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8 Wing Trenton hosts national soccer championships



The women's team from Canada West celebrate their gold-medal win.

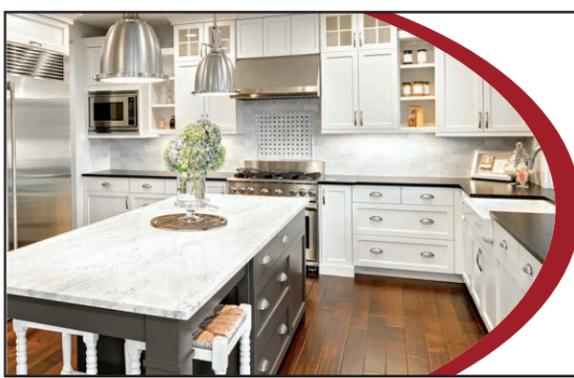
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By Makala Chapman

The Canadian Armed Forces' (CAF) held a national soccer tournament, from Sept. 15-20, at 8 Wing Trenton. Taking home first place in the men's division was Canadian Forces Support Unit (CFSU) Ottawa with a 2-1 victory over the Winnipeg team representing the Canada West region. On the women's side of the competition the Canada West team beat out the Valcartier, representing the Quebec region, in a 2-1 win.

On site to congratulate all the teams on a job well done was Rear Admiral (RAdm) J.A.S. Page, the patron of women's soccer in the CAF. As a former player, he noted it was a thrill to see the level of skill and competition that was displayed on the field. "You are all an example to everyone in the CAF," he explained. "Sports is a key component of military life and I ask you to keep working hard, doing it with a smile on your face and to bring

Continued on Page 5



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Mission Support Squadron

By Corporal Joey Howie

On Tuesday, September 17, 2019, 21 Military Police Flight in coordination with Road & Vehicle Safety to have driver examiner candidates conduct Joint Stationary Patrols at

Westwin Ave Gate. These patrols were conducted to bring awareness to drivers of Department of National Defence (DND) Canadian Forces Registration Vehicles and Rentals to include valid DND 404, Trip Tickets, and Multi-Driver Sheets are properly maintained. Road and Vehicle Safety plans to continue these Joint Patrols in the future, the intent is not to only enforce polices and regulations, but also helps educate members of the Canadian Armed Forces and DND Civilian Employees.



MCpl Thorpe, MCpl Marshall, Sgt Chamberland of 8 MSS/TEME Flight Road and Vehicle Safety Section, Driver Examiner Course



Photo by Donna Baker

Success at bi-annual Education, Training and Recruitment Fair

By Contact News

Another Education, Training and Recruitment Fair has both come and gone at 8 Wing Trenton.

Members of the military and civilian community interested in fur-

thering their education across the region stopped or seeking out possible job opportunities were given the chance to do all that and more on Sept. 24. Hosted by the 8 Wing Trenton Personnel Selection Office, more than a dozen vendors from all

stopping their education across the region stopped or seeking out possible job opportunities were given the chance to do all that and more on Sept. 24. Hosted by the 8 Wing Trenton Personnel Selection Office, more than a dozen vendors from all





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Local scuba club cleans Trenton waters

By Master Corporal Tara Oliver

This year's cleanup dive was a great success. We held it in front of the Tren-

ton Rowing and Paddling Club. We pulled out lots of garbage including four car tires, fishing nets, a lawn chair and the expected arrangement of glass bottles. After, we hosted a BBQ for our members. For more information on the Flying Frogmens Scuba club, contact us at ffscuba@gmail.com.



Photo by Master Corporal Tara Oliver

Starlight in the North – Medical Staff in Alert

By 2Lt Sheila Tham

Working in Alert is a unique experience by its very nature, but for some trades the differences are almost fundamental. Captain (Capt) Karen Scobie is the Physician Assistant (PA) for the station, working as a duo with Medical Technician Corporal (Cpl) Andrew Tolstoy.

On the surface, the job seems similar. “Day to day is routine, sick parade, walk-ins... coughs and colds, cuts and scrapes,” says Capt Scobie. But the differences only expand from there, “My primary role is obviously emergency response to traumas or medical emergencies, I need to be able to manage and evacuate as soon as possible,” says Capt Scobie. “You’ve got a bigger team in clinics in Canada, you’ve got fast response times, you’ve got more equipment available to you. Here we don’t have much in the way of testing so we really have to go on clinical acumen.” Medical staff in Alert are sometimes faced with making the call between ending a member’s tour or keeping them on station, contributing to the station’s operations “If you have a critically injured person, we’re the only people here. You can’t just call an ambulance and send them to a trauma centre. It’s you for the next two days, three days, a week, depending on the weather,” says Cpl Tolstoy. “In a clinic back home you’d be ready for emergency situations but being up here throws

a completely different perspective on emergencies,” says Capt Scobie.

With twelve years as a Medical Technician and seven as a Physician Assistant, Capt Scobie characterizes Alert’s working environment somewhere between her posting to Germany and being at sea. With that perspective in mind, she mentions the exceptional recreational atmosphere at the station, “Here we’ve got a lot of down time, which can be the nemesis of a small isolated station, so people make the effort to get people out and do things a lot more than on a busy operational ship.” This can be seen in the programming – Capt Scobie keeps busy herself by running daily yoga classes and can regularly be spotted running laps around the station outside, no matter the weather (although she admits she won’t be running in full-on winter conditions). For Cpl Tolstoy, during his tour he hosted a triathlon competition, Terry Fox Run, and Polar Dip.

While it’s clear that Capt Scobie’s history and experience makes her a great candidate for the station Physician Assistant, what she wasn’t prepared for

was the beauty of the landscape. “Just being here is amazing – it’s very much a wow factor!” she says. “I love sitting and staring at the Arctic Ocean and to say I did a polar dip in the Arctic Ocean, it’s mind-blowing. I look at the mountains and I run down to Dumbbell Lake, and just listen to the water – it’s so cool.”

Cpl Tolstoy has been enjoying his time in Alert as well. He’s an avid photographer and feels grateful to have spent most of this summer out hiking the tundra, “Before the snow came I was doing a hike every weekend and I think I put in almost 500 kilometres going to different geocaches,” he says. During one of his hikes they came across a herd of muskox which he was able to capture on film. “[Alert] is not like anywhere else you can go, it’s so isolated that it’s like you’re on the moon. It’s a totally different place in the winter and the summer,” says Cpl Tolstoy. For his next photoshoot, he’s looking forward to the twilight period and capturing some of the famous sunsets before the sun disappears for the winter.



Photos courtesy of Second Lieutenant Sheila Tham



TOP: Cpl Andrew Tolstoy and Capt Karen Scobie, pictured in front of their BV-206 ambulance at CFS Alert.

BOTTOM: Cpl Andrew Tolstoy performs an equipment check on an AED as Capt Karen Scobie looks on.



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Safety



Offices Are No Haven From Hazards

Offices may appear to be safer places to work over heavy industrial sites, but a surprising number of serious accidents and injuries involve office workers.

Falls lead the list, with cuts, foot injuries, electric shocks and burns not far behind.

Here are some pointers for preventing office accidents:

- Keep the clutter cleaned up. Boxes of files and stationery supplies should be placed in storerooms or elsewhere out of traffic areas.

- Do not allow cords and cables to cross traffic aisles. Fasten them overhead or run them through conduits on the floor. The tangle of cords beside a desk or a printer can also present a tripping hazard. Place cords where they will not accidentally catch on someone's heel.

- Extension cords are only intended for temporary use. Offices should be rewired to accommodate new electric and electronic equip-

ment.

- Report any electrical hazards such as the smell of burning insulation, flickering lights, buzzing sounds in wall switches, plugs and outlets, which are hot to the touch and any signs of damage or wear in electrical equipment.

- Keep drawers and cabinet doors closed. Many serious accidents have occurred as a result of tripping over open filing cabinet and desk drawers.

- Do not overload filing cabinets. Load from the bottom drawer first. If the top drawer is loaded and the lower drawers are empty, the heavy cabinet can tip over.

- Store items safely. Never place heavy items out of sight in overhead locations. Make sure shelves are sturdy enough to handle heavy items.

- Make sure all chairs and stools are sturdy and in good con-

dition. Wheeled chairs should have five legs to provide stability.

- Clean up spills of water and coffee promptly to prevent slipping accidents. Keep entrance areas free of ice and mud.

- Glass doors and windows should have markings at eye level to ensure someone doesn't try to walk through them.

- Maintain good lighting. Report burned out light fixtures in work areas, storerooms, halls and stairways.

- If you have to climb or reach overhead, get a stepstool or ladder. Don't stand on chairs or desks.

