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Campaign to raise funds for Afghan Memorial kicks off in Bain Park

By Jed Devenish

The nation-wide campaign to raise \$1.5 million to build a memorial to the Canadian men and women killed in Afghanistan officially commenced along the waters of the Bay of Quinte on Tuesday.

The campaign is intended to raise money to erect an Afghanistan Repatriation Memorial in Bain Park symbolizing the sacrifice made by the soldiers killed in Afghanistan who made the journey from 8 Wing/CFB Trenton along the Highway of Heroes. The project will be entirely funded by public donations, with no government funds, with a tentative unveiling scheduled for next spring.

"This monument is about Canadians supporting Canadians," Quinte West Mayor John Williams expressed to the crowd assembled. "Whether it is \$5, \$10, or \$1,000, dollar by dollar, it will take the support of regular Canadians to achieve this goal."

Along with Mayor Williams, other notable guest speakers included Wing Commander Col Dave Cochrane, former MPP for Quinte West, Hugh

O'Neil, as well as master of ceremonies Dave Devall, famous weatherman and former Honorary Colonel of 436 Squadron at CFB Trenton.

During his address Col Cochrane reiterated the importance of this monument, especially on the basis of its proximity to 8 Wing, where every repatriated soldier first touches down again on Canadian soil.

"The location of this particular memorial, and of what and whom it represents, makes it unique," said Col Cochrane, later adding, "Canada's fallen are forever in our hearts and we will continue to do what we can to keep their memories alive. Together, as a community, we remember them."

Despite the noteworthy guests in attendance, it was two civilian citizens and supporters of the monument who received the biggest welcome.

Mark Freeman and Kathy Bulger were on hand to show their support and gratitude for the memorial. Each parent lost a son in Afghanistan.

Pte Michael Freeman of 3rd Battalion, Royal Canadian Regiment, was killed on December 26, 2008 when his armoured vehicle was struck by an explosion. Cpl Nick Bulger of



Photo: Joseph Murphy

Wing Commander Col Dave Cochrane, Mark Freeman, Kathy Bulger, Quinte West Mayor John Williams, former MPP Hugh O'Neil, Dave Devall and CWO Sandor Gyuk break ground on the future site of the Afghanistan Repatriation Memorial in Bain Park.

the Princess Patricia's Canadian Light Infantry, was struck by a roadside bomb on July 3, 2009.

The parents, spoke emotionally and briefly. They repeated how signif-

icant these monuments are for those who have lost loved ones and how important it is to always remember them.

Cont'd on page 2

8 Wing ExecuTrek showcases Canadian Forces to top business leaders

By Capt Alayne Edwards
Aerospace and Telecommunications
Engineering Support Squadron

At 6:30 a.m. on Tuesday July 5, the first of 30 business leaders from companies based between Cobourg to the greater Toronto area, arrived at the Baker Island Community Center for ExecuTrek.

Although ExecuTrek visits are not uncommon, this was a first for 8 Wing/CFB Trenton. Through a joint effort between 8 Wing and the Aerospace and Telecommunications Engineering Support Squadron (ATESS), and with additional support from the Canadian Forces Liaison Council (CFLC), participants gained a

better understanding of operations at 8 Wing/CFB Trenton and within the Canadian Forces (CF) as a whole.

The 8 Wing ExecuTrek was born from an idea proposed by ATESS Honorary Colonel Brian Read. "Quite simply from the first time I walked on to the base as the Honorary Colonel of ATESS in January of this year I was afforded the opportunity to see behind the scenes," he said. "Wow, what I saw in the team at Trenton was nothing short of spectacular. I knew we had to show the rest of the world the great things you all do and the CFLC ExecuTrek was the best way to do that."

The team of executives kicked off the day by donning

Cont'd on page 10



Photo: Scott Pennington

Local executives get a shot at the Small Arms Trainer during Executrek visit.

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Afghan Memorial 'to honour courage and bravery'

Cont'd from page 1

"My son's name will be on the memorial which means he is never forgotten," said Mr. Freeman. "I am proud of how the communities across our country have come together to support our troops. It is because of them that the men and women who have died in this mission will never be forgotten."

Kathy Bulger was also very pleased at the creation of a memorial and what it represents for parents in her situation.

"I am here to represent all the moms who have lost a child overseas and will appreciate all that this memorial will represent," said Ms. Bulger. "I can think of no other company that does more for its workers than the Canadian military, and I thank them for that."

It is a fitting tribute to the sacrifices made since the beginning of operations in Afghanistan and while it will represent all the soldiers who have fallen during the mission it is also a way for families, friends and supporters of the Canadian Forces to say thanks.

"The repatriation memorial will first and foremost serve to help every one of us mourn those we lost, to remember their sacrifice and to honour their courage and bravery," expressed Col Cochrane. "We hope it will also act as a reminder of the values of patriotism and dedication to the defence of this country inherent in all the men and women of the Canadian

Photo: Jed Devenish



Above: Wing Commander Col Dave Cochrane speaks at the Afghanistan Repatriation Memorial fundraising ceremony July 12 at Bain Park.

Below: Artist's rendering of the Afghanistan Repatriation Memorial.

Bottom: Mark Freeman and Kathy Bulger, who each lost a son in Afghanistan, offer their support for the repatriation Memorial.

Forces."

The monument, which will be adorned with the names of all those who have perished in Afghanistan, will be designed to be reflective and contemplative in character and harmonize with its surroundings. It is part of a rehabilitation of Bain Park, which was chosen as the site because of its proximity to CFB Trenton and the repatriation route from 8 Wing to the Highway of Heroes.

Construction of the site will begin once funds are raised, and Mayor Williams is confident that the committee will raise the requisite money. He spoke of how this is another sign of support and the great relationship the City of

Quinte West has with CFB Trenton.

"We have always had a great relationship with the base, and I think it is becoming even stronger. We have been through stuff, both good and bad, lately and have come out with a stronger relationship because of it. I think this monument reflects just how important the military is to this community."

To support the Afghanistan Repatriation Memorial or find more information visit www.afghanistanmemorial.ca. Donations can be made to The Afghanistan Repatriation Memorial Fund, PO Box 490, Trenton, ON K8V 5R6.



Photo: Jed Devenish



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Hercs over the Mediterranean adding fuel to firepower

By Captain Jill Strelieff

The CC-130 Hercules in-flight refuelling detachment operating from Trapani, Italy passed a milestone on June 14, when a NATO fighter jet gulped down the one millionth pound of fuel delivered since the detachment began flying with Task Force Libeccio on Op MOBILE.

With just 40 personnel and two aircraft, the CC-130 Hercules detachment has launched nearly 60 sorties — at least one per day — and off-loaded close to 1.5 million pounds of fuel since May 20, when it deployed from 435 Transport and Rescue Squadron at 17 Wing Winnipeg.

During a typical air-to-air refuelling (AAR) mission of five to eight hours, a Hercules tanker off-loads about 40,000 pounds of fuel. It services the CF-188 Hornets of TF Libeccio and aircraft from several allied nations, notably Italy, France and the United States.

“We can tank nearly every [aircraft] participating in Operation UNIFIED PROTECTOR,” said Major Bryn Elliott, commander of the CC-130 Hercules detachment. “We’ve built a reputation for

being reliable and professional, and nations like tanking from us.”

Used in Canada for transport and search-and-rescue missions as well as refuelling, the Hercules were deployed to Italy to replace one of Task Force Libeccio’s two CC-150 Polaris tankers, which returned to Canada for scheduled maintenance. The other CC-150 Polaris tanker remains with the mission, sharing in-flight refuelling duties with the Hercules.

When operating as an in-flight refueller, a CC-130 Hercules supplements its internal and external tanks with a large fuselage tank carried in its cargo bay. Depending on the receiving aircraft, a Hercules can off-load fuel as fast as 2,000 pounds per minute.

Fuelling from the Hercules can be challenging for fighter jets, which have to throttle back to the propeller-driven tanker’s speed of around 220 knots. Maj Elliott says this is not a problem due to the training and expertise of all the aircrew involved.

“There are NATO standards for air-to-air refuelling that everyone follows,” he said. “It has made the transition into the operation pretty seamless.”

The entire CC-130



Photo: Corporal Jackson Yee

Avionics technician MCpl William Stamper marshals one of Task Force Libeccio’s two CC-130 Hercules tankers before takeoff on one of the detachment’s first air-to-air refuelling missions.

Hercules detachment — aircrew and maintainers alike — has adapted easily to the tempo of Operation UNIFIED PROTECTOR. The AAR missions over the Mediterranean are surprisingly similar to the refuelling missions that are a routine part of support to northern sovereignty operations in Canada.

The difference here, says Maj Elliott, is demonstrating the capabilities of the Hercules on an international stage.

“We’re really showing we’re a force multiplier,” said Maj

Elliott. “It’s been very rewarding to help the jets get where they need to go, and make a positive difference in this mission.”

Task Force Libeccio is the air component of Operation MOBILE, Canada’s participation in Operation UNIFIED PROTECTOR, the NATO-led coalition enforcing an arms embargo on Libya and a no-fly zone in Libyan airspace, and protecting the civilians of Libya under United Nations Security Council Resolution 1973 of 17 March.

With almost 300 personnel in three locations in Italy, Task Force Libeccio has CF-188 Hornet fighters and an air-to-air refuelling detachment with CC-150 Polaris and CC-130 Hercules tankers in Trapani, and CP-140 Aurora long-range patrol aircraft in Sigonella, all directed from Air Component Command in Poggio Renatico, Italy.

Capt Jill Strelieff is the Public Affairs Officer deployed in Sicily to cover the Task Force Libeccio flying detachments at Trapani and Sigonella.

Search and Rescue Update



CFB Trenton’s 424 Squadron had four callouts this past week. A Hercules was tasked to search for an ELT near Sudbury. No sign of distress was found when the crew located the float plane.

Secondly, a Griffon was tasked for a mayday near Amherst Island. However, the crew was stood down prior to departure as the people were safe.

Thirdly, a Griffon was tasked to look for a sunken boat on the shores of Lake Ontario around Tibbetts Point, Chaumont Bay and Sackett’s Harbor, NY. No vessel was found in distress.

Finally, a Griffon was tasked for the medical evacuation of an individual from an aircraft that had a hard landing northwest of Sudbury. Due to poor weather conditions, it was decided the case would resume the next day by ORNGE who had already evacuated one survivor.

Until next time, stay safe!

Missions for 2011: 80 Missions for July: 8 Persons rescued: 15

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Parting message from Brigadier-General Rick Pitre

Message de départ du Le Brigadier- général Rick Pitre

When I received the mandate over two years ago to stand up the newly created 2 Canadian Air Division, I knew that we had our work cut out for us. We transformed the Air Force construct to create the Air Force Doctrine and Training Division in June 2009, marking a new and exciting chapter in our rich Air Force history.

In less than a year, a small dedicated group of staff came together to regroup the majority of Air Force training, education and lessons learned functions into one formation. This reorganization enabled a better focus on doctrine, training and associated support for the Air Force, while allowing 1 Canadian Air Division to enhance its focus on Air Force Operations at home and abroad.

This new direction for the Air Force was a fundamental step in our ability to progress as a learning organization. In two short years, we have grown from a small headquarters at initial operating capability to a

strong, lean, and agile organization. I'm proud to say that 2 Canadian Air Division has made a truly valuable contribution to the Air Force in developing our doctrine and training programs, while continuing to generate forces for operations.

The significant progress of this organization is largely due to the many staff dedicated to seeing the development of this formation into a reality. All over the country, Air Force personnel were committed to transforming the Air Force into a learning organization. I couldn't be happier knowing that Brigadier-General Galvin will be taking command of such a devoted group of personnel.

As a result of your outstanding work, 2 Canadian Air Division has helped the Air Force stand out as a responsive, forward-thinking, and innovative organization.

I am very grateful to all those who played a role in developing a concept into the organi-

zation that exists today. It was a pleasure to serve with you and it is with great honour that I pass command to Brigadier-General Galvin.

Sincerely,

*Brigadier-General
Rick Pitre, Commander,
2 Canadian Air Division*



Photo: Cpl Colin Aitken, 17 Wing

Il y a plus de deux ans, quand j'ai été chargé de mettre sur pied la 2e Division aérienne du Canada, je savais que la tâche ne serait pas facile. Nous avons transformé le concept de la Force aérienne pour créer la Division de la doctrine et de l'instruction de la Force aérienne, en juin 2009, ce qui a ouvert un chapitre nouveau et enthousiasmant dans la riche

histoire de notre Force aérienne.

En moins d'un an, une petite équipe de personnes convaincues a entrepris de regrouper dans une seule formation la majorité des fonctions relatives à l'instruction, à l'éducation et aux leçons retenues de la Force aérienne. Grâce à cette réorganisation, la Force aérienne a pu accorder une place mieux définie à la doctrine, à l'instruction et au soutien connexe, et la 1re Division aérienne du Canada a pu mieux se concentrer sur les opérations de la Force aérienne au Canada et à l'étranger.

La Force aérienne se devait absolument d'adopter cette nouvelle orientation pour progresser en tant qu'organisme qui forme ses employés. En deux courtes années, notre petit quartier général est passé du stade de la capacité opérationnelle initiale à celui d'un organisme solide, rationalisé et souple. Je suis fier de dire que la 2e Division aérienne du Canada a apporté une contribution fort précieuse à la Force aérienne en élaborant sa doctrine

et ses programmes d'instruction, tout en continuant à mettre des forces sur pied pour les opérations.

Les grands progrès accomplis par cet organisme sont dus en grande partie aux nombreuses personnes résolues à édifier concrètement cette formation. Dans tout le pays, des membres de la Force aérienne étaient déterminés à en faire un organisme offrant instruction et formation. Je suis on ne peut plus heureux d'apprendre que le Brigadier général Galvin prendra le commandement d'un groupe aussi passionné.

