadillacs - Downtown Sidewalk Sale
- July 24: Tom Savage
- July 31: Flashback
- August 5: Air Cadets (2pm Wednesday afternoon)
- August 7: Robert Vance
- August 14: Ground Speed
- August 21: Fade Kings
- August 28: Barn Cats
- September 5: Open Stage, Matt Goodman

**Please note: The above information is a provisional list of performers - changes may be made at any time.**

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Grace Over Diamonds  
Hail The Villain  
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**MILITARY DISCOUNT --** Military personnel are eligible for discounted tickets for this event. To get the discount, the purchaser would go to our website, [www.rocknthePark.com](http://www.rocknthePark.com) or go directly to [www.ticketbreak.com](http://www.ticketbreak.com) and type in the promo code "CFBTRENTON" and receive an instant \$10 off the concert ticket of \$32.50 or the weekend concert and camping ticket of \$57.50.

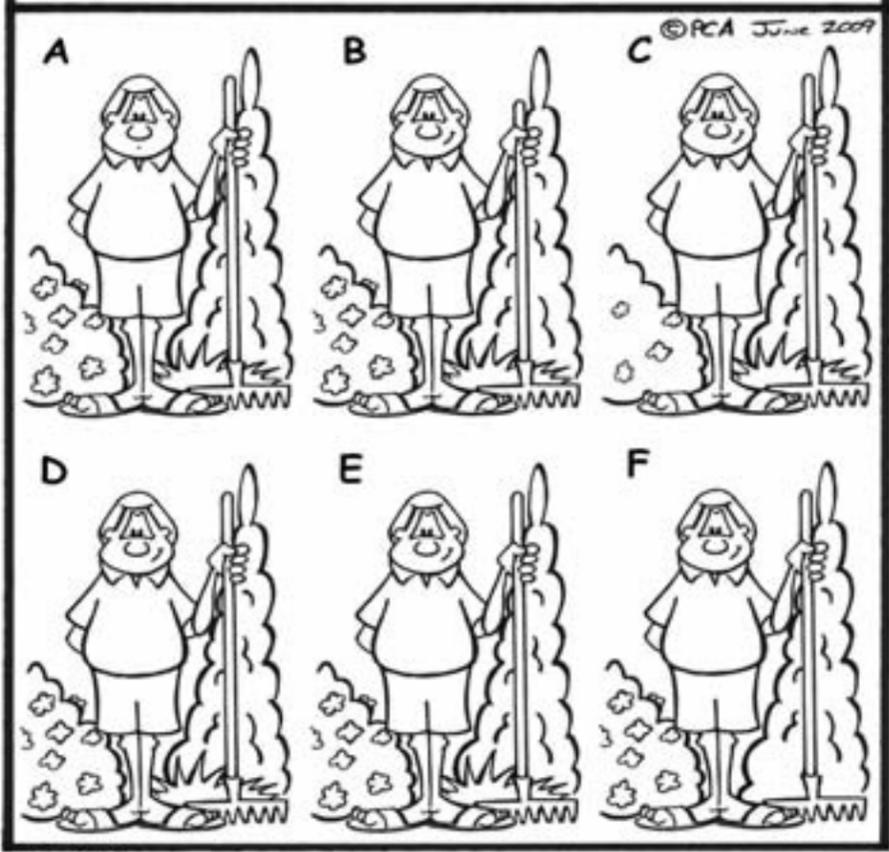
Feature

FAMILY



NOTXACTLYDASAME www.pcartoons.com  
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FIND THE 2 IDENTICAL IMAGES



