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INSIDE

THE WOMEN OF CFS ALERT



Page 2

GETTING READY FOR FLU SEASON



Page 5

GETTING TO KNOW THE 8 WING FIRE DEPARTMENT



Page 9



436 Transport Squadron 75th ANNIVERSARY

75e anniversaire du 436e Escadron de transport

Military members deployed to Mali return home



Photo by Makala Chapman

Family members greet returning members deployed on Op PRESENCE in Mali and Senegal at 8 Wing Trenton on Oct. 18, 2019.



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By Makala Chapman

The remainder of the Air Task Force members deployed on Canada's peacekeeping operations in Mali are now home. On Oct. 18, a CC-130 Hercules landed at 8 Wing Trenton with loved ones who've been deployed for upwards of over half a year.

Prior to their arrival, family and friends quickly began filling the passenger air terminal in anticipation. Small children, with their hands and noses pressed against the windows, could be seen trying to catch a glimpse of the parent they've long awaited. The adults, a little more composed, anxiously paced as they too longed to be reunited with their aviator.

While overseas, Canadian Armed Forces (CAF) members primarily aided in aeromedical evacuations and aerial transportation of United Nations (UN) forces in what is known as Operation Presence (Op PRESENCE). The yearlong mission

Continued on Page 6



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The women of CFS Alert

By Second Lieutenant Sheila Tham

The first female Commanding Officer of CFS Alert was Major (Maj) Cathy Cowan, who took command in 1996. In 2017, Master Warrant Officer Renee Hansen was celebrated as the first female Station Warrant Officer for CFS Alert. Maj Tonja Kerr took command of the station in 2019 and, since August of this year, has supervised the best part is that nobody noticed. It was sometime in September when the Alert was first established as a military station in 1958, but women were not permitted to serve until the historic significance.

Warrant Officer for CFS 1980. The station has celebrated having an entirely female officer team, however Maj Kerr notes that ever Maj Kerr notes that the best part is that nobody noticed. It was sometime in September when the Station Warrant Officer as a military station in brought attention to the fact at a TGIF and noted the historic significance.

TEME Picture of the Week

Transport and Electrical Engineering a day away from the Lt Kim is eager to get his office. Employed on a coversalls dirty while conducting an annual inspection with Air-Operations Officer, Lieut-craft Maintenance Support on a Hercules engine tenant (Lt) Kim is enjoying Equipment Section, maintenance stand.



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War Amps key tags at work for amputees

The War Amps

who support the Key Tag Service." and The War Amps will return them

Each key tag has a confidentially coded number. If you lose

As The War Amps mails out its 2019 key tags to households across the country with the theme, "Your Key Tags at Work," the Association is also embarking on its second century of service. For more than 100 years, The War Amps has been making a difference in the lives of amputees including 11-year-old Carter Sly.

Carter Sly is a left leg amputee and a member of The War Amps Child Amputee (CHAMP) Program. The War Amps receives no government grants but with the public's support of the Key Tag Service, the Association provides amputees with financial assistance for artificial limbs, peer support and information on all aspects of living with amputation.

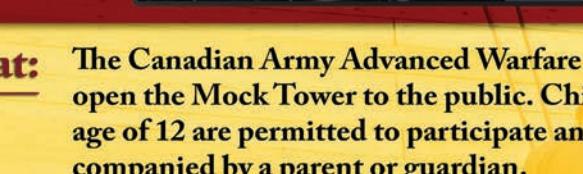
The Key Tag Service was launched after the Second World War so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association. "The War Amps provides our family with invaluable support," says mom, Alzira. "Carter has been fitted with artificial legs for walking, running and swimming. We are so thankful to those



Mock Tower



GOT THE GUTS TO TRY?

What: The Canadian Army Advanced Warfare Centre will open the Mock Tower to the public. Children above the age of 12 are permitted to participate and must be accompanied by a parent or guardian.

Where: North side of base by the entrance to the golf course (SE corner of Winnipeg Ave and Alert Blvd)

When: 26 Oct, 2019

Time: 1000-1500

Cost: \$5.00 Per activity





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Workplace Charitable Campaign
Campagne de charité en milieu de travail du Gouvernement du Canada

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Ben-Jaemin.Lee@forces.gc.ca
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Safety

Halloween Safety Guide



The scariest part of Halloween: the sugar highs. But candy aside, here's how to stay safe.