- Know what to do in case of a fire. Learn how to operate a fire extinguisher, and make sure extinguishers are maintained regularly. Know at least two exits from your work area, and never obstruct emergency exits. Learn what



numbers to call in case of fire or other emergency.

- Take basic training in first aid and CPR (Cardio Pulmonary Resuscitation) so you can help in an emergency.

- Arrange your workstation to require a minimum amount of lifting, bending and stretching as you work.

Your desk and chair should be at a comfortable height to allow you to work with your back straight and your feet on the floor. Your hands and arms should be in a straight, relaxed position as you use a computer keyboard or mouse.

- Take frequent short breaks from repetitive computer tasks

and deskwork. Stretch your muscles and relax your body. You don't have to stop working; you can use these breaks to do filing or other jobs.

Offices may not be the most dangerous places in the world, but they do have their share of accidents. Stay alert to the hazards around you.

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

Publisher: Colonel Ryan Deming, OMM, CD

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: Abe Fakhourie 905-215-0443

845 Farewell Street, Oshawa Ontario L1H 7L5, 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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Continued from page 1

bring more people into the sports program." In his closing remarks, he thanked members of 8 Wing Trenton's Personnel Support Programs staff members for hosting the championship and noted it would not have been possible without their hard work.

Beaming with pride as her gold medal hung from around her neck was Master Corporal Lyndsay Cross, captain of Canada West's women's team. She noted she couldn't have asked for a better team. "We're such a unique team as we are spread all the way from Winnipeg to Comox, B.C.," she explained. When asked why she felt sports was an integral part of military life, she noted it was because of the emphasis that team sports has on camaraderie and dedication. "This proves that people who don't know even know each other can come to-

gether and be successful," she said, "which really translates over into our jobs. If you can work together on the field, you can work together off it." Speaking on the gold medal game, she noted that the Valcartier team certainly made her team work for it. "Any team could have won this gold medal," she said. "It was a tough tournament."

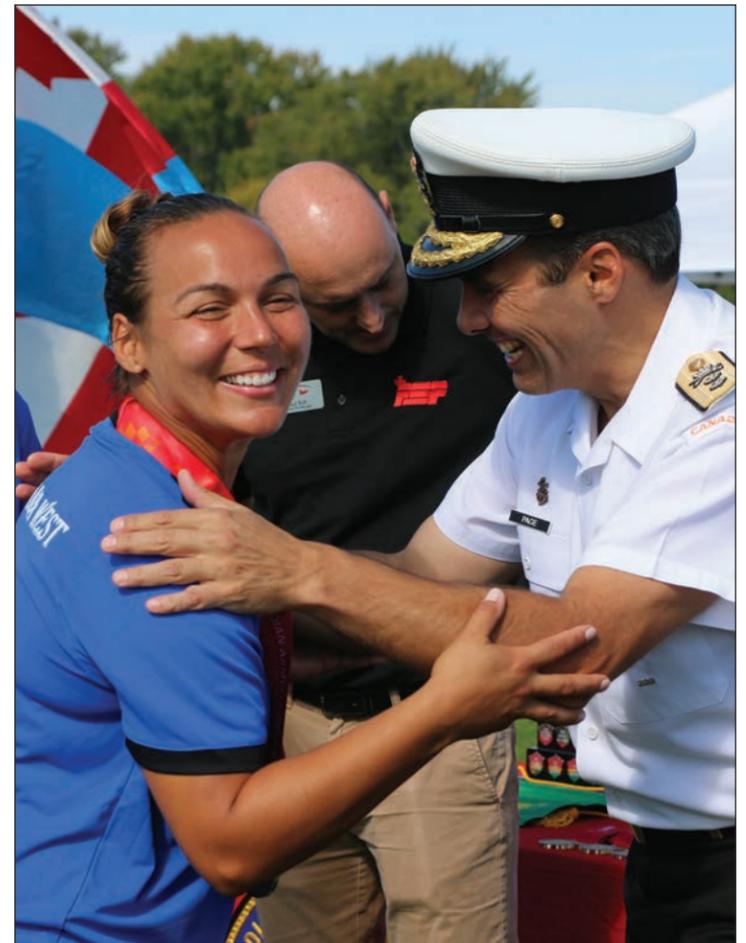
Speaking from the men's division was coach and team captain Major (Maj) Jonathan Holsworth from CFSU Ottawa. In terms of what he was most proud of when it came to his team's performance, he noted it was their ability to work together to create a strong offensive game. "I harped on the guys to keep possession of the ball and hold the ball as much as possible because it's such a big pitch," he explained. Speaking on the final game against