Mealtime.org **Shrimp/Crabmeat Salad**  
with Citrus Dressing

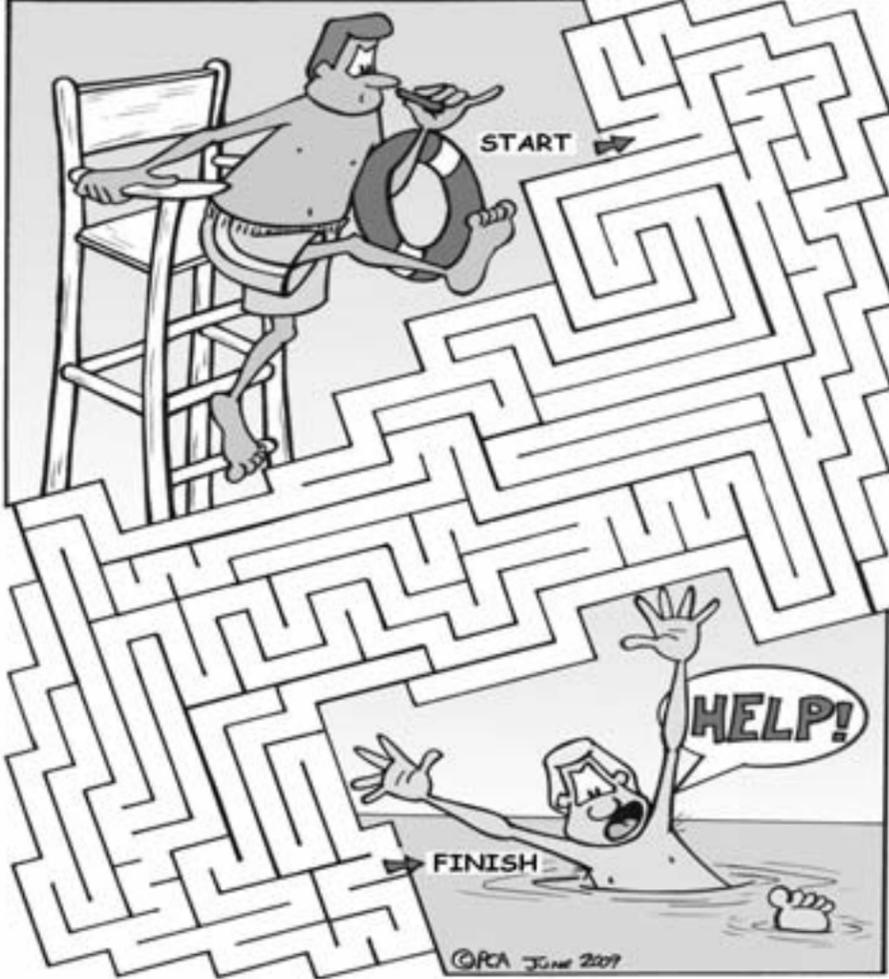
- Ingredients:**
- 1 can (6 ounces) lump crabmeat, drained
  - 3 tablespoons lemon juice, divided
  - 2 tablespoons mayonnaise
  - 1 teaspoon chopped chives
  - 1 teaspoon chopped fresh parsley
  - 6 tablespoons olive oil
  - Salt and pepper to taste
  - 4 Belgian endives
  - 1 can (14 ounces) hearts of palm, drained and sliced thinly
  - 18 large shrimp, peeled, deveined and cooked
  - 2 oranges, peeled, in segments
  - 2 grapefruit, peeled, in segments

**Preparation Time:** Approximately 30 minutes

**Preparation:** Mix the crabmeat, 1 tablespoon lemon juice, mayonnaise, chives and parsley. Chill in the refrigerator until ready to serve. Mix the olive oil, remaining lemon juice and salt and pepper to taste separately. Slice the stem off the endives and separate into leaves. Arrange 3 of the larger leaves on each of 6 salad plates. Slice the remaining endive thinly and toss with the hearts of palm. Place this mixture in the center of each place. Top the sliced endive with a mound of crab salad. Rest 3 shrimp against the crab salad and garnish with orange and grapefruit segments. Drizzle the remaining dressing over top. Servings: Six

*Nutritional Information Per Serving: calories 280; total fat 18g (saturated fat 2.5g); cholesterol 60mg; sodium 450mg; carbohydrate 19g (fibre 6g); protein 13g*

DEAD END ? www.pcartoons.com  
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Ask your child to show you happy, sad, surprised and angry faces he can make.