Par suite de votre travail remarquable, la 2e Division aérienne du Canada a aidé la Force aérienne à se distinguer en tant qu'entité novatrice, tournée vers l'avenir et apte à s'adapter aux besoins. Je suis reconnaissant envers tous ceux et celles qui ont contribué à transformer un concept en l'organisme qui existe aujourd'hui. J'ai aimé servir avec vous, et c'est un honneur pour moi que de céder le commandement au Brigadier général Galvin.

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WING LOGISTICS & ENGINEERING PICTURE OF THE WEEK



After months of scrounging for extra gloves and replacement gear, CFS Alert has opened up a small-scale clothing store in the supply warehouse. PO2 Louise Nadeau proudly shows off the new clothing cage after putting in an extraordinary effort to get the project finished.



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Minister MacKay announces new defence partnership with Kuwait

Honourable Peter MacKay, Minister of National Defence, as part of two days of meetings in the Middle East, stewarded the signing of a Canada-Kuwait Memorandum of Understanding (MOU). The MOU is a framework document to allow for logistical support to Canadian operations in Afghanistan. Canada and Kuwait enjoy a steadfast friendship and strong bilateral relations.

"Canada proudly deployed over 4,000 Canadian Forces personnel to the campaign to liberate Kuwait during the 1991 Gulf War and our friendship has

grown stronger over the past twenty years," said Minister MacKay. "Kuwait is an influential partner in the region and we are very pleased that this agreement has been reached for the benefit of our respective countries."

The movement of equipment and vehicles from Afghanistan requires access to both an airport and sea terminal for the trans-shipment of matériel back to Canada. The establishment of this support presence in Kuwait allows this to happen in a safe and controlled environment.

While in Kuwait, Minister Mackay

was hosted by Sheik Jaber Al-Mubarak Al-Hamad Al-Sabah, Kuwait's First Deputy Prime Minister and Minister of Defence, and met with Sheikh Dr. Mohammad Sabah Al-Salem Al-Sabah, Kuwaiti Deputy Prime Minister

and Minister of Foreign Affairs. "This visit provided me the opportunity to meet with Sheikh Jaber and Sheikh Mohammad, and to develop good cooperation and partnership with Kuwait," added Minister MacKay.

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8 Wing assists with evacuation of First Nations due to forest fires



Photos: Cpl Dan Strohan, 8 Wing Imaging



Following a request from the Government of Ontario, the Canadian Forces deployed two CC-130 Hercules aircraft and crew, one from 424 Squadron, 8 Wing/CFB Trenton and the other from 435 Squadron, 17 Wing Winnipeg overnight on July 14. In all, 125 people were evacuated from Cat Lake First Nations to Kapuskasing due to danger imposed by forest fires in the area.

SPORTS & RECREATION

NIJMEGEN TEAM PREPARES FOR COMPETITION

Photo: Cpl Levarre McDonald, 8 Wing Imaging



8 Wing Trenton's Nijmegen Team prior to attempting a 40 km march in preparation for the 2011 marching competition held July 19 to 22 in Nijmegen, Holland. The Nijmegen marches are a rigorous and prestigious annual event where military entrants complete a four-day 160 km march in combat uniform, carrying a minimum rucksack load of 10 kg. Canadian soldiers have participated in the event since 1952.

Ladies League Golf at Roundel Glen GC

On Monday July 4, closest to the pin money was shared on hole #1 between Dianne Cage and Liz Griffiths, with birdies, while Brenda Tweedy took the cash by herself for #3.

On Wednesday July 6, the ladies played a hidden hole, net score game. Low score on the front nine went to Jane Poirier, with 22, while Dianne Duffy had the low for the back nine, with 21. High score for the front nine went to Penny Candy, with 34, and Sandra MacDonald took the back nine high score prize with 33.

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Return to Work Program ensures a smooth transition back to duty

The Canadian Forces (CF) Return to Work (RTW) program was developed to ensure a safe early return to work for all CF personnel who suffer injury or illness. It is a personnel management tool that complements existing programs by providing a framework for enhanced communication between members of the CF, medical authorities and the chain of command.

The CF RTW process is initiated by Health Services, usually the medical officer (MO). When the MO prescribes RTW as part of treatment, the employment limitations are evaluated and a modified work/modified duties plan is developed in consultation with the member, the member's unit, member's supervisor, and the CF RTW unit representative, or CF RTW OPI and any other specialists as required (such as case managers).

The RTW program is designed to facilitate and promote the early return to the workplace of personnel recovering from physical or mental illness or injury. The program is intended for CF members and is separate from, but similar to, the DND General Safety RTW program, which is designed to meet the needs of public service employees. The objective of the CF RTW program is to facilitate the restoration of the physical and mental health of injured or ill members by helping them reintegrate

into the workplace as soon as medically possible.

For CFB Trenton, all RTW programs are co-ordinated through the Joint Personnel Support Unit (JPSU) detachment and the Integrated Personnel Support Centre (IPSC) in Trenton at 123 Yukon Street. The RTW coordinator is located in this building and can be reached at locals 5059 and 7257.

To best explain how the RTW system works, we've included the following scenario which includes workplace conflict:

Returning to work after summer holidays is never easy; imagine having to do so after having been away for several months on sick leave, not knowing who is at work anymore. You don't know which tasks have piled up and which ones have been delegated to others. You don't know what your co-workers and supervisors think of your 'time off,' and how they felt about doing your work when you were gone. This might be enough to make many of us stay home for another several months.

Master Corporal Michael Bloggins is deemed fit to return to work after two months of stress related sick leave. Following consultation with his medical officer (MO), case manager (CM) and IPSC RTW co-ordinator, he

embarks on a gradual RTW plan with the intent of being reintegrated full-time in his job to the delight of his supervisor.

Despite a strong desire to return to work, Cpl Bloggins is uncertain about facing the personality conflict that led to his sick leave.

"I woke up one day and I knew if I did not return to work soon, I would never return to work," MCpl Bloggins says. "But I was so scared of what was waiting for me at my unit."

He successfully returns to work because he is determined to and fortunately he does not have to do it alone—nor should any member of the CF. MCpl Bloggins has the help and support of his co-workers, superiors, IPSC CF RTW services, and the local Alternative Dispute Resolution Centre (ADR) team. To ensure MCpl Bloggins and his unit are given the best possible chance of success, all aspects of his return to work are reviewed, addressed and planned before his first day back on the job.

Past and potential new conflicts are addressed. With his participation, a transitory work plan is developed and his co-workers are informed of what to expect. He is gradually returned to his former duties on a temporary modified work plan adapted to his recovery needs. MCpl Bloggins and his unit may

not be specialists in recovery and/or return to work issues and programs, but they are a well-organized and caring team with the right tools to get the job done.

While this scenario reflects a medical situation resulting from a conflict of interest, the RTW program is aimed at anyone affected by a physical or mental illness.

There are likely too many examples of MCpl Bloggins out there, and it is important to note cases such as this may involve a variety of programs and agencies, such as the medical chain of command, the case manager and RTW co-ordinator, the unit chain of command and/or other programs such as the ADRC.