the Winnipeg team, Maj Holsworth said he was thoroughly impressed by their strong defensive game. "We kept the pressure on and kept our composure, which, ultimately, led us to being able to sneak one in the net in the end," he said. Reflecting on the chance to play sports in the military, Maj Holsworth added that he couldn't be more grateful and called it his "favourite time of the year." Having been to nationals seven times and now onto win his third, he noted it was an experience like none other and something he would recommend to anyone interested in sports. "I love the camaraderie and it's just nice to play a game where there's no ranks," he said. "It's just guys or women playing a sport they love. The team-bonding is also critical as it really represents what it's like to be in a unit or in an operation."



Photos by Makala Chapman

CFSU Ottawa takes possession of the ball from the Canada West team in the finals on Sept. 20.



LEFT: CFSU Ottawa, representing the Quebec region, took home gold at this year's 2019 Men's Soccer National Championships on Sept. 20. // RIGHT: Rear Admiral J.A.S. Page presents a gold medal to a member of the women's Canada West team.



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Upcoming Local Events

- **Sept. 27** – The Trenton Curling Club will be hosting an open house and registration event from 7 – 9 p.m. They are located at 293 King Street, Trenton. For additional information, visit our website at trentoncurlingclub.ca.
- **Sept. 28** - This year's Ad Astra Stone Dedication Ceremony will be taking place at the National Air Force Museum of Canada. Guests are asked to arrive no later than 1:45 p.m. with the event commencing at 2 p.m. Join the community in honouring those that have served or are currently serving.
- **Oct. 26** - St James Fellowship Church at 15 South St. Trenton is having the Happy Harmony Choir at 7 p.m. Light refreshments to follow. For more information on ticket prices contact the church at 613 827 2214.



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Baby snapping turtles saved by wildlife officers



Photos by Jason Botting

One of the close to two-dozen snapping turtles rescued and released into the wild.



Jason Botting, a senior wildlife officer at 8 Wing Trenton, with a box of baby snapping turtles.



Sandy Pines Wildlife Centre in the Greater Napanee region cares for all injured animals from mammals to amphibians.

By Makala Chapman

It was just a regular spring morning for Jason Botting - the senior wildlife officer at 8 Wing Trenton's Falcon Environmental Services (FES). He got up, got ready and headed to the Base for his 4:30 a.m. shift. Everything was going as per the usual. That is until he received a call from the 8 Wing Fire Department about an animal in distress. A snapping turtle had been badly injured, from what was believed to be a traffic-related incident, near Highway 2 on the Base's east side. "It was a massive turtle," explained Botting. "Our resident turtle expert with our staff, Tiffany Empey, said that it could

have been at least 100 years old." Botting carefully removed the turtle from the premise and immediately reached out to Sandy Pines Wildlife Centre in the Greater Napanee area. With a mandate to help all injured wildlife, from mammals to reptiles, Botting knew the turtle would be in good hands. However, despite their best efforts, Botting said the turtle was not able to be rehabilitated and succumbed to its injuries.

But that's not where the story ends. More than two months later, Botting noted he received a call from the wildlife centre with surprising news. The snapping turtle had been pregnant at the time of its injury. While unable to save its life, staff at Sandy

Pines were able to harvest, incubate and hatch almost two dozen baby turtles. Based on information provided by Ontario Nature, a charitable conservation organization, while not endangered, snapping turtles are listed under 'special concern' through the Species at Risk Act. "Sandy Pines called and were like 'they're ready to come home'," Botting chuckled. "However, I can't exactly put baby snapping turtles on or near the air field. That would attract things like herons and we don't want those flying in or around aircrafts." With his box of baby snapping turtles in hand and with the help of Captain Kayla Bowser, chief controller at the

Base's Air Traffic Control Flight, they headed to the south side of the base along the shore of the bay. "There was lots of reeds and cover that would protect them from predators," said Botting. "But the real credit goes to Sandy Pines, without them, they would have not survived and be able to be released back into the wild."

As for the most rewarding part of the experience, Botting noted it was getting to see the baby turtles released back into the wild. While FES is mandated to provide wildlife management to protect aircraft from the risk animals pose, there's also a

conservation piece to be had, explained Botting. "We're stewards of the environment," he said. "If there's an injured animal, of course we want to help." In his line of work, Botting said he and his staff are constantly looking at ways to ensure humans and wildlife can safely live in cohabitation. This is to help reduce instances, such as the injury of wildlife or personnel, at 8 Wing Trenton. "We have a great team here and I'm very fortunate to have the staff that we do," said Botting. "We're happy to serve those that serve us and, well, hey, every now and then we get to save some baby turtles."