Encourage your child to imagine being differ-

ent animals. What might animals feel and what actions would they use to show their feelings?

Your child can roar like an angry lion, jump like a happy frog or crawl like a sad turtle. What suggestions can your child make?

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Asking your child to talk about her feelings lets your child know that you care about them.

It encourages her to share how she feels and allows her to show concern for other people's feelings.

**Play**

Creative movement activities like role playing

animals help your child to express his feelings.

Ask your child to show you how he or she can fly like a startled bird, splash like an excited seal or stomp his feet like a grumpy elephant!

**Teach**

By talking about and dramatizing different emotions your child will build her vocabulary and find new ways to describe and communicate how they are feeling.

Your child will learn many words that describe different emotions.

*Courtesy of the D-News Network, DND-CF Public Affairs Newswire.*

*All text by Invest in Kids. www.investinkids.ca*

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# HOROSCOPES

Donna's Astrology Weekly  
www.donnavantoen.com

July 12 – July 18

*Theme of the week: Regardless of your gender, you can expect to have more dealings than usual with women this week, including possibly some important ones. Expect a high energy week with some need to stay on your toes.*

**ARIES** (March 21-April 19): Wipe the sleep from your eyes and get the show on the road! Dealings with others should be good for the most part. Domestic matters may figure strongly in the week's themes. You're on the cutting edge of some kind of breakthrough. Focus!

**TAURUS** (April 20-May 20): You can sleep in on Sunday, but expect Monday to start off with a bang, followed by sporadic bouts of noise continuing throughout the week. If you want to get ahead, put your stubborn streak in the closet. Part of the scenario could be a friend who is ill or otherwise having a problem. You may not understand, but you may need to help.

**GEMINI** (May 21-June 20): You've got so much energy you're getting ahead of yourself, especially between Monday and Wednesday. Showing up early for meetings and appointments rarely hurts so long as you actually check your appointment book beforehand. Showing up a day early won't impress anybody! If you've still got meetings to schedule, do it early in the week. By Thursday you may be all tied up and unable to slot anything in on short notice.

**CANCER** (June 21-July 22): There's a shift in your hopes this week, thanks to an opportunity that turns up somewhere between Wednesday and Friday. This involves a new responsibility. If you're ready to handle that, go for it! Be big enough to forgive others their trespasses; you're moving on anyway.

**LEO** (July 23-Aug. 22): This is a pretty easy week when you're focused on accomplishing your goals and making a goodly bit of headway. There could be some unexpected happenings to slow you down, but even these should be largely positive. If not, they'll be set in order with minimal effort. While someone may turn the table on you, you catch it before any china breaks.

**VIRGO** (Aug.23-Sept. 22): You may not be on a mountain top, in an ashram, or sitting under a tree, but you're looking for all the world like a guru this week. You radiate wisdom, compassion, and attunement with the Universe. Don't be surprised if others seek you out.

**LIBRA** (Sept. 23-Oct23): You get a chance to focus on the lighter side of life this week. You're involved with friends and interested in doing things that improve your general knowledge, possibly through lectures or seminars. There's lots to do and it's all good!

**SCORPIO** (Oct. 23-Nov. 21): Harmony prevails for much of the week, but by Friday you're running out of flexibility and might be getting a little fed up with people. Skip the weekend trip to the casino; your chances of winning are poor. Better you should schedule some time to yourself!

**SAGITTARIUS** (Nov. 22-Dec. 21): This is a productive week for you. It's capped off with an unexpected and positive surprise, possibly to do with work. Go ahead and celebrate. You deserve it. Just double-check your facts before you go tooting your horn!

**CAPRICORN** (Dec. 22-Jan. 19): This is a good week for relaxing if you can remember how that's done. Aside from a desire to be a bit more independent or self-sufficient, there's no pressure. These desires can be easily satiated by exploring your own interests on your own.

