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CADETS SHINE AT
MARKSMANSHIP COMPETITION



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Hasty P's complete 100 km 'ruck' in celebration of centennial anniversary



Photo by Makala Chapman

(From left to right) Prince Edward County Mayor Steve Ferguson greets Corporal Chad Wilson, Private Dave Kervin, Master Corporal Sean Francis, Chief Warrant Officer Dean Stokes and Lieutenant-Colonel Steven Boychyn at Shire Hall in Picton on March 12.

By Makala Chapman

One of the most decorated regiments in the Canadian Armed Forces is celebrating yet another milestone. On March 11, members of the Hastings Prince Edward Regiment – known affectionately as the Hasty Ps – set out on a 100-kilometre march, known as a 'ruck', in celebration of their centennial anniversary. With a loaded rucksack, and their helmets fastened securely to their heads, the four-man team marched throughout the night from Cobourg to Picton. While temperatures often dipped just below the freezing point, the troop received a warm welcome upon arrival at Shire Hall in Picton on March 12. Leading the team was Chief Warrant Officer (CWO) Dean Stokes, who was accompanied in the march by Master Corporal Sean Francis, Corporal Chad Wilson and Private Dave Kervin. The regiment's commanding officer, Lieutenant-Colonel (Lt.-Col.) Chris Comeau, had also joined his troops for the first

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Photos by Makala Chapman

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manding officer, Lieutenant-Colonel (Lt.-Col.) Chris Comeau, had also joined his troops for the first 10 km of the ruck. Throughout their travels, the Hasty Ps made sure to stop at every Royal Canadian Legion, police station and fire hall on their route. "It was an opportunity to engage with the community and spread awareness for mental health," said CWO Stokes. "One of the highlights was stopping off at the Legion in Colborne to present a certification of appreciation to a (Second World War) veteran for his service, contributions to the war effort and the peace and liberty we share today." When asked what inspired CWO Stokes to do the march in the first place, he said it came down to finding a unique way to honour both his regiment's rich history and his fellow comrades-in-arms. "I was originally going to do this march on my own but then my members jumped on board right away," he said with a smile. "We're all a little beat, but we're immensely satisfied with our achievement." CWO Stokes added what made the march even more memorable was the fact that he and his team were also

able to raise \$3,500 for Wounded Warriors Canada – a charitable organization that sees to it that Canada's ill veterans, first responders and their families are taken care of in times of need. Speaking to how touched he was by the Hasty Ps donation was Wounded Warriors representative Lt.-Col. Steven Boychyn. When he is not busy advocating for ill service members and first responders, he also serves as the commanding officer of 32 Combat Engineer Regiment in Toronto. When asked about the importance of having supports in place for military members and their families, such as Wounded Warriors, Lt.-Col. Boychyn noted it was paramount. "It's that extra level of comfort," he said. "We are that extra piece of the puzzle to assist in the road of recovery." Having done a fair amount of rucks in his career, he added he was especially impressed by the efforts of CWO Stokes and his members. "What they have undertaken is tremendous," he said. "It takes a great amount of mental and physical preparedness. The awareness that they managed to bring is an added bonus and something that is greatly appreciated."

TOP: (From left to right) Prince Edward County Mayor Steve Ferguson greets Corporal Chad Wilson, