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INSIDE

CATCHING UP WITH 8 WING MEMBERS IN BRAZIL



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SGT. LECLERC REFLECTS ON REMEMBRANCE DAY



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LOGISTICS BRANCH 50th ANNIVERSARY 50^e ANNIVERSAIRE DU SERVICE DE LA LOGISTIQUE

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Trenton's historic F-86 Sabre undergoing maintenance



Photos by Makala Chapman



Photos by Captain Jennifer Howell

Trenton's F-86 Sabre gets taken down from its pedestal for repairs by members of 8 Wing Trenton's ATESS on Nov. 22.

By Makala Chapman

One of the community's most recognizable tributes to Canada's aviation history is getting some much-needed tender loving care. On one of the coldest days of the year, members of 8 Wing Trenton's Aerospace and Telecommunications Engineering Support Squadron (ATESS) and Recovery and Salvage Support Squadron (RASS) could be found carefully dismantling the RCAF Golden Hawk F-86 Sabre from its pedestal outside the Duncan Memorial Community Centre on Nov. 22. On site ensuring things went smoothly

was ATESS project officer Master Corporal (MCpl.) Serge Bouffard. He noted the opportunity served as a great training exercise for the squadron's technicians and other support staff. But getting the aircraft from downtown Trenton to the Base, where it will be restored, is no easy task. Having started at 7 a.m. sharp, MCpl. Bouffard said he and his team had been hard at work planning how they would execute the project. He explained that the first step would be getting the aircraft down from its mount and placing it into a cradle. From there, the wings would then have to be removed from the fuselage and the separated components transported

Continued on page 11



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Photos by Makala Chapman

Trenton MFRC participate in annual Santa Claus Parades



Contact News

Members of 8 Wing Trenton and the Trenton Military Family Resource Centre (MFRC) pulled out all the stops at this year's annual Santa Claus Parade in downtown Trenton on Nov. 25. Like in previous years, both 8 Wing Trenton and the MFRC teamed up to create a tribute to both the military and the families in the community. Complete with banners, a propeller and all the lights a float could ask for, this year's creation was one not to be missed. The team also got the chance to show off their float at the Belleville Santa Claus Parade the week prior.

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8 Wing members training in Brazil



Photo by 8 Wing Public Affairs

Master Corporal Marilou Tellier enjoys the scenery of Natal, Brazil from the ramp of a CC-130J Hercules as it flies a training flight during CRUZEX 2018 on Nov. 21.



Photo by Sgt. Ian Johnston

Sergeant Alexandre Bossinotte gives instructions to Brazilian Army paratroopers on Nov. 21.

By 8 Wing Public Affairs

Sergeant (Sgt.) Alexandre Bossinotte, originally from Quebec City and a former member of the Royale 22e Regiment has been at the Canadian Army Advanced Warfare Centre for the past two years and is also a Mountain Operations instructor. He joined the Canadian Army in 2004. Sgt. Bossinotte is a jumpmaster from the Canadian Army Advanced Warfare Centre based at CFB Trenton, Ontario. On Nov. 20, he got the chance to give instructions to Brazilian Army paratroopers prior to exiting a Brazilian Air Force C-130 Hercules near Natal, Brazil during CRUZEX 2018. The key South American exercise brings together air forces from eight allied and partner nations to conduct a wide range of training. "I like the adrenalin of jumping [parachuting]," said Sgt. Bossinotte. "Being here in Brazil is great. You get to know how other armies conduct their parachute training and it's good for our professional development. I had a great time jumping with them." Also taking part in CRUZEX 2018 is Master Corporal (MCpl.) Tellier, a Human Resources Administrator with 436 Transport Squadron. MCpl Tellier provides human resource administration and pay and personnel support services to members of the squadron to enable efficient operations at home and around the world. She has been in the Canadian Armed Forces since 2009 and previously served in 1 Engineer Support Unit in Kingston.