For these reasons, it is of the utmost importance excellent communication links be established. A well-orchestrated co-ordination process led by the RTW co-ordinator will ensure communication across all channels and departments, as well as monitor long-term goals in order to facilitate a safe and successful RTW or transition.

The CF RTW Program Guide is available electronically through IPSC Trenton. They will be providing unit briefings in the future. Please do not hesitate to contact your local IPSC for more information regarding this program.

Computers a 'site' for sore eyes

By Wing General Safety Office

Staring at a computer screen for hours at a time can result in fatigue, eyestrain, headaches and other physical ailments.

The lighting in your work area, work area arrangement and use of corrective eyewear can make computer use more comfortable for your eyes.

The following signs of eye problems can be caused by poor lighting of a computer workstation:

- Burning, itching, dryness, excessive tearing and soreness of the eyes or eyelids
- Excessive blinking, squinting, difficulty in seeing, double or blurred vision
- Headaches, backaches, fatigue, dizziness and indigestion can indicate eyestrain

Ideas for better viewing of your computer screen and hard copy include:

- Centering the computer screen so it is positioned about six inches below your eye level. If you have to look up to see screen, you put a strain on your neck.
- The screen color should match the hard copy you are referring to. If you are reading black letters on a white page, adjust your computer display so it is the same.
- Adjust the screen brightness and contrast for comfort and clarity.

- The computer should be placed at right angles to any windows. Light from windows either ahead of or behind the computer is distracting. If necessary, use window shades.

- Less room light is needed for computer work than for paperwork. The room lighting should be about the same level as the lighting of the computer screen. If the overhead lighting is too bright, replace it with softer task lighting.

- There should be no reflections on the screen from lamps and overhead lights.

- Give your eyes frequent rest breaks. Take five or 10 second breaks every twenty minutes or so. Look off into the distance to change your focus. Ideally, your computer work station should have a view into the distance, such as across the office or out a far window. Every hour or two, take a break from the computer.

- When you are working around a computer screen, chances are you do not blink as often as you usually would. Make an effort to blink more frequently to prevent the discomfort of dry eyes.

- If you wear corrective lenses, make sure they are appropriate for computer distances. Ordinary glasses and contact lenses may be good for distance or close-up vision, but not for the middle distance view of a computer screen.

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



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Contact

Off Base Locations:

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- Metro
 - Shopper's Drug Mart
- Belleville**
- Luc's Variety
 - Belleville Library



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177 Hercules Street, Building 119

Phone: x3768

Email: healthpromotionTrenton@forces.gc.ca

Health Promotion Administrative

Assistant: **Jessica Ivanko**

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07 BUICK RENDEZVOUS CX



PD13375 V6, Automatic, 4 dr, roof rack, cruise, air, tilt, AM/FM/CD, pwr locks, mirrors, windows, keyless entry, 55,000kms.

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\$118.73 biweekly
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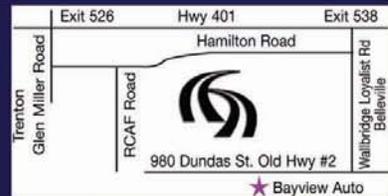
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Emotions at the fenceline bond repat community

By John Martinello

It was under one of those electric arc-blue Bay of Quinte summer skies, that I watched the ground-breaking ceremony for the Afghanistan Repatriation Memorial Monument in Bain Park. Flanked by dignitaries, Mayor John Williams announced his ambitious program to raise \$1.5 million by September to turn the very ground the gathered crowd stood on into hallowed ground; a memorial to those who died serving our country.

As Hercules and Globemasters, possibly the very same airplanes that carried back some of our fallen heroes, roared overhead into the cool breeze, I thought about my memories of repatriations.

I have attended 14 or 15 repatriation ceremonies. That is, I stood at the fenceline along Highway 2 looking onto the airfield. Waiting for the Airbus or Globemaster to land. Waiting for the coffin or coffins to be removed from the belly of the airplane and brought before the grieving family or families. What I remember most about repatriation ceremonies are the people. People in uniform, former members of the Canadian Forces wearing their medals on civilian clothes, the 1 Canadian Army Veterans and people who seemed to have no con-

nection to the Canadian Forces at all. People young and old. People drawn by their common cause to show support for the families of those killed in Afghanistan. Despite all this diversity of background and all the background noise of airplanes and traffic and talking, there always seemed to be one moment when all went quiet.

That is when the piper played Amazing Grace. The young and the old, the tough and the gentle, the military and the civilian. All went quiet and turned away from each other. I know I went quiet and turned away from whoever I was talking to. It was to hide the tears I shed for the fallen and their families.

This brings me to Don Cherry and turning away to hide tears. I have never met Don Cherry. I admit I am not much of a hockey fan. I admit I do not agree with most of what Don Cherry says on Coach's Corner, but I know there is one piece of common ground I share with Don Cherry and the rest of Canada. I know this because of what happened one night in front of the television.

I cannot recall the date, but sometime within the last year, my seven-year-old daughter Jenna and I were watching Hockey Night in Canada when Don Cherry gave one of his pas-

Photo: Jed Devenish



Quinte West Mayor John Williams hosts launch of national fundraising campaign for Afghanistan Repatriation Memorial Monument to be erected in Bain Park.

sionate and heartfelt memorials to a fallen soldier, ending with Don Cherry crying. As he cried, the tears welled up in my eyes. My daughter turned to me and asked, "What's the matter, Daddy?" I said something like, "I have something in my eye." Tough man me.

Mayor John Williams is a very astute and successful politician. I realize he does not need my congratulations or thanks for all he has done to support the military community in the Bay of Quinte area.

Nonetheless, to Mayor Williams

and all of the other partners in the Afghanistan Repatriation Memorial Monument campaign; thank you very much.

Thank you for giving us all a beautiful place to quietly shed a tear for all of 157 Canadian heroes who gave their lives in Afghanistan.

Retired major John Marintello is a former engineer with the Canadian Forces and a councillor in Brighton. He is an avid student of history and is dedicated to preserving personal histories through his columns.

Civilian executives participate in variety of military training exercises

Cont'd from page 1

their own flight suits, and subsequently embarked on an exciting, informative day of varied military experiences. In the Small Arms Trainer, participants were taught to safely fire weapons in a simulated environment, after which they got an introduction to military parachute training at the mock tower. The executives were then quickly hustled into a CC-130 Hercules aircraft and flown to Canadian Forces Detachment Mountain View where they enjoyed a Canadian Forces Land Advanced Warfare Center parachute demonstration and a Search and Rescue hoisting demonstration with the CH-146 Griffon helicopter.

Upon returning to the base, ExecuTrek participants spent the afternoon at ATESS. Split into groups of five, they rotated between six stations. Three of the stations were from the Non-Destructive Testing section, where executives tried their hands at liquid penetrant inspection, magnetic particle inspection and reading radiographs of aircraft components.

8 Air Communication and Control Squadron set up an impressive display of their radar equipment, Recovery and Salvage Support trained the executives to lift and move a CF-18 Hornet, and the machine shop demonstrated their technology and skills.

ExecuTrek participant Diane Saunders, a human resources specialist from Sabic Innovative Plastics Canada

said, "I'm sure everyone attending went away with a much better appreciation of what the Canadian Forces and ATESS provide for our country. I know I did."

The ExecuTrek Program gives employers, supervisors and human resources professionals a first-hand view of the quality of military training and the benefits employers can gain from that training - trade skills, general work and management skills, values, work ethic, and much more.

Ms. Saunders was particularly amazed by the technology. "Your people are very knowledgeable, personable and are very proud of what they do," she added. "I was very impressed, though I must say I was exhausted by the time I got home."

ExecuTrek executives see military members in action, which exposes them to the advantages of the ongoing professional development the military offers.

Photo: Scott Pennington



Above: Participants of Executrek, Rhonda Cunningham, Jeri Horton-Joyce, Tara Kelly, Diane Saunders and Kym Read practice their skills in the rifle drill.

Right: Rhonda Cunningham makes a leap from the Mock Tower during training simulations.

Below: Business owners and executives practice flight marches under the guidance of WO Al Brown during Executrek.

Photo: Eric Ward



Photo: Scott Pennington



Downtown Trenton's Festival ON THE BAY

Thursday, July 21st, 2011

- 7:30am Join us for a pancake breakfast
- 10:45am Mayor John Williams and DBIA Chair Maggie George will open the Festival
- 02:00pm The first of the Trenton Idol Finals

Friday, July 22nd, 2011

- 7:30am Join us for a pancake breakfast
- 10:00am Help us Paint the Downtown Red in support of our Military Parade of the Cadets to the main stage
- 2:00pm The second of the Trenton Idol Finals

Saturday, July 23rd, 2011

- 10:00am Art in the Park – Compass Court
Dragon Boat Demonstration – in Farmer's Market Square
- 12:00pm Water ski Extravaganza – on the east side between the two bridges
- 01:00pm Bay of Quinte Boat Cruise
- 01:30pm Finals for the Trenton Idol – winners to be announced
- 04:30pm Second Water ski Extravaganza
- 07:00pm Evening Bay of Quinte Boat Cruise



ENTERTAINMENT

Thursday, July 21st, 2011

- 11:00 Crazy Chester
- 01:00 Laurie Schedler
- 02:00 Trenton Idol Finals
- 04:00 Flashback
- 05:00 Rob Vance
- 06:00 Quinte Bay Cloggers
- 07:00 Whiskey Devils

Friday, July 22nd, 2011

- 11:00 Andy Forgie
- 12:00 The Dixie Dudes
- 02:00 Trenton Idol Finals
- 04:00 Negative Attraction
- 05:00 Cold Creek Cloggers
- 06:00 Stealing Patience
- 07:00 The Shadows

Saturday, July 23rd, 2011

- 10:30 Voices in Concert
- 11:30 Fiddleheads
- 01:30 Trenton Idol Finals





Memorial to Canada's Air Force unveiled in United Kingdom

A monument commemorating the men and women of Canada's Air Force, past and present, was unveiled in the United Kingdom at the National Memorial Arboretum in Alrewas, Staffordshire.

The monument, which was unveiled July 8, is the first in the United Kingdom raised specifically to honour the Royal Canadian Air Force, especially its service during the Second World War, and Canada's modern Air Force. The dedication reads, "In honour of those who serve past and present in Canadian and Commonwealth Air Elements."

"Canada's airmen and airwomen have made a significant contribution to the defence of the United Kingdom, the Commonwealth and to the mutual defence of all of our allies through our continued participation in NATO," said the Honourable Peter MacKay, Minister of National Defence. "I am enthusiastic that the service and sacrifice of Canadian air personnel is being recognized beyond Canadian borders."

Members of the Royal Air Force and Canada's Air Force, serving in both the United Kingdom and in Canada, led the historic project from concept to unveiling after Flight Lieutenant Alfie Hall, from 609 West Riding Squadron, Royal Auxiliary Air Force, visited the National Memorial Arboretum.

"A total of 21 Canadians served with 609," said Flight Lieut. Hall. "When I was down at Staffordshire, I asked where the Canadian memorial was and they said there wasn't one, which I thought was wrong. We developed a project team which came up with the design of a memorial and we've been fundraising ever since."

The memorial is made of Canadian granite from a quarry near Sturgeon Falls, Ont. It was donated by Lafarge Canada and flown to the United Kingdom by 8 Wing's 426 Transport Training.

A monolith, created out of red and white granite to represent the Canadian flag, is the centrepiece of the monument. It is topped by a maple leaf and stands upon a granite maple leaf with a matching granite ring surrounding it. From above it shows Canada's modern Air Force roundel. The words of the iconic Air Force poem "High Flight", written by RCAF pilot Flight Lieut. John Gillespie Magee, Jr., are also inscribed on the monument.

"This is an extraordinary initiative," said Lieutenant-General Andre Deschamps, Canada's Chief of the Air Staff. "On behalf of Canadian airmen and airwomen, past and present, I thank the organizers who led the creation of this historic memorial as well as those people who donated to ensure it would become a reality."

"I am proud such a beautiful memorial has joined the many others at the National Memorial Arboretum and it will stand forever in commemoration of the service and sacrifice of our Air Force."

The National Memorial Arboretum, the United Kingdom's year-round centre of remembrance, contains more than 160 military and civilian memorials, including the Armed Forces Memorial, which was dedicated in recognition and thanks to those who have given their lives in the service of the United Kingdom since the Second World War. Monuments to other military forces such as the Royal Australian Air Force and the Norwegian Navy are also on the grounds.

Photos courtesy www.rcafmonument.ca



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Honours, Awards and Recognition



Cpl T. Royle
received the Operational Service Medal (Humanitas), presented by LGen J. Lessard, Commander of Canadian Expeditionary Force Command (CEFCOM).



Cpl C. Healey
received the Operational Service Medal (Humanitas).



Cpl D. Young
received the Operational Service Medal (Humanitas).



Cpl B. Dahl
received the Operational Service Medal (Humanitas).



Cpl D. Leeworthy
received the Operational Service Medal (Humanitas).



Cpl M. Okorofsky
received the Operational Service Medal (Humanitas).



Pte W. Porteous
received the Operational Service Medal (Humanitas).



Maj S. Leeming
received the CEFCOM Commander's Coin.



Capt B. Cormier
received the CEFCOM Commander's Coin.



MWO G. Vanwesten
received the CEFCOM Commander's Coin.



WO N. Boreau
received the CEFCOM Commander's Coin.



MWO T. Holland
received the CEFCOM Commander's Coin.



MCpl M. Comeau
received the CEFCOM Commander's Coin.



Ms L. Johnston
received the CEFCOM Commander's Coin.



Mr. W. Fenton
received the CEFCOM Commander's Coin.



Lt M. Bott
received a promotion to that rank, presented by LCol S.P. Lewis, Wing Logistics and Engineering Officer.



Cpl A. Roddy
received her first Rotation Bar to the General Campaign Star – South-West Asia to recognize a further 180 days in theatre. Rotation Bar presented by Capt M.I.M. Leguerrier, Officer Commanding Supply and Foods.



Pte(T) D. Henry
received a promotion to that rank, presented by Capt T.L. Tebbutt, Wing Supply Officer.

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7pm Start**

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Information can also be found at www.bigsneeded.ca



3rd Annual **Frankford Island Blues Festival**

15, 16, 17th July, 2011



Call for Volunteers

The Loyal Blues Fellowship Inc. is a not-for-profit community based volunteer group. We are looking for volunteers and sponsors for the Frankford Island Blues Festival. Join us to help produce another great weekend of music July 15, 16 & 17, 2011. Over 3 days we feature some of Canada's finest Blues, with over 30 workshops in a relaxed outdoor summer festival environment. Currently looking for volunteers with marketing experience, and setup, gate and hospitality crews for the festival weekend. This volunteer run event is a major fundraiser for our Blues in the Schools program. www.loyalblues.com email: festival@loyalblues.ca or phone (613) 392-1025.

Pennies for Pets could use your help!



The Quinte Humane Society is accepting all change in the

Pennies for Pets Campaign

They will count it, roll it and even pick it up. You can also drop off your pennies and change at the shelter at

527 Avonlough Road, Belleville
or call **613-968-4673**



Quinte Garden Tour & Tea

Saturday July 16, 2011
10 am - 4 pm

Tickets \$20.00 - Available at:

- Greenley's Bookstore Belleville 613 966-9760
- Inova Opticians Belleville 613 968-8846
- Live, Love and Laugh Belleville 613 969-1725
- Quinte Gardens Residence Belleville 613 966-5815
- Farmgate Gardens Foxboro 613 967-1581
- Connon Nurseries Trenton 613 392-0402
- Lottie Jones Florist Trenton 613 392-2537
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McDonald's in Trenton proudly supports our troops, and the men and women at CFB Trenton.



266 Dundas Street East
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Trenton

The Contact Newspaper staff would like to acknowledge Trenton McDonald's as the weekly sponsor of our feature, The Contact Family Feature.

Nadiya's Zodiac Starcast

July 18 - July 25, 2011

Theme of the week: In the middle of the week, the activity kicks up. Quick events bring lovely surprises into our lives. Fast turnarounds are possible with a little faith and a lot of luck. The sky suggests solutions arising now are better than expected. It will be a great week, enjoy!

ARIES (March 21-April 19): A brilliant moment to shine changes you. You rightly suspect the alteration to your self-concept will always be with you. A new creative start with a passion close to your heart fulfills you more than you could have anticipated. The thing you love to do most holds the ticket to your freedom.

TAURUS (April 20-May 20): Reporters love getting the exclusive, and many relish being in on a secret before it's out of the bag. You get such an opportunity, as you hear news you can't share with anyone else just yet. Enjoy it in your private moments, knowing once you do, many things will change.

GEMINI (May 21-June 20): You're keeping your eyes peeled for an answer, hoping you'll get the final approval you've been seeking. The news will be delivered in a friendly manner, likely by someone you trust. The affirmative response delights you and changes your circumstances for the better.

CANCER (June 21-July 22): You're offered brilliant advice you're able to translate into financial opportunity. The delivery may be indirect, but it opens a floodgate of acknowledgement in you. A surprising turn upwards could put you in a new, higher bracket and bring you greater security.

LEO (July 23-Aug. 22): The New Moon in your sign brings a chapter into your life, aligned closely with the projects you are most passionate about. You'll be determined to move closer to your highest vision of your life and share more of yourself with the world. If your love is there, you're on the right track.

VIRGO (Aug. 23-Sept. 22): Some endings are marked by ceremonies. They're public ways of acknowledging an important completion. There's an ending now, but it's liberating in an honest way. A fresh

start is quickly followed, leading you to feel faithful that your needs will never be met in vain.

LIBRA (Sept. 23-Oct. 22): Some ask for a brush with greatness. You, however, want to demonstrate it. The work ethic you've shown is admirable. Now, key supporters come forward with an offer of partnership. While the agreement may require further negotiation, take it as a lovely affirmation your efforts are noticed.

SCORPIO (Oct. 23-Nov. 21): Most television shows allow time for commercial breaks, giving the sponsor a chance at persuasion. You find such a moment now, as a quick window allows you to make a pitch. The achievement matters to you. Be confident and brazen. The spontaneous approach will likely succeed.

SAGITTARIUS (Nov. 22-Dec. 21): The need for success has a way of repelling it. However, your ticket to success is to bring your joy and enthusiasm to the endeavour. This is especially true for you now, and you're being encouraged to return to fun. There you'll be met with a wonderful opportunity.

CAPRICORN (Dec. 22-Jan. 19): Every proposal has its magic moment. It's the exact second you know you have reached your target and been persuasive. You can find a quick avenue for funding or a large bonus, but in order to achieve it, you have to state your case. Be confident and charming.

AQUARIUS (Jan. 20-Feb. 18): Quick romantic surprises are possible this week. Partners have the ability to open your creativity and inspire new avenues to share and showcase your expertise. Let love guide the connection, first and foremost. The opportunity will be a wonderful byproduct of a natural connection.

PISCES (Feb. 19-March 20): Your workplace is likely to go through a refreshing change. Whether it's a new person or the environment that shifts, the alterations bring more light and joy into your day. Embrace the new connections where you live out the routines of your day.

For expanded forecasts and more, visit Nadiya's Shabs website at <http://www.nadiyashabs.com>

Science Kids

Bringing science & technology together!

• The word dinosaur comes from the Greek language and means 'terrible lizard'. The word was coined by English paleontologist Richard Owen in 1842 and was meant to refer to Dinosaurs impressive size rather than their scary appearance.

• The first dinosaur to be formally named was the *Megalosaurus*, back in 1824.

• Rather than being carnivores (meat eaters), the largest dinosaurs such as the *Brachiosaurus* and *Apatosaurus* were actually herbivores (plant eaters).

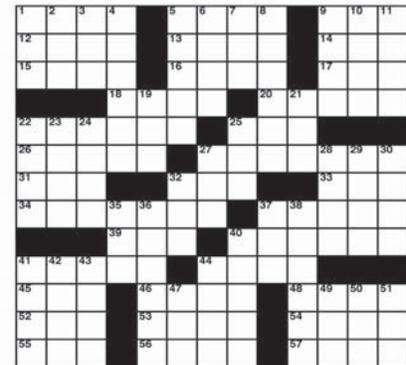
Source: www.sciencekids.co.nz

Canadiana Crossword

Before and After II
By Bernice Rosella and James Kilner

ACROSS

- 1 Mercury, Neptune and Pluto
- 5 Television's Robert _____ and drum
- 9 This minute
- 12 Indigo
- 13 Big screen theatre
- 14 Prefix for gram and bar
- 15 Clavicle or femur
- 16 Global cobbler
- 17 Criticize harshly
- 18 Middle Sch.
- 20 Television's Tom _____ Kent
- 22 Television's Craig _____ Cromwell
- 25 Station, abbr.
- 26 Surrenders
- 27 Radio's Ray _____ Adler
- 31 _____ which way
- 32 Plaything
- 33 About the mouth
- 34 CBC's Evan _____ Grundy
- 37 Corrode
- 39 Dine
- 40 Minted
- 41 Television's Oh _____ Champ
- 44 Top notch
- 45 Imitate
- 46 Ship's boat
- 48 Frolic
- 52 CBC's Oedipus _____ Murphy
- 53 Similar
- 54 Hockey's Nolan _____ Smyth
- 55 Cuddle
- 56 Fraser River town
- 57 Fashion magazine