Stay bright

- It may be dark outside when you go trick-or-treating.
- If you can't convince your kid that there's a secret order of ninjas who wear only yellow, trim their costume and booty bag with reflective tape so they'll be visible to drivers.

Keep costumes short

- Falls are the leading cause of unintentional injuries, so watch out for long hems.

Save face

- A mask can block your child's peripheral vision (and can be a suffocation hazard for infants). Stick with nontoxic face paint instead.

Go with them

- Kids under 10 aren't old enough to trick-or-treat alone. Carry a flashlight with you and have your kids hold glow sticks (trust us, this one's a snap).

Walk on

- Enforce a strict "no running" rule, and use the sidewalk. If there isn't one, walk on the street facing traffic, as far to the left as possible.
- Cross the street at crosswalks. "Kids are twice as likely to be struck and killed by an automobile on Halloween as on any other night."

Be neighbourly

- Trick-or-treat in a familiar neighborhood. Stick to the homes of people you know when you can and never let your kids enter alone.

Fill up first

- Feed your kids a hearty, early dinner so they're not too tempted to sneak treats on the go.

Check it out

- Look over all candy before your kids dig in to make sure it's in original, unopened wrappers.
- Tots under 3 are at increased risk of choking, so remove any hard or gummy candies and chewy bars made with caramel, nuts, marshmallows, or raisins. (You can save those for yourself!)

*Remain visible- bring a flashlight!
Be mindful of traffic- look both ways!*

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 Colonel Ryan Deming, OMM, CD. 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

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ARTICLES AND PHOTOS

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

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

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: cfbcfbcnewspaper@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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Flu prevention campaign in full swing



Photos by Makala Chapman

LEFT: 8 Wing Commander Colonel Ryan Deming pretends to give Wing Chief Warrant Officer Dan Baulne his immunization while community health nurse Ashley Withers supervises at 8 Wing Trenton on Oct. 23, 2019. (Note: The Wing Commander did not actually administer the immunizations.) **RIGHT:** 8 Wing Commander Colonel Ryan Deming receives his flu shot from community health nurse Ashley Withers on Oct. 23, 2019.

By Makala Chapman, with information from Ashley Withers, Community Health Nurse

Flu season is here and the medical staff at 24 Health Services are prepared. Over the next couple of months, the Base's medical clinic will be holding drop-in influenza clinics for all military personnel on Monday-Thursday 1300-1500 at 24 CF H Svc C immunization cell Rm102.

The flu is a contagious respiratory virus and can cause varying degrees of illness in those affected. The elderly, children and those with underlying medical conditions are the most susceptible to contracting the illness from others. To help combat the flu, the medical clinic will also be offering travelling flu clinics by unit

request. "We want to protect ourselves, so we can protect co-workers, comrades and the general population," said Ashley Withers, the Community Health Nurse at 24 Canadian Forces Health Service Centre. "The more people we have vaccinated, the less chances there will be of the flu spreading." Withers went onto explain that the flu virus can be spread very easily and anyone within a six-foot radius of an infected individual could potentially catch the virus. "Not having the flu in the past does not protect you from not getting the flu in the future," she added. "The best line of defence against getting the flu is getting the flu shot." Withers noted that the side effects of the immunization are minimal with possible symptoms of soreness at the injection site, elevated temperature and general malaise.

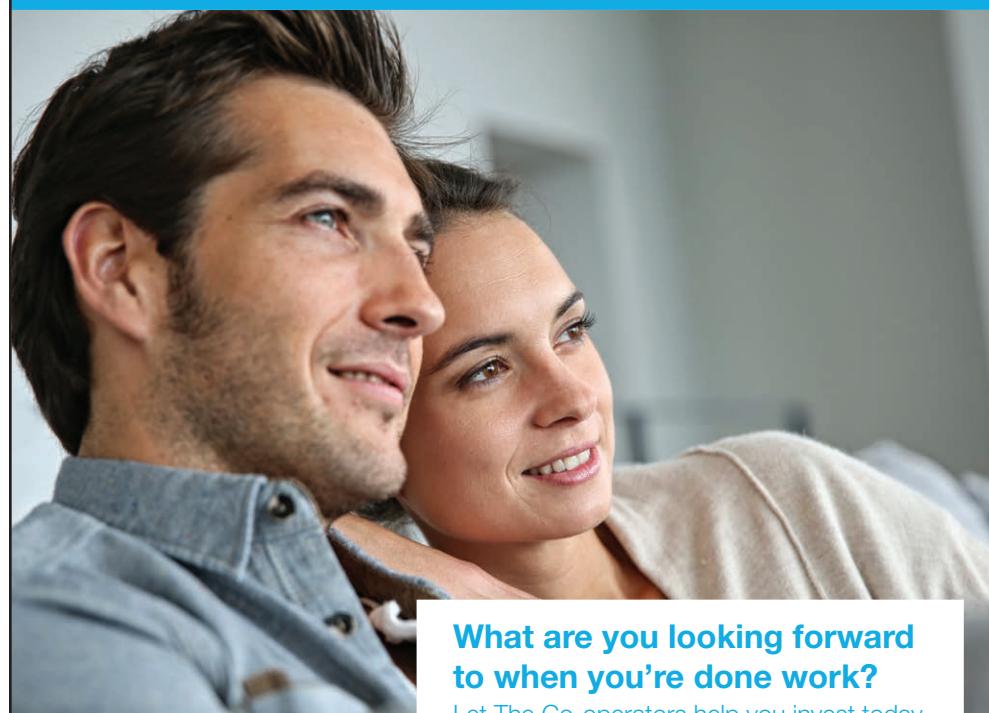
These symptoms will be minor and only last 48 hours. For more information on the available flu clinics, contact the medical clinic at extension 2520. Civilian flu clinics will be held by the Hastings Prince Edward Public Health unit at various locations. Please visit: www.hpepublichealth.ca or call 1-800-267-2803 ex 313 for influenza details. Flu shots are also available through participating pharmacies for 5 years of age and older, and your health care provider.

Drop-In Influenza Clinics 2019
Monday-Thursday 1300-1500 (held at 24 Canadian Forces Health Service Centre)

*Travelling flu clinics by unit request.

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Continued from page 1

was a part of the CAF's commitment to the United Nations Multi-dimensional Integrated Stabilization Mission in Mali (MINUSMA). Based on information made available by the UN, MINUSMA, first established in 2013, aims at "protection of civilians" and "the promotion and protection of human rights." Returning home were several members from 436 Transport Squadron, 2 Air Movement Squadron and 426 Transport Training Squadron. Their roles had them placed in Mali and Senegal, where they moved cargo and CAF personnel in and out of the Mali theatre of operations, in support of Op PRESENCE. Speaking to how proud he was of the efforts put forth by his members was Lieutenant-Colonel (Lt.-Col.) Andy Bowsler, the Commanding Officer of 436 Transport Squadron. "The members of the Tactical Airlift detachment based in Senegal were very busy during their tour," he said. "Operating in the desert creates additional operational and maintenance challenges and our members handled them expertly." He added he would be remiss if he didn't acknowledge the sacrifices being made at home by the family members. "As a transport squadron, we have members deployed all the time, sometimes for extended periods," he said. "The MFRC (Military Family Resource Centre) and non-deployed 436 Squadron members, and their families, have an important role to play in assisting the families of our deployed members. It can be tough, especially those families with children, so it always heartens me when people step up to help with chores at home, daycare and providing companionship."

Also on hand to greet one of his pilots returning home from deployment was 426 Transport Training Squadron's Commanding Officer Lt.-Col. Erik Rozema-Seaton. He too noted how proud he was of the men and women who work hard to get the job done both at home and abroad. "Specifically in the case of Op Presence, our members deployed on a unique mission in challenging conditions and succeeded in providing important operational effects that made a difference," he said. "You can see it on our member's faces when they come home – their pride in knowing that they've grown professionally and personally during their deployment and that their efforts mattered." In regards to the sacrifices made by military families, he too expressed that he knows it's never an easy task. "It is never easy leaving home, whether it is for a short trip or for a longer deployment," he said. "The importance of the role our families play cannot be overstated – mission success is not possible without their sacrifices and support."