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Safety



Ice, Ice, Baby

Winter Workplace Injuries

Snow, ice and freezing temps in the winter multiply the number of wet and slippery surfaces at work and the potential for accidents. Ladders, scaffolding, machinery, utility poles, and even the entry and exits to a building can all be exponentially more dangerous in the winter months. According to data from the Canadian Institute for Health Information, falls on ice were by far the most common cause for all winter related causes of serious injuries (excluding motor vehicle collisions) and falls lead to more hospital admissions than all winter sports and recreational activities combined. As one might expect, most snow and ice-related slips and falls occur on outdoor surfaces. The majority happen in parking lots, roadways, driveways and walkways where individuals travel on foot between their work-sites and vehicles.



About 8 percent do occur indoors, in entryways, hallways and other rooms where ice and snow have been tracked in from outside. In one Canadian study, participants reported that 25% of their most serious in-

juries occurred in winter. Practically all injuries from slips and falls on snow and ice fall under the classification of "traumatic injuries."

These injuries range from minor bruises, cuts and abrasions to serious bone frac-

tures, spinal cord damage and concussions. Strains, sprains and tears comprise the largest category. The lower extremities are most often injured by these accidents, followed by multiple body part injuries, which are incidents with more than one

traumatic injury to two or more unrelated parts of the body. Icicles and chunks of ice and snow can be deadly falling objects and projectiles. Most ice falls within 1.5 – 3 meters of a building but can travel 15 -30 meters from taller structures, such as cell towers, overpasses, or high-rise buildings. When icicles and chunks of ice fall, they fall quickly. Black ice is one of the most feared hazards of winter. It is virtually impossible to see to those walking or driving on it. The accident rate on black ice can be up to five times higher than on dry surfaces and four times higher than on wet surfaces. Stopping distances for vehicles on ice is almost 10 times that of stopping distances for vehicles on a dry surface.

In order to stay safe from all the different types of ice you may encounter, be sure to be aware of your surroundings, wear the right equipment and always be cautious.

The Contact Newspaper

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

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

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

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

The CONTACT is produced weekly under a Publication Service Agreement with a division of Metroland Media Group.

8 Wing Personnel

Publisher: Col. Mark Goulden

Proprietor: Her Majesty the Queen, in right of Canada, as represented by the Commander of 8 Wing, Canadian Forces Base Trenton, P.O. Box 1000 Stn. Forces, Astra, ON K0K 3W0 Canada

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Circulation: Kim Wonnacott 705- 742-8450

250 Sidney Street, Belleville, Ontario K8P 3Z3, CANADA

SUBSCRIPTIONS: First Class postage charge \$65.00 per year for inside Canada, \$130.00 for international.

ARTICLES AND PHOTOS

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

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.

- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.

- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.

- Articles must be received by Monday at noon prior to print date.

Letters to the Editor:

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

A Military Community Newspaper

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



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SISIP Financial encouraging military members to learn more about saving

By Makala Chapman

Managing one's finances and insurance policies can be tricky says Service Income Security Insurance Plan (SISIP) branch manager Troy Brown. To help ease concerns and answer questions, Brown and his team hosted an open house on Nov. 21. Members of the military community were also given the chance to learn more about how they could make investments for their future, as well as other financial advice. SISIP is a Canadian Armed Forces (CAF) service offered exclusively to members of the military and their families. They also provide advice on everything ranging from insurance to investments, as well as savings and other related topics. Since November is Financial Literacy Month – an annual reminder for CAF members to stop and think about their finances, Brown said the open house was the perfect opportunity to help new or existing members with some planning. "It's also a time to highlight the services that SISIP does," said Brown. "If we can educate the new recruits when they're young, because time is on their side, their financial goals will be realized a lot easier as time goes on." He noted that saving was critical as it could help alleviate the stresses associated with things like buying a house, a car or even catering to an emergency. "Military life can be difficult because (members and their families) are moving around a lot so having the support to keep them on track when it comes to being financially prepared for emergencies or changes in life is important," said Brown. "The great thing about SISIP is that we are in most of the major bases across Canada." An added bonus to this month's financial literacy campaign is the national online Facebook Contest "Pursue Your Financial Well-being." Participants can enter for the chance to win \$500, \$250 or \$100 towards their own CAF Saving Plan. For more information on SISIP, contact Troy Brown at 613-965-4823 or 1-800-267-6681.



Photos by Makala Chapman



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Photos of the Week

Mission Support Squadron



Photo by Master Corporal David Beaupre

By Petty Ofj cer Second Class Norman Galway

Master Corporal David Beaupre, Corporal Annie Desmarais, and Ordinary Seaman Victoria Trail from 8 Wing Replenishment Food Services showcased a new reception style Mess Dinner Nov. 6 for Construction Engineering Training Session (CETS) at the Astra Lounge. This less formal stand up dinner has guests serving themselves, allowing for more interactions with not only themselves but also Kitchen staff.

Catching up with the Hasty Ps



Photo submitted

Content submitted

Ryan Landriault of 1 Platoon Moro Company Hastings and Prince Edward Regiment was promoted by Lieutenant Tyler Heffernan on Nov. 22. First he was promoted from Private to Gunner and then from Gunner to Bombardier.

CFS Alert: Volunteer Firefighter Training



Photo: Corporal A. Medeiros

Content submitted

On November 21, the Canadian Forces Station Alert Fire Department set up an obstacle course for the Station's volunteer firefighters in order to improve their skills and abilities under difficult conditions. The obstacle course focused on basic firemanship skills: donning a self-contained breathing apparatus, sled pull, forced entry, trapped firefighter, hose deployment, equipment carry, and casualty drag. According to the Station's Fire Chief, Master Corporal Gordon Tessier, all of the volunteers displayed an impressive willingness to push past their comfort levels.

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Sergeant Leclerc reflects on Remembrance Day ceremony in Ottawa

By Makala Chapman

Once in a lifetime experience has Sergeant (Sgt.) Isabelle Leclerc especially proud to be in the military. The member of 8 Air Maintenance Squadron was recently given the opportunity to represent 8 Wing Trenton at this year's Remembrance Day ceremony in Ottawa on Nov. 11. Tasked with commanding a group of sentries at the National War Memorial, Sgt. Leclerc noted it was a moment she would not soon forget. "It was amazing," she gushed. "It was probably one of the most thrilling and amazing experiences of my career. It's an honour to be at the National War Memorial during Remembrance Day." Traditionally speaking, a sentry is a soldier who has been entrusted to stand guard over a specific location to prevent the passage of unauthorized personnel. They also are responsible for keeping watch for potential dangers. Sgt. Leclerc's sentry group consisted of six military personnel, as well as a member of the RCMP. To ensure things went smoothly, a lot of preparation took place leading up to the ceremony. In fact, Sgt. Leclerc and her fellow sentries arrived in Ottawa almost a week before the ceremony to practice and familiarize themselves with the ceremonial drill they would be conducting on parade. In addition to training, the group of sentries were given the chance to visit Parliament Hill, where they sat in during question period at the House of Commons. The sentries also visited the National War Museum and met with senior military leaders. When asked how the ceremony went overall, Sgt. Leclerc said it couldn't have gone better and she was pleased with the turnout. "I was definitely nervous because I wanted to live up to the expectation," she said. "But we had a great dynamic as a group, it was a lot of fun and everyone was super sharp. It was a team effort." Despite temperatures of minus ten degrees and the thousands that had come out to commemorate Canada's veterans, Sgt. Leclerc noted one of her personal goals was to remain as focused as possible. She added it wasn't until she watched a video of the event following the ceremony that she realized the magnitude of



Photo by Able Seaman Anne-Marie Brisson

Sergeant Isabelle Leclerc standing on guard as the sentry commander at the National War Memorial in Ottawa during Remembrance Day on Nov. 11.

it. "It was beyond an honour," she said. But while it's nice to have an annual ceremony dedicated to honouring Canada's veterans, remembering their sacrifices should be year-round," she added. "We take one or two hours every year to commemorate veterans when they suffered for a much longer time and paid a huge price," she said. "Remembering the veterans should be a lifelong affair." While certainly an unforgettable experience, Sgt. Leclerc noted that the greatest honour would always be getting to wear the uniform and serving her country.



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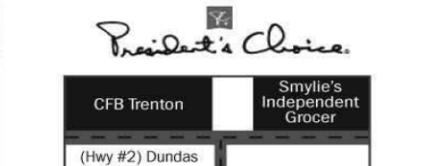
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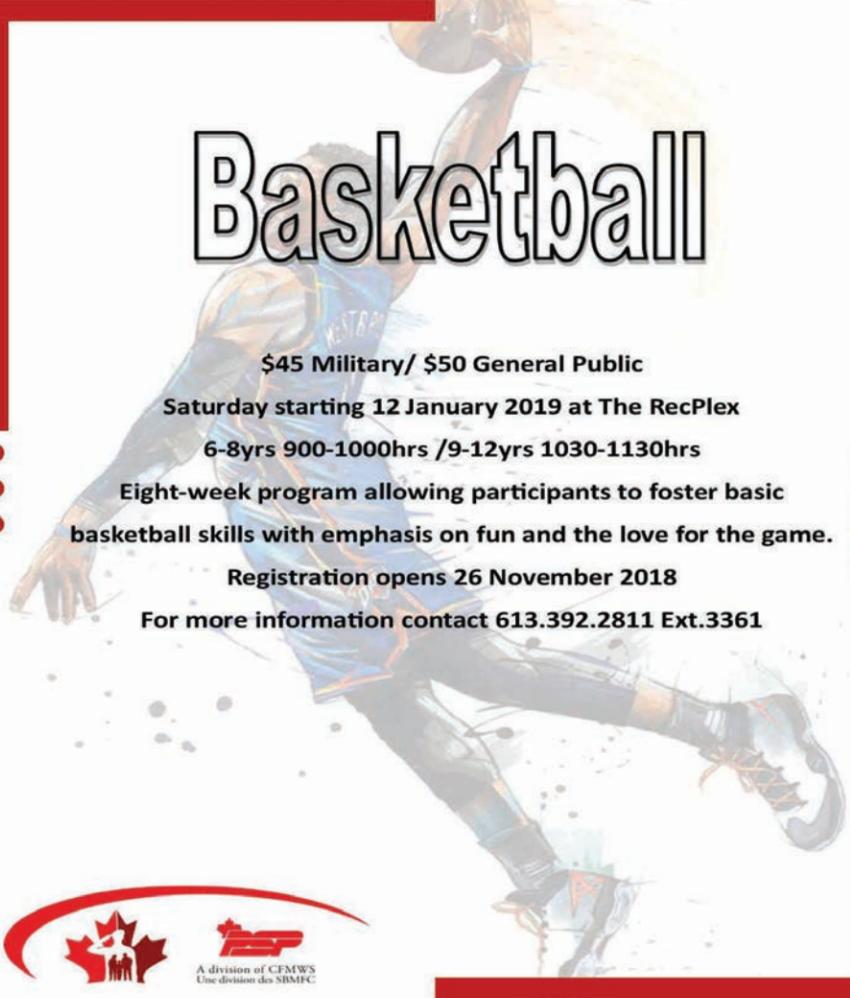



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December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Casual Child Care Now Available!	4 Christmas Draw begins!	5 Picasso & Pinot	6 Mindfulness	7 Youth Centre Winter Wonderland	8
9	10 Chapters FUNdraiser	11	12 Deployment Christmas Dinner	13	14 Christmas Draw Ends Holiday Wreath Raffle Ends	15
16	17	18	19	20	21	22

● Casual Child Care - Available as of Monday, December 3!

The Trenton MFRC is now offering Casual Child Care, Monday – Friday. Child care will be available in ‘family age groupings’ for ages 0-12 years. This is a licensed child care program offering parents an option to access casual child care.

For requirements, fees, and more information, please visit www.trentonmfr.ca or www.caf-connection.ca/trenton. For inquiries, please contact Susan Stoddard at susan.s@trentonmfr.ca or 613-392-2811 ext. 2442.

● Holiday Wreath Raffle

As the holiday season approaches, the Trenton MFRC

child care program is thrilled to continue its annual tradition of providing gifts to each child care room. Every year, Santa Claus makes a special trip to the MFRC, delivering gifts perfect for learning. Gifts like age appropriate early literacy, gross motor, and educational materials. These items help support our methods of teaching by creating a learning environment founded on new opportunities to explore, discover and inquire about the world through play.