SO THAT WE MAY BE FREE.

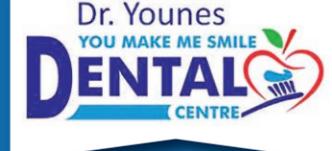
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8 Wing Trenton celebrates national sports day

By Makala Chapman

Members of 8 Wing Trenton are demonstrating that staying active and fit should always be a priority. As a result, hundreds took part in this year's Canadian Armed Forces Sports Day on Sept. 21. The annual event promotes healthy, active liv-

ing by offering members the opportunity to participate in more than a dozen different sports and activities such as volleyball, yoga and ball hockey. In addition, members were able to take part in a powerlifting clinic and nature hikes along the Base's trails.

At the opening ceremony, representatives from the CANEX military store and SISIP Financial presented the Wing with this year's contribution to the Base/Wing Unit fund. A total of \$164,684 was raised with the proceeds going towards supporting the military community through various services and programs.

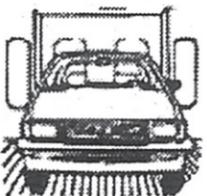
Taking the time to thank those that came out to partake in the festivities and to speak on the importance of physical fitness was 8 Wing Commander Colonel (Col.) Ryan Deming. He noted that opportunities, such as sports days, were all about reinforcing the balance strategy of keeping oneself mentally, physically and spiritually in shape. "This helps us ensure

we are ready to take on our mission every day," he said. "It also represents our ability to adapt and take on any challenge whether it be on the sports field or on the battle field." Col. Deming also thanked the partners and personnel that had a hand in planning this year's event. This included Maple Leaf Sports and Entertainment, who held a basketball and hockey clinic, and members of PSP. Before departing, he then issued the men and women of 8 Wing a challenge. To help achieve their goals of balance and bettering one's self, he promised that anyone who improved their Fitness for Operational Requirements of CAF Employment (FORCES) score, would be eligible for a day of short leave. To close the opening ceremonies, members of the 8 Wing command team then partook in a game of dodge ball, led by Honorary Colonel John Smylie.

New to this year's lineup of sports being offered was fishing. Speaking to how pleased he was to be able to

share his passion for the outdoor sport was activity coordinator Corporal (Cpl) Kyle Carter. Initially thinking that only a few people would sign up, much to his surprise, more than 100 individuals ended up registering for the activity. As an amateur fisherman, Cpl Carter noted he enjoys taking part in fishing for the mental benefits. "It's a stress reliever," he said. "If you can do something that helps reduce the stress of things like work and life, why not?" He also noted that he would be remiss if he didn't mention the various businesses, such as Bass Pro Shops and Chris' Live Bait, who donated equipment and prizes to ensure it would be a fun day for all. "People were very generous all the way from Toronto to Cobourg," he said. "We got things like spinners, some rods, tackle boxes and gift cards. It turned out way bigger than I expected and I couldn't have asked for better."

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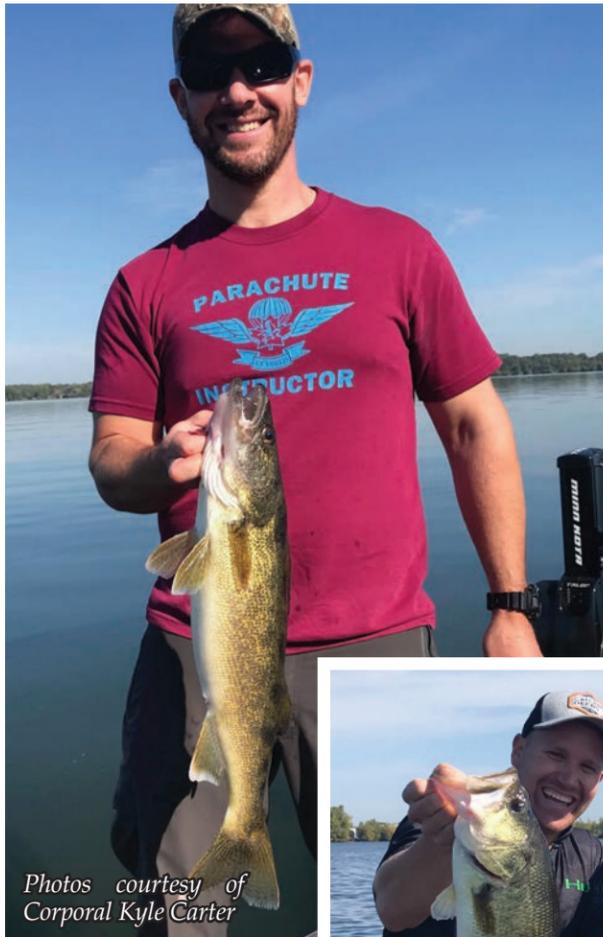
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Photos courtesy of Corporal Kyle Carter