Patiently wait-

ing at the air passenger terminal was Kelly Ashton and her two daughters, each grasping the corner of their homemade "Welcome Home" sign. "They're getting their daddy back," said Ashton with a smile. "It's been six and a half months since he left. We did see him for a quick two-week visit in July, but, we're ready for him to come home." When asked what the experience had been like for her family, she noted there certainly challenging moments. In particular, she said the first half of the deployment had been the hardest since that was the adjustment period. "The kids cried every day," she said. "There was a lot of anxiety leading up to the deployment. But, once they got to see him again in that brief period, things started to get a lot better. I just tried to keep things as stable as possible at home." As for her advice to other families going through a deployment, she added regular communication and keeping a routine was key. In addition, she said relying on family and friends was also beneficial and something she couldn't have gone without. At the end of the day, she noted she couldn't have been more proud of her husband and excited for his return. "He works really, really hard," she said. "The build up to today was a lot. You spend months being so strong and you can finally let that go because they're coming home. It's a little emotional, but, I'm glad the day is finally here." Moments later, both Ashton and her children were ushered into a waiting room, just moments away from being reunited as a family once again.

After what must have seemed like an eternity to all those waiting, the doors of the air passenger terminal finally opened, and in stepped in the ladies and gentlemen of the hour. Cheers and shrieks of excitement filled the room as children darted for their mothers and fathers. Long embraces and tears of joy soon followed as families wrapped their arms around each other, once again, made whole. Speaking to how pleased he was to be home was to be home with his two daughters and wife, Kelly, was Master Corporal (MCpl) Daniel Haines. As an aviation systems technician, his job had him busy working on the maintenance of the CC-130 Hercules. While the work was rewarding and something he was proud to be a part of, MCpl Haines said getting to come home to his family was the highlight. "It was great crew and we got a lot accomplished," he said. "This was my first deployment and being away from the family was the hardest part. But, they kept me going, kept me motivated and kept me strong." As for what's next, he said it would be some much-needed, quality time with his family.



LEFT: The Haines family is reunited at 8 Wing Trenton on Oct. 18, 2019. **RIGHT:** The Haines sisters proudly show off their sign they made for their father, Mcpl Daniel Haines, upon his return on Oct. 18, 2019.



La Saguenéenne

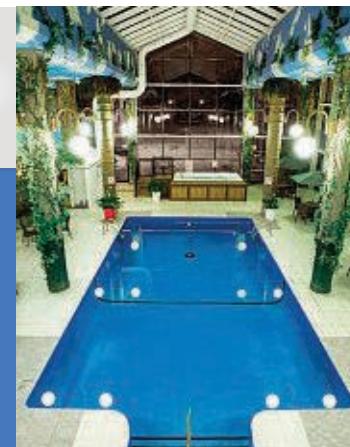
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The image features the Stinky Canuck logo on the left, which consists of the words "STINKY CANUCK" in a stylized, blocky font. The letters are primarily red with blue highlights, and a small Canadian maple leaf is positioned above the letter "I". Below the logo, the text "Quinte's First & Only Fully Stocked Vape Shop!" is displayed in a large, bold, black sans-serif font. To the right of the text are two bottles of Stinky Canuck e-liquid. The bottle on the left is labeled "BLUE TANGO" and the one on the right is labeled "ISLANDER". Both bottles have white caps and labels featuring a skull and crossbones symbol, the brand name, flavor names, and "DANGER POISON". At the bottom right, the text "Must be 19 to purchase Military Discounts" is written in a smaller, black font. Below this, the text "3 LOCATIONS TO SERVE YOU:" is centered in a bold, italicized, black font. Underneath, three addresses are listed: "255 Glen Miller Rd. Unit 15 TRENTON | 296 Main St PICTON" and "111 Milligan Ln NAPANEE | www.stinkycanuck.com".



LEFT: MCpl Daniel Haines embraces his wife, Kelly Ashton, and his children upon his return to 8 Wing Trenton on Oct. 18, 2019. RIGHT: A family rushes to greet their mother upon her return from Op Presence.



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TRENTON Military Family Resource Centre Events

- ASIST - Applied Suicide Intervention Skills Training

ASIST is a two-day interactive workshop in suicide first aid that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Participants don't need any formal training to attend, anyone 18 or older can learn and use the ASIST model.