In order to support this tradition, the MFRC is hosting its annual raffle of a holiday wreath decorated with gift cards from local businesses. The monies raised will directly support the MFRC’s tradition of bringing gifts to each child care room from Santa himself!

Tickets are 3 for \$5 and can be purchased at the Trenton MFRC Reception. The wreath includes over \$300

in gift cards from local organizations.

Raffle tickets will be available for purchase from November 17 (at the Trenton MFRC’s Christmas Marketplace!) until December 13. The draw will be held on December 14 at 12 p.m. For more information please contact: Kate: kate.b@trentonmfr.ca or Amy: amy.l@trentonmfr.ca.

● Christmas Draw – December 4-14

Get to know your MFRC & win a prize!

The Trenton MFRC is your ‘home-away-from-home’ - so come & get comfortable!

We invite ALL military families - whether you’re new to Trenton or you have been here for years - to visit the MFRC. Stop by for a short tour between December 4 and December 14th and you will be

entered to win one of three prizes!

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*Gift certificates can be used for any MFRC program or event including child care, Canada’s Wonderland or Cineplex tickets. They exclude garbage tags or any tickets being sold on behalf of other organizations. Learn more on our Facebook page!

● Youth Centre Winter Wonderland

Hot cider, festive tunes, jingles and more! Celebrate the holiday season with the Youth Centre! Friday, December 7, 2018 - 6 - 9 p.m. Ages 6-14 Youth Centre at Trenton MFRC \$3 per person or \$5/2 children; register by December 5, 2018.

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This charming home offers the prospective homeowner plenty of choice, thanks to an unfinished bonus room over the double garage, as well as an alternative plan for the en-suite in the master bedroom.

Entry is through a covered porch set off by brick pilasters. The foyer includes a coat closet to the left. Directly ahead is the staircase to the second-storey bonus room and beyond is the great room.

The great room features a sloped ceiling, as well as a gas fireplace that will cast its warmth into the dining area and kitchen. French doors open to a partially covered patio and the

back garden beyond. A large window in the dining area looks out to the patio, and natural light will filter through the two narrow windows that look to the side garden.

The kitchen, separated from the dining area and great room by an eating bar, is illuminated by a skylight and includes generous counter space. An eating bar with a double sink on one side separates the kitchen from the dining area, which features a large window overlooking the patio.

The laundry room has access to the double garage. A mud room with a

coat closet is located nearby.

The master suite also has a sloped ceiling, as well as a doorway to the patio. Windows overlook the back garden. Both plans for the en-suite include double basins, a shower stall and a soaker tub with its own window. The walk-in closet is located either in a corner of the suite, or with access from the en-suite.

The second and third bedrooms share a three-piece bathroom, with a

linen closet situated at its entrance. The third bedroom has a window with an extra-deep sill, which could double as a window seat.

The unfinished bonus room includes a roughed-in three-piece bathroom, allowing it to serve as a guest room or fourth bedroom.

Exterior finishes include horizontal siding with shingle accents around the front windows. Brick pilasters flank the arched front porch, which also features shingle accents.

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Photos courtesy of Quinte Ballet School

Talia Gauthier has been interested in dance since she was three years old.

Local Trenton dancer tackles new roles at Quinte Ballet School

By Quinte Ballet School

At this year's 'Holiday Dance' performances featuring Nutcracker highlights, local resident and graduating student of Quinte Ballet School of Canada's (QBSC) professional dance division, Talia Gauthier, will be tackling some new roles. This includes the lead in "Spanish Dance" as well as solo parts. Quinte Ballet's Artistic Director Catherine Taylor has also been mentoring Talia as a teacher. In September, Talia began teaching recreational dance classes, earning valuable experience as an instructor for young students and adults. All of these new roles and experiences are adding to Talia's future options when she graduates in June 2019. Talia has studied in the professional dance division of Quinte Ballet School since 2015 under the tutelage of Artistic Director Catherine Taylor and her professional staff. Through the program, Talia has now performed in various roles of the Nutcracker since Grade 9, making 2018 her fourth year. "All of my teachers influence me and shape me as a dancer in different ways," says Talia. "I do not have a favourite role as I enjoy every piece I get to be a part in." Talia's new roles in Nutcracker performances consist of complex choreography. She added she finds it's not too hard to memorize choreography because all of the dancers help each other. She describes her favourite moment of dancing in QBSC shows as the hour prior to any performance, relating a funny story about how her good friend and fellow dancer once ripped her tights a total of five times during one quick costume change. Growing up in the Trenton area,