DOWN

- 1 Chat

- 2 Lennon's love
- 3 Racket
- 4 Coat part
- 5 Textile
- 6 Moslem leader
- 7 Obese
- 8 Skill knife
- 9 Inebriant
- 10 Narrow ridges
- 11 Scholar
- 19 Actor Nielsen, familiarly
- 21 Roman household god
- 22 Wood sorrels
- 23 Late night television star
- 24 Romantic interlude
- 25 Timid
- 27 Deceive
- 28 Bank offering
- 29 The E in ESG

- 30 Vended
- 32 Child
- 35 Poet's over
- 36 Distress call
- 37 Male heir
- 38 Literature's Saint _____ Berton
- 40 Journalist Andrew _____ Machine
- 41 Ancient stringed instrument
- 42 Fencing sword
- 43 Queue call
- 44 Plant part
- 47 Scene of 1990 Mohawk uprising
- 49 Olive _____
- 50 Badly in Beauharnois
- 51 Vancouver expo

See Answers, Page 18

Mealtime.org Sweet Potato Pecan Waffles with Praline Peaches

Ingredients:

- 1/2 cup chopped toasted pecans, divided
- 1 tablespoon brown sugar
- 1 (15 ounce) can sweet potatoes or yams in light syrup, not drained
- 1/2 cup 2% milk
- 2 cups buttermilk waffle mix
- 2 large eggs, separated
- 2 (15 ounce) cans light sliced peaches, or sliced peaches in juice, not drained
- 1 tablespoon honey
- Non-stick spray oil

Preparation Time: 15 Minutes **Cook Time:** 15 Minutes

Preparation: Heat a medium skillet over medium heat for 1 minute. Add 2 tablespoons chopped pecans and brown sugar. Stir until sugar melts and coats the nuts; be careful that they do not burn; set aside. Puree sweet potatoes with their liquid and milk in a blender until smooth; set aside. Preheat a non-stick waffle iron. Mix waffle mix, sweet-potato mixture and egg yolks in a large bowl until well combined. Stir in the remaining, uncooked pecans; set aside. Beat egg whites in a clean bowl with a whisk until they hold a shape, and fold into the waffle batter; set aside for 5 minutes. Meanwhile, strain juice from peaches into a large skillet then set peaches aside. Stir honey into juice, and boil over high heat until lightly thickened, about 5 minutes, stirring often. Stir in peaches and reserved sugar-glazed pecans; keep warm. Lightly coat the interior of the preheated waffle iron with spray oil. Pour about 1/3 of batter onto the hot waffle iron and cook until puffed, brown and crisp, according to manufacturers directions. Repeat with remaining batter. Serve immediately with peach topping. Serves 12.



INFORMATION / REGISTRATION / INSCRIPTION 613-965-3575

Are you new at 8 Wing/CFB Trenton?
 Come to the MFRC, get your plant, coupons, information as needed, have a tour of the place. We are looking forward to meet you!
Êtes-vous nouveaux à la 8e Escadre/BFC Trenton?
 Venez au CRFM pour obtenir votre plante, vos coupons, des renseignements et une visite. Nous avons hâte de vous rencontrer!

Monday's Stork Club
 Are you expecting a baby for the first time or are you a new mom with a baby? Are family and friends miles away? It is comforting to have someone to turn to for advice. We invite you to come out to this drop-in play group geared for expectant moms or moms with babies up to 18 months. We meet Mondays from 9:00-11:30 a.m. \$1 per visit.

Tuesday Play Group
 Tuesday Parent and Tot Drop-in is 9 – 11:30 a.m. Planned events include science experiments, arts and crafts, storytelling, fun in the kitchen, guest speakers and parties. A schedule of events is available at the MFRC. Come out and meet new friends and join the fun. \$1 per visit

Fee Reminder
 We are collecting the \$1.00 drop-in fee through a pre-paid card. You may purchase a pre-paid card in \$5 increments.

Fridays Drop-off Childcare
 9 a.m. - 4 p.m. for children 0-6 years. Registration is Monday for the following Friday. \$5 per hour, \$4 for additional siblings. This pre-registered program offers support to parents from the daily stresses of caring for young children. Care is provided in a safe stimulating environment. You can leave your child for one hour or all day. Parents must supply all snacks & lunch.



Club de la cigogne des lundis
 Est-ce que vous attendez votre premier enfant? Venez-vous juste d'avoir un bébé? Vos parents et amis habitent-ils au loin? C'est rassurant d'avoir quelqu'un à qui l'on peut demander conseil. Nous vous invitons à vous joindre à ce groupe de jeu s'adressant aux femmes enceintes et aux mamans de nourrissons jusqu'à 18 mois. Lundis 9h-11h30 1.00\$ par visite

Groupe de jeux du mardi
 Le groupe de jeux "Parent et Bambins" – de 9h – 11h30 – animateurs présents Parmi les activités prévues on retrouve des expériences scientifiques, du bricolage, lecture de contes, cuisine, des invités et des fêtes. L' horaire des activités est disponible au CRFM. Venez faire la connaissance de nouveaux amis. 1,00 \$ par visite.

Jeu de Francophonie 0-6 ans
 (financé par le Centre de la petite enfance de l'Ontario)
 Programme gratuit qui, par l'entremise de votre participation, contribuera au bien-être parental et à celui de vos enfants de 0 à 6 ans, de 9h à 11h30
 Jeux libres, bricolages, activités d'apprentissage, ressources.

Un rappel
 Nous collectons les frais d'utilisation de 1\$ par CARTE PRÉ PAYÉE. Vous pouvez vous procurer des cartes pré payées par tranche de 5\$.

Les vendredis Halte-garderie
 de 9h à 16h 0-6 ans
 Les inscriptions doivent être faites le lundi pour le vendredi suivant. 5,00\$ l'heure, 4,00\$ pour enfant additionnel (frères et soeurs)
 Ce programme offre du soutien aux parents qui font face au stress quotidien relié aux soins de jeunes enfants. Le service est offert dans un endroit sécuritaire et stimulant. Vous pouvez laisser votre enfant pour une heure ou toute la journée. Vous devez fournir le dîner et les collations de votre enfant.