**AQUARIUS** (Jan. 20-Feb. 18): You're once again going through a period of internal adjustment or readjustment. These are happening with pretty regular frequency due to the pace of your life and the amount of territory you're covering. Make this a week of catching up with yourself rather than scheduling yet more events on your calendar.

**PISCES** (Feb. 19-March 20): You seem to be very involved with what's going on in the lives of friends and relatives. There are some enjoyable opportunities in this regard. Just make certain that your own needs don't get lost in the shuffle.

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**DOS COMPLEX**

BY DAVE JOHNSON  
SO WHAT PART OF "NO HAND TOSSING YOUR OWN PIZZA" DID YOU NOT UNDERSTAND?  
I'D BETTER GO GET THE SNOW SHOVEL.

**Not In My Backyard! by Dale Taylor**

HOPE YOU DON'T MIND MY SITTING IN YOUR FOOD DISH.  
THE THOUGHT OF EATING OUT OF THAT BOWL DISGUST ME NOW.  
DON'T WORRY. I TOOK A BATH.  
... IN YOUR WATER DISH.

**DuJour**

Tops on the agenda today is punctuality

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July 10-11-12, 2009  
Shannonville Speedway  
Live Music - Movie - Beer Garden  
Admission: Fri/Sat - \$10 Sunday - \$5  
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**Événements et Information**

**"FLAT OUT" Fin de Semaine**  
10-11-12 juillet, 2009  
Shannonville Speedway  
Spectacle de musiciens - Cinéma en plein air - Bière plein air  
Admission: vendredi/samedi - 10\$ dimanche - 5\$  
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Family member deployed or going to be deployed?



Come out for a fun event!

What: A Hawaiian Beach Party  
When: July 18<sup>th</sup> 12:00-3:00  
Where: WOs & Sgts Mess  
Register at extension 4532 by July 15<sup>th</sup>

Avez-vous un membre de la famille déployé ou qui va être déployé? Venez vous amuser!



Quoi: Une fête "Hawaïien"  
Quand: le 18 juillet 12h-15h  
Où: Mess des Sgt et Adjudants  
Inscription: poste 4532 jusqu'au 15 juillet

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**Contemporary Rancher**  
Plan Number 5-3-642

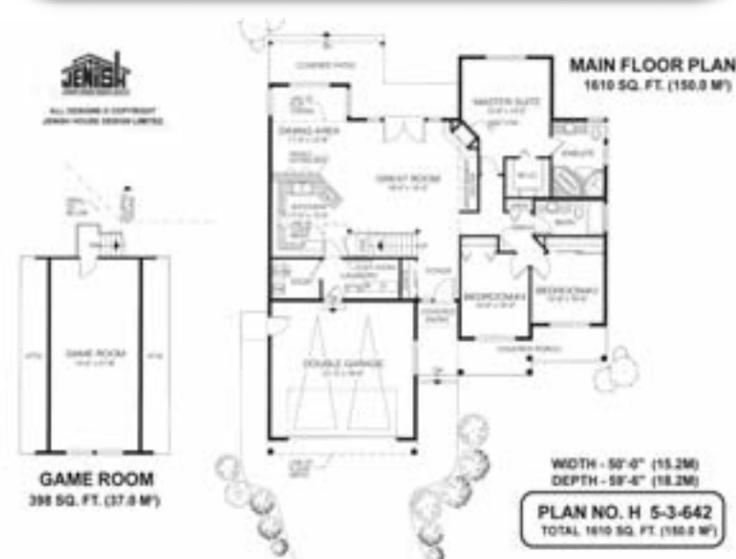
Rustic exterior details lend this contemporary rancher the air of a charming country cottage.

Inside, this three-bedroom rancher boasts a practical floor plan with a bonus: a 398-square-foot games room over the garage.

From the kitchen, a door leads to the double garage, passing a storage room, and the laundry on the way.