Talia began her dance journey at the tender age of three years old. Her sister Samara also took dance, however, didn't stick with it, but Talia kept up her classes while attending St. Peter's and St. Paul's Catholic Schools. She eventually graduated to Centennial Secondary School's Arts program in Belleville. She began to recognize dance as her driving passion around the age of 13, when she became a part of Team Canada Dance. Through this experience, she met and worked with many different teachers and fellow dancers, which inspired her to want to grow and accumulate bigger goals. While Talia enjoys all aspects of dance, her favourite styles are contemporary and jazz because she loves to show her emotions and captivate audiences. Ballet training has changed her technique, and she draws some of her inspiration from her favourite choreographer Travis Wall, explaining "he is an amazing dancer; every piece he creates for others or himself changes my perspective." To see Talia and her fellow students in QBSC's 'Holiday Dance' featuring Nutcracker favourites, pick up your tickets at 196 Palmer Road in Belleville, email reception@quinteballetschool.com, or call 613-962-9274 ext. 23. Performances are 7pm on Saturday, December 15th and 2pm on Sunday, December 16th at Centennial Secondary School's theatre auditorium, 160 Palmer Road, Belleville.

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Continued from page 1

to ATESS' refinishing shop. "It's not a very long distance, but it's going to take a lot of manpower," said MCpl. Bouffard. "We also had to get all the permits for the oversize load since it will be on the road." When asked what kind of work needed to be done on the aircraft, he explained the team would know more once it was in the shop. But, he shared that repairs such as rust removal, rebuilding damaged parts of the aircraft and repainting would likely be at the top of the to-do list. "It's an artifact and it's great that it's on display for everyone to see," he said, "which is why it's important that we preserve this piece of history." While he noted he wasn't sure when exactly the aircraft would be finished and returned, he joked that he hoped it would be during warmer weather. The appraisal of the aircraft's damages and obtaining the necessary materials to restore it will take at least six months alone. Speaking to how pleased he was that members of 8 Wing Trenton would be working on the city's historic sabre was Quinte West Mayor Jim Harrison.



The F-86 Sabre safely off of its pedestal in a cradle ready for the dismantling of its wings from the fuselage on the evening of Nov. 22.

He shared that the aircraft has been a benefit to the community over the years since its placement in the 1990s. As for why he is such a big supporter of getting the aircraft restored, he said it came down to preserving history, which includes the legacy of the aerobatic team known as the Royal Canadian Air Force Golden Hawks who flew the sabres from 1959-1964. "The Golden Hawks and the sabres are important to us," he said. "We are thankful to have the Base do the work on the jet. We know the work will get done properly so that it looks as good as it did originally." It was just this past February that Harrison and local hockey team, also named the Golden Hawks, took the time to honour a group of Royal Canadian Air Force Hawk One pilots, as well as first team commander of The Royal Canadian Air Force Golden Hawks, J.A.G. Fernand "Fern" Villeneuve. During the ceremony, Harrison expressed how pleased he was to keep the history of the Golden Hawks and the sabres alive in his city. It was also just last year that Harrison and a handful of councilors were invited to participate in a Golden Hawks 50th anniversary in Miramichi, New Brunswick, the original home of the team. The event brought together former Golden Hawk pilots, their families and ground crew. "We were the only municipality in attendance with a Sabre," said Harrison. "We even got to meet the son of the pilot who flew our very jet outside the arena. It was flown by a guy by the name of David Barker." As for ATESS' future plans, they will be completing the same process to a sabre located in Kingston in the upcoming weeks.



The F-86 Sabre has been a visual reminder of the air force's rich history.

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