Sgt Jacob caught a Walleye, the largest catch of the day, on the Bay of Quinte.



Sgt Poitras with the smallest catch of the day a Perch.



All smiles with the daily catch.



Photos by Makala Chapman

PSP's Kendra Lafleur welcomes members to this year's sports day.



Competition gets fierce as members of the 8 Wing Command team use each other to shield themselves from the opponent's attacks during a game of dodge ball.



Members of SISIP Financial and the CANEX military store present 8 Wing with this year's Base/Unit Fund.



Colonel Ryan Deming welcomes everyone to Sports Day!



Members of SISIP Financial and the CANEX military store present 8 Wing with this year's Base/Unit Fund.



Members learn how to properly lift during a powerlifting clinic.



Members partake in a game of volleyball at the South Side Gym.



A group sweats through a spin-class at the South Side Gym.

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6 First Aid CPR Course	7 Rendez-vous francos	8 Portfolio Development Sessions – Military Spouses & Members	9	10 Special Needs Parent Support Group - Knit & Chat	11	12
13	14 Thanksgiving MFRC CLOSED	15	16 Here's to Healthy Relationships! - Mixed Mediums Workshop	17	18	19
20	21 Bouncing Back - Knit & Chat	22 Inter-Comm	23 Mixed Mediums Workshop	24 Evening Book Club	25 Friday Finds: Campbell's Orchard	26 Aromatouch Treatment

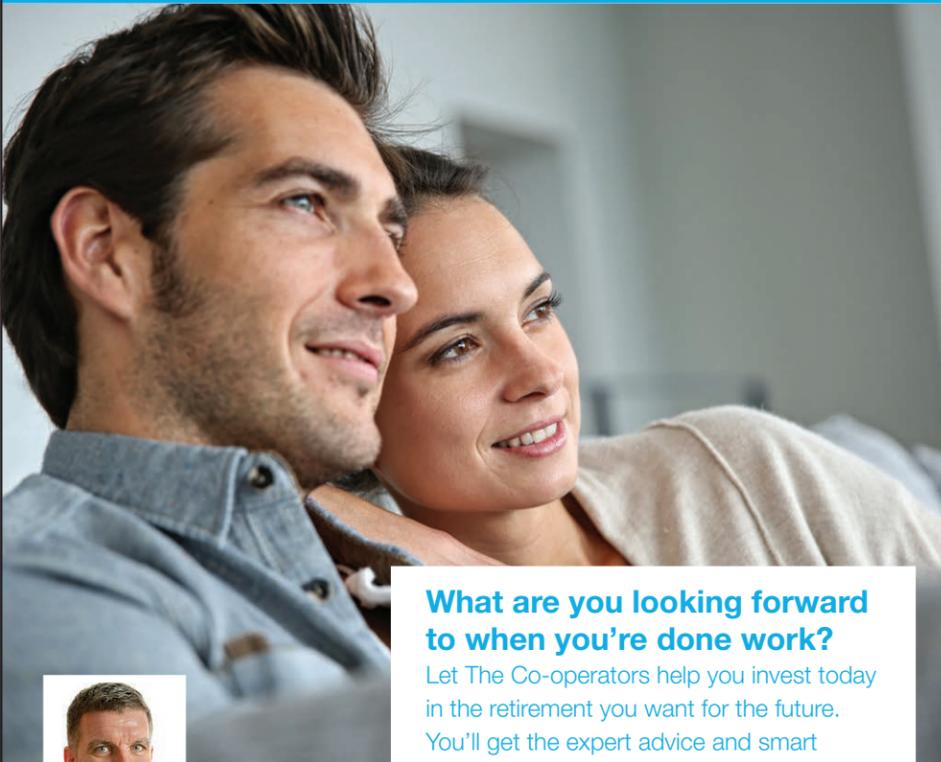
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