The master suite has a walk-in closet, a niche for a television and an elegant corner ensuite bathroom with a soaker tub. Another three-piece bathroom serves the secondary bedrooms.

*This home measures 50 feet wide by 59 feet, 6 inches deep, for a total living area of 1,610 square feet.*



Plans for design 5-3-642 are available for \$629 (set of 5), \$706 (set of 8) and \$755 for a super set of 10. B.C. residents add 7% Prov. Sales Tax. Also add \$25.00 for Priority charges within B.C. or \$45.00 outside of B.C. Please add 5% G.S.T. or 13% H.S.T. (where applicable) to both the plan price and Priority charges. Our 41st Edition of the Home Plan Catalogue containing over 300 plans is available for \$13.50 (includes taxes, postage and handling). Make all cheques and money orders payable to "Home Plan of the Week" and mail to:  
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**Pte J. Desjardins**

received the 426 Sqn Person of the Quarter Plaque, presented by LCol Cochrane, CO 426 Sqn.



**Sgt K. Sherbeth**

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**Mr. L. Irving**

1 Cdn Air Div Det TRSET, received the Air Command Commendation, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Lt D. Raymond**

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**Maj D. Reid**

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**Mr. J. French**

received a 426 Sqn CO's Commendation, presented by LCol Cochrane, CO 426 Sqn.



**MCpl S. Thompson**

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**Sgt K. Millican**

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Showcase

# Showcase



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**Mr. H. Maroney**

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**Mr B. Truman**

received an 8 Wing Commander's Commendation, presented by Col Mike Hood, Commander, 8 Wing/CFB Trenton.



**Mr. M. Gorman**

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**Master Seaman A. Savoie**

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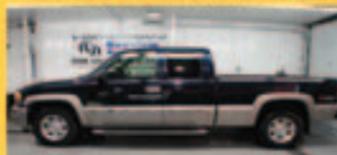
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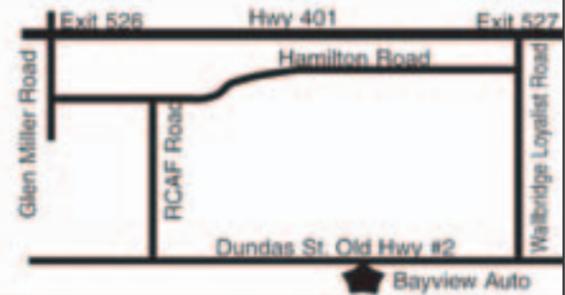
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# NAFMC is a national treasure, a "people museum"

by Lisa Bailey  
Contact Staff

It's a national treasure that has evolved in tribute to this country's military aviation history. However, the National Air Force Museum of Canada at 8 Wing is more than just a collection of aircraft and artifacts. It's a "people museum."

Time and again, speakers and other dignitaries pointed to that connection at the official opening of the museum's 25th Anniversary exhibit on July 2.

Chris Colton, executive director, told the 80 or so past and present board members, staff, volunteers and friends gathered that it is a celebration of "25 years of us" or those with "some connection in some way with this wonderful facility."

Appreciation was expressed to everyone, from the masons who've crafted stones for the Ad Astra fundraising program, to donors, those who've served on the board and the many volunteers, whom former executive director Jeff Brace called the "bread and butter of this museum".

"Without you, we wouldn't be recognizing the advances this museum has made," he said.

The NAFMC's first executive director, Ken Kee, said he couldn't believe the progress made since he first became associated with the facility in 1992. At that time, he said, it was a "very well-run little

museum in the lean-to on the southside recreation centre" with a few volunteers and a \$24,000 operating budget.

"We've come a little way since then," he said jokingly.