Registration cost: \$100 To register/inquires: tanya.b@trentonmfdc.ca.
November 5 & 6, 2019, 8:30 a.m. - 4:30 p.m. At the Our Lady of Peace Chapel

- Veterans Drop-In Event

Monday, November 11

For veterans requiring a quiet space to remember, join us in celebrating Remembrance Day at the Trenton MFRC 10 a.m. - 2 p.m. There will be a guest speaker from the Memory Project and a light lunch and refreshments will be served. The Ottawa service will be available for viewing as well as a dedication of Memorial Garden at the MFRC. Call 613-392-2811 ext. 4779 if you have any questions.

- SNIP: Mindful Kids Yoga

Begins Wednesday, November 13 for five weeks from 5 – 6 p.m. Kids will learn how to tame big emotions and be given the tools to help them understand the way that their minds, bodies, and breath work together for boosted feel-good energy. Children will become engaged through expressive play and feel connected and supported by their peers learning compassion towards self and others, increased self esteem and confidence, and compassion. There will be laughter, smiles, ah-ha moments and lots of fun here! Register by emailing brittany.j@trentonmfdc.ca.

- Home Alone Safety

November 16, 2019

This program prepares children ages 9-12 to be responsible when home alone.

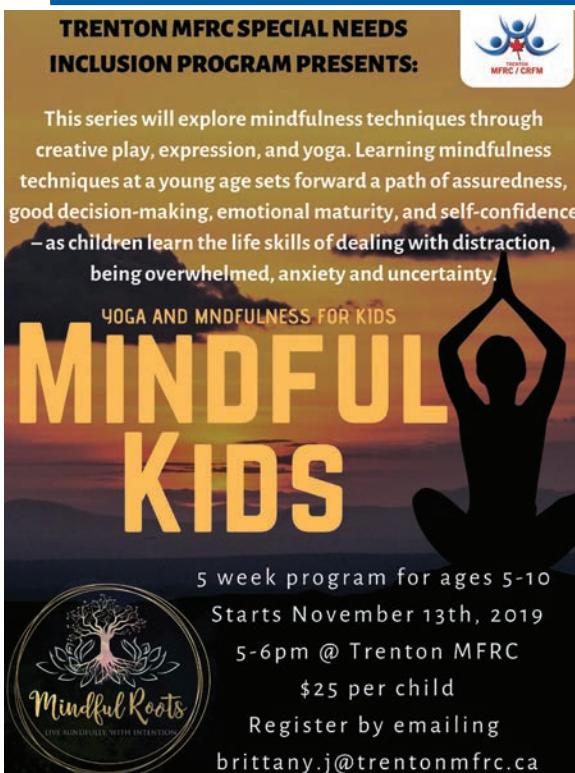
9 a.m. to 4 p.m. at the Trenton MFRC

\$50 per child- Lunch is not provided

Deadline for registration: November 8 2019

To register please contact MFRC Reception or email rabi.a.s@trentonmfdc.ca with your questions.

CALENDAR ON PAGE 10



For Veterans requiring a quiet space to remember

JOIN US IN CELEBRATING

Remembrance Day

November 11 at the MFRC 10 a.m. - 2 p.m.

Light lunch & refreshments served, with a guest speaker from the Memory Project

Ottawa service will be available for viewing

Dedication of a Memorial Garden at the MFRC in Remembrance of all Veterans past and present

Pour les vétérans désirant un endroit tranquille pour se souvenir

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le jour du souvenir

le 11 novembre, de 10 h à 14 h, au CRFM

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Vous pourrez visionner la cérémonie présentée à Ottawa

Un jardin commémoratif au CRFM pour les vétérans sera dévoilé



8 Wing Fire Department hard at work

By Makala Chapman

While 8 Wing Trenton is one of the main hubs of aviation in Canada, it's also home to some of the best trained fire-fighters. Just ask Master Warrant Officer (MWO) Benjamin Fougere, deputy fire chief of 85 Air-craft Rescue Firefighting (ARF). Located on the north side of the Base, the fire department is responsible for everything from safety checks to community engagement. But, their primary duty is to ensure the airfield and all the aircrafts at 8 Wing Trenton are safe.