Travelling Play Group
Le groupe de jeu se promène
Summer/Été 2011

July 20 juillet: Quinte Conservation (2061 Old Hwy 2, Belleville)
 Come walk the trails with us to play 'search and find'
 Venez en excursion avec nous pour jouer 'cherche et trouve'

Bring/Apporte
 Insect container/Contenant pour les insectes
 Magnified glass/Loipe
 Sneakers/Espadrilles
 Water/de l'eau

August 3 août: Plage Cobourg Beach (Cobourg)
 Come play at the beach, make sure you bring your pail and shovel
 Venez jouer à la plage, assurez-vous d'apporter votre seau et votre pelle.

Time/Heure : 9:30 - 11:30

Canada's Wonderland

Back again at the MFRC 2011
 Adults; 3 - 59 years, over 48" tall
 Senior; 60+ years
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May 8th - October 30th, 2011

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8 mai - 30 octobre 2011

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Dunnville teen earns promotion as top cadet in Trenton

At a staff cadet promotion parade held on Friday July 8, Warrant Officer 1st Class (WO1) Ryan Booth was named top cadet for the Trenton Air Cadet Summer Training Centre (TACSTC) at CFB Trenton.

Achieving the position of staff cadet within a summer training centre is the culmination of years of hard work and dedication to the cadet program where cadets are given the opportunity to apply their advanced skills in leadership, instruction and organization. WO1 Booth, 18, began cadet training when he is twelve and could not be more proud of his accomplishment.

"This is incredible. I was chosen from so many cadets at CFB Trenton," beamed WO1 Booth. "There is only one cadet selected for this honour every year and to be the one they chose is a pretty big deal, especially when you consider the current [Forces] leaders that have come out of the program."

Seventy-five senior cadets from across Ontario underwent sev-

eral days of in-service training after arriving on Canada Day to earn their various positions within the training centre. After seven years of dedication to the air cadet program, WO1 Booth is now top cadet at a training centre he first arrived at so long ago.

"Cadet training has taught me a lot about the Canadian Forces as a family. From my early years on this program has reaffirmed the concepts of family, teamwork and leadership that are the foundation of the Canadian Forces,"

explained WO1 Booth.

WO1 Booth hails from Dunnville, Ont. and is a member of 611 Dunnville Harvard Royal Canadian Air Cadet Squadron. At the local level he is a past recipient of the Royal Canadian Legion Cadet Medal of Excellence, and the Battle of Britain Sword for Top Warrant in the Niagara Air Group.

WO1 Booth recently graduated from Dunnville Secondary School and will attend the Acting for Film and Television program at Niagara College Canada

this coming fall. In the future, WO1 Booth hopes to become an officer with the Canadian Air Force.

July 11 will mark the opening of TACSTC at CFB Trenton. This year's group of cadets are the largest to undergo training at CFB Trenton. For the next six weeks 1,500 cadets from across Canada will participate in the training program, with the exception of the army cadets undergoing the Canadian Forces Basic Parachutist course, which commenced last week.



Photo: Lt(N) Terri-Leigh Saunders, Public Affairs Officer, Trenton Air Cadet Summer Training Centre

Warrant Officer 1st Class Ryan Booth (centre) receives his appointment as Training Centre Warrant Officer from the Commanding Officer of Trenton Air Cadet Summer Training Centre, Lieutenant-Colonel David A. Wright, CD (left) and the Commanding Officer of the Regional Cadet Support Unit (Central) Lieutenant-Colonel Morley B. Armstrong, CD.

Home of the Week

YOUR BUILDING RENOVATION EXPERTS



Three-Bedroom Family Home Plan number 2-3-743

This handsome three-bedroom family home includes an unfinished basement with a roughed-in three-piece bathroom. Future uses for this space could include a playroom, home office or in-law suite.

Painted pilasters set on stone bases support a covered entry at ground level. This leads into a compact foyer, with a coat closet tucked under the stairs to the second floor. At the back of the foyer is the laundry room, with access to the single garage.

Upstairs, the great room occupies the front of the home, separated from the stairway by a railing. Between the kitchen and the great room is the dining room, flowing into the great room. A window at the side indicates the ideal spot for the dining-room table.

Divided from the kitchen by a two-seat eating bar, the kitchen includes double sinks and a U-shaped counter configuration. A door opens onto a sundeck that overlooks the back garden.

The master suite, also at the front of the home, boasts a window with an extra-wide sill and plenty of closet space. If the owners wish an ensuite bathroom, optional plans will allow this. Otherwise, a three-piece bathroom can be shared with the two secondary bedrooms.

A linen closet opposite the bathroom completes the second-floor lay-out.

Simplicity is the watchword for the exterior finishes, which include horizontal siding and gables with decorative shingles. Windows are partly mulled and woodwork is painted white.

This home measures 30 feet, four inches wide and 34 feet deep, for a total of 896 square feet of living space, not including the unfinished basement.

Plans for design 2-3-743 are available for \$490 (set of 5), \$551 (set of 8) and \$589 for a super set of 10. Also add \$30.00 for Priority charges within B.C. or \$55.00 outside of B.C. Please add 12% H.S.T., 13% H.S.T. Or 5% G.S.T (where applicable) to both the plan price and Priority charges.

Our NEW 43RD 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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c/o The Contact

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Advertisers should check their ad the first day it appears. The CONTACT shall not be liable for failure to publish an ad or any typographical errors in the publication except to the extent of the cost of the ad for the first day's insertion. Adjustments for errors are limited to the cost of the ad wherein the error occurred.

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Community

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972 Hwy #2, Bayside
July 16, 2011
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Celebrating Canada Day in Italy

By Captain Jill Strelieff

Canada Day holds special meaning to the men and women in the Canadian Forces who wear the maple leaf every day, particularly when deployment takes them away from home.

The members of Task Force Libeccio in Trapani and Poggio Renatico, Italy celebrated the nation's birthday just as they would back home: with barbecue, good friends and great entertainment.

In Trapani, a show tour sponsored by Director General Personnel and Family Support Services brought laughter and music to the Canadian festivities. Despite unrelenting heat,

the enthusiastic troupe of entertainers took the stage to perform for an audience gathered in the open field.

Comedian Terry McGurrin opened the show, followed by musicians John and Robert MacPhee, half of Paper Lions from Prince Edward Island. Country and western singers Patricia Conroy and Britton Cameron closed the show.

The entertainers arrived in Trapani the day before, and had time for a tour of the Canadian camp. They all took the opportunity to sit in the cockpit of a CF-188 Hornet fighter aircraft.

"That was so cool," said Patricia Conroy after she climbed down from

the jet. "It's really amazing what you guys are doing here."

This Canada Day will be remembered for more than a fine show by great performers. Air weapons system technician Steve Carreau was promoted to the rank of Master-Corporal by Colonel Eric Kenny, Commanding Officer Trapani Detachment of Task Force Libeccio, who also addressed the troops.

"I want to thank you for your continued efforts," he said. "Each of you is playing an important role in this mission, and we are making a difference. Today we can celebrate our great country and remember how fortunate we are to be Canadian."



Photo: MCpl Allan Laevens, Task Force Libeccio Military Police/Force Protection
Operation Mobile Show Tour entertainers Britton Cameron, Terry McGurrin, Patricia Conroy, and John and Robert MacPhee close the Canada Day show in Trapani.



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