Undergoing moves and expansion in subsequent years, the NAFMC is now the largest facility of its kind in the country, with more than 3,500 artifacts and memorabilia, a \$500,000 operating budget and more than 4,000 visitors annually. It tells the story of Canada's Air Force and its many incarnations, starting with the Canadian Aviation Corps of 1914-1915, the Canadian Air Force (1920-24), including the golden era of the RCAF (1922-1968) and ending with today's Air Command (since 1975).

It remains a work in progress with a goal of creating a finished display area, gift shop, storage area and conference room.

"I look around and see what a wonderful job has been done so far and we've got to get on with finishing the job," Kee said after the official opening. "It needs to be finished now because it's a shrine to everyone who's served in the air force, their wives and families . . . and it's especially dedicated to those who have lost their lives in the service of our country."

Earl Hewison, too, has a view to the past and hopes for the future. He was the museum's first curator, collecting items from his service with the Royal Canadian Air Force



Photos: Lisa Bailey, Contact Staff

**Earl Hewison (left), the first curator of the National Air Force Museum of Canada (formerly the RCAF Memorial Museum and Library), and Ken Kee, the museum's first executive director, stand in front of an exhibit commemorating the NAFMC's 25th anniversary. It officially opened July 2.**

and, with the help of his friend and 8 Wing's then commander, displaying them in a 20 by 20 foot space in an old bowling alley (now the southside gym) at Trenton in 1984. The RCAF Memorial Library and Museum was the only facility dedicated to the air force, Hewison said, noting museums dedicated to the army and navy had already been established.

"It makes me very proud to see it go from a meagre start to the glorious museum that it is now," Hewison said.

He hopes people will "continue to support it and see it and keep our history and heritage of the Air Force going."

Though it officially opened on April 1, 1984, as 8 Wing celebrated the RCAF's 60th anniversary, the idea for such a facility in Trenton had actually been born years earlier. It was 1969, in fact, shortly after the unification of the Army, Navy and Air Force under the Canadian Forces. Current curator, Dr. Georgiana Stanciu, said a building housing a chapel, library, hall of fame and eventually a museum had been planned but the necessary funds were never realized. The idea was not abandoned and a second attempt to achieve this goal was made in 1981. The project was dropped again but then, three years later, the RCAF Memorial Library and Museum opened.

"Since then, the museum never ceased to grow and most importantly its collection expanded at such a rate – it was literally out of control – that more space for exhibits and storage was needed two years after it opened," Stanciu said. "By 1991 the expansion of the museum had become an emergency situation" with donations by former RCAF members and the addition of aircraft that had once served with Canadian squadrons.

In 1994, the RCAF Memorial Museum was officially opened at 220 RCAF Rd., following a \$300,000 conversion of 8 Wing's former curling club. The site also featured a memorial airpark. A restoration shop and more display space were added in 1996 and 2005 respectively in response to the acquisition and restoration of the Halifax bomber, pulled from the bottom of a lake in Norway and painstakingly restored.

It's a centrepiece for the

museum and a highlight for both Hewison and Kee, who noted it's taken close to 40,000 volunteer hours every year for more than 10 years to revive the Halifax. Kee recalled with amazement how the batteries, which had been under water with the rest of the plane, were brought back by the museum restoration team and actually turned one of the bomber's engines.

Hewison said 8 Wing "is a fitting place to have an Air Force museum" because of its history as an air base and important war-time role, as well as the general area's interest in the RCAF.

Cy Yarnell, founder of the Ad Astra program, noted that operational aircraft flying over the NAFMC is a "tribute to this museum and what it remembers."

Stanciu said the museum's "story of changes, expansions and growth can only be explained through the complexity" of its mandate – collect, preserve and present artifacts related to the Canadian air force.

"This covers up to 95 years of proud history, focusing not only technological evolution, but also social aspects of the Air Force life. The National Air Force Museum of Canada is a fitting tribute to all those who served, and continue to serve, with the country's Air Force," she said.

Visitors are welcome to tour the anniversary exhibit. Developed by Stanciu and a Montreal display/design company called Traffic, it features a slide show depicting 25 days in the life of the museum as well as brochures, fundraising artwork, newspaper articles and other pieces tracing the NAFMC's development.



**Dr. Georgiana Stanciu, curator of the National Air Force Museum of Canada, stands by some of the artwork displayed as part of the museum's 25th Anniversary exhibit, which officially opened July 2. The prints bolstered the fundraising efforts of the museum, which has also received support from all three levels of government.**

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Renovated century 3 bdrm home close to base. Walk to shops, marina, park, community centre. \$950+. First, last & references.  
613-394-1563

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## For Rent

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- With carpet & sheers\* • Close to Shopping Malls
- Large walk in closets\* • Heat & Hydro included\*
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- \* On Selected Units

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201 Palmer Rd., Belleville

**Rental Office Hours**  
Mon-Thurs 9am-8pm  
Fridays 9am-4pm  
Saturday 10am - 2pm

**SHELTER CANADIAN PROPERTIES LIMITED**

**Apartment: McNabb Towers Downtown Belleville**, across from the Empire Theatre with a view of the river and the city.  
2 bedrooms, 2 bathrooms and new flooring throughout, freshly painted throughout. Includes underground parking spot. \$1300/month unfurnished and \$1450/month furnished. Phone 613-922-8942.  
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**Lg 1 bd in Trenton.**  
Basement of house - \$650/mo including utilities. First/last - references. Sept 1st.  
613-242-3111.

**2 bdrm apt for rent in Trenton**, on lower floor in triplex. Walking distance to downtown. Incl. fridge and stove, washer and dryer on site. Clean and recently painted. Looking for quiet mature tenant, non smoker. \$650/mth includes heat. Tenant pays hydro and water. Available Sept. 1st. References required.  
Call 613-965-0431 or 613-394-1017

**ADULTS!**  
1 bedroom apts. from \$595  
2 bedroom apts. from \$675  
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**Newly Remodeled Single Family Home For Rent.**  
2BD/2BTH. Washer and dryer in house. Nice neighbourhood. Pets and smoking allowed. \$700 Monthly+utilities.  
Email: richfuller70@yahoo.com

**House For Rent**  
Colorado mins. from Trenton. 3 bd, dbl garage, gas heat, cent. air. \$1200.00/mo, first/last - references.  
Sept. 1st.  
613-242-3111

**Belleville Apts. For Rent**  
All Apts. have separate entrance, washer/dryer hook-ups, stove, fridge, paved parking, month to month lease, close to bus, walk downtown.

**East Hill:**  
2 BR no stairs \$750. + All Utilities  
1 BR 2nd Floor \$725. Heat Paid  
1 BR no stairs \$775. Heat Paid

**West Hill:**  
LG 1 BR Up \$775. Heat Paid  
For details email: doug@quinterealestate.com

**For Rent or Sale**

**Executive Condo For Rent or Sale**  
Belleville, College & North Front Sts. Adult building, 1400 sq. ft. 2 large bedrooms and den. 2 full bathrooms. Central air & gas heat. All appliances. Underground parking. No pets. Non-smokers. Rent \$1100/mo + utilities. Available 01 August. First/last, references.  
613-968-4516  
613-359-6635



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**DOUG ROW**  
Broker



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or 1-800-969-9907

See features & photos at [www.quinterealestate.com](http://www.quinterealestate.com)

**BUYER FRIENDLY** - Tastefully decorated, well maintained, 1200 square foot, 3 bedroom, 1 1/2 storey home close to CFB Trenton. Natural Gas heat, municipal water, large fenced yard, move in condition. Large insulated garage with lots of parking.  
\$139,900 **MLS 2091945**

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**OPEN HOUSE**  
SATURDAY JULY 11 12-2PM  
198 RIDLEY ST. ROSSMORE

Retire here enjoy breathtaking views of the Bay of Quinte 5 minutes to Belleville. 242 Feet of waterfront on a quiet road minutes to Belleville. Throw your line in while relaxing in your backyard. Screened in sunroom to sit and watch the sunsets. DIR: Over Bay Bridge turn right at right to Ridley. **MLS#2093076 \$269,900**

**OPEN HOUSE**  
SATURDAY, JULY 11 2-30-4PM  
2 MARCHMONT PL. BELLEVILLE

Great location on quiet cul-de-sac in Belleville's west end. Close to schools, shopping & entertainment. Partially finished basement. Windows in both upstairs bedroom, bathroom and kitchen have been replaced. DIR: Sidney Street to Tracey Park Drive to Marchmont Place. \$227,900. **MLS#2093258**

**Advertise your listings with us!**



**Call Patricia**  
613-392-2811  
Ext 7008

**Contact**

**Attention Readers**

The Contact will be closed from July 27 to August 7 for summer vacation. Please note, there will be no papers for these two weeks. We will reopen on August 10. Thank You

**Contact**

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**SUNDAY 1:00 - 2:30 PM**



Cheerful 3 bdrm sidesplit with large fenced yard, parking and dbl gar. \$186,900. See for yourself!

**MLS# 2093634 or www.randyscott.ca**

**Randy Scott**, Salesperson  
RE/MAX Quinte Ltd. Brokerage  
613-969-9907 • 1-866-969-9907  
[randyscott@xplornet.com](mailto:randyscott@xplornet.com)

374 Montrose Road  
**OPEN HOUSE**

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Please recycle this newspaper! Thank you.

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\*Sales Representatives

**\$149,900**



**Country Atmosphere**  
\$149,900. 3 bedrooms, new FAO furnace (04), roof shingles (00), kitchen updated (08), living rm w/fireplace & dining area, large barn, great well & more. Bill Wallace\* **MLS# 2092378**.

**\$129,000**



**Great Starter Home**  
2 bedrooms, forced air heat, large city lot, full basement, ideal for first time buyer or retired couple, call Joe\* for an appointment. **MLS #2094100**

**OPEN CONCEPT**



**Convenient to CFB**  
\$210,000. Lrg country kitchen, beautifully fin bsmt, 2 gas F/P, cul-de-sac, spacious backyard, plenty of room to play. Info call Shelly\* 922-4527. **MLS# 2090295**.

**\$59,900**



**City Building Lot**  
Nice lot in Belleville's west end. Close to downtown, this lot can be used for a variety of home or income property uses. Call Kimberly Colton\*. **MLS #2087058**



**Lovely Family Home**  
\$169,900. Only 2 mins so of 401, 25 mins from CFB, 3+ BRs, 2 bths, cozy woodstove in rec rm, wood F/P in LR, large oak kitchen, gar. too. Call Shelly\* 922-4527. **MLS# 2093952**



**Needs to Move**  
\$195,900. 3+1 bdrm, 2nd bath in bsmt. Bright kit w/ patio doors to deck. Lrg rec room, double paved driveway. Close to all amenities and the base. Call Vicki\* to view. **MLS #2091475**

**NEW LISTING - COTTAGE ON THE TRENT WATERFRONT**



Just minutes to the CFB this winterized has great waterfront, fantastic lot with privacy, boat fish water sports at your door step. Call John Ashley @ 1-877-716-2505 or 613-969-9907. **MLS#2094065**

**4 BEDROOMS, 2500 SQ FT, 2 STOREY, 40 ACRES**



Nicely landscaped and just minutes to both Trenton & Belleville, this excellent 4 plus bedroom 2 storey has a lot to offer. Attached 2.5 car garage, plus a separate detached workshop, centre hall plan with a open concept kitchen and great room, separate dining room, main level office or guest room, 3 baths, hardwoods, and completely redecorated in neutral colors. Call John Ashley @ 613-969-9907 or 1-877-716-2505. **MLS#2092060**

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**Date & Time: Tuesday 21 July, 1100 hrs to 1700 hrs**  
**Place: 8 Wing Trenton CANEX SuperMart Parking Lot**