To help get the job done, the department has a wide range of vehicles and equipment available to them including two pumper, one aerial rescue vehicle, an aerial addition, they take part in firefighting truck and four crash trucks. The pumper are the standard fire engines used for structural calls, whereas the aerial vehicle is used for taller buildings and explained. "When you made a life for himself in

structures. The trucks, which are yellow, are strictly used for calls on the airfield. These vehicles also carry upwards of 12,000 litres of water and 1,000 litres of chemical used to help combat different types of fires. The department is also home to approximately 50 firefighters that are split up into four crews of 8 to 12 personnel – a number that is responding to a fire, especially for little children, are responding to a fire, Germany. He found him dren, you want them to trust you." In regards to the local area we could be called in for mutual aid," he explained. "If they have a major fire in the community, MWO with the fire department noted that the Base has a great relationship with the Quinte West Fire Department. In the local area we could be called in for mutual aid," he explained. "If they have a major fire in the community, MWO with the fire department noted that the Base has a great relationship with the Quinte West Fire Department. Once the Base closed, he moved back to Canada, unsure of what his next job would be. That is when he said he had the idea to join the military as a firefighter. "I've always loved fire-fighting," he said. "The most rewarding part is getting to help people. There's also a big sense of community within our trade and it's nice to be a part of something like this." He went onto note that he couldn't ask for a better group of fire-fighters and was proud of the work being done at 8 Wing Trenton. "The pumpers are the standard that the community in 1989. As a dependent professionalism and regard fire engines used for know that we are there of a military family that is great here," he structural calls, whereas to support them and had been posted over-said. "We're a small, the aerial vehicle is used to build that bond," he said, MWO Fougere explained. "When you made a life for himself in

the fire department isn't busy on simple as borrowing fire equipment to actually fighting support during a call. "Knowing that you have additional people and resources you can rely on is great," he said. "As for how for a better group of fire-fighters and was proud of the work being done at 8 Wing Trenton. "The pumpers are the standard that the community in 1989. As a dependent professionalism and regard fire engines used for know that we are there of a military family that is great here," he structural calls, whereas to support them and had been posted over-said. "We're a small, the aerial vehicle is used to build that bond," he said, MWO Fougere explained. "When you made a life for himself in



The Green Crew and Fire Prevention at the 8 Wing Fire Department.

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November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 - Kids Have Stress Too - Rendez-vous Francos	29 - Inter-Comm	30	31 Halloween	1	2
3	4	5 ASIST (training)	6 ASIST (training)	7	8	9
10	11 - Remembrance Day - Veterans Drop-In Event	12	13 SNIP: Mindful Kids Yoga	14	15	16 Home Alone Safety
17	18 - Belleville Santa Claus Parade	19	20 Manulife Briefing - SNIP: Mindful Kids Yoga	21	22	23 CHRISTMAS MARKETPLACE

• Trenton MFRC – Trenton Location

Monday – Thursday: 8 a.m. – 6:30 p.m.

Fridays: 8 a.m. – 5 p.m.

Child care hours remain the same

• Halloween Howl

Wednesday, October 30 from 6 – 9 p.m.

Halloween is creeping around the corner. Bring your kids for a howl of a time at the Youth Centre! Costumes are strongly encouraged. There will be ghoulish snacks, spooky games and a Halloween film to make this night a scare they'll never forget! Please register by October 28 in the Youth Centre or by emailing kendra.b@trentonmfdc.ca.

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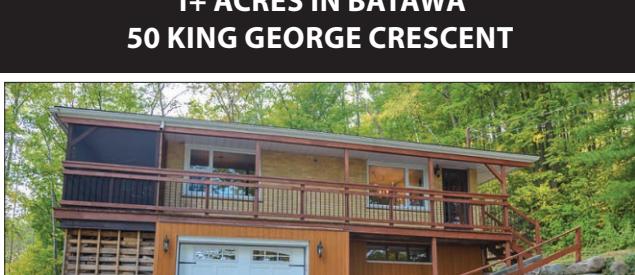


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A vertical photograph on the left side of the page shows a woman with long brown hair smiling broadly. She is holding a young child in her arms, who is also smiling. The background is slightly blurred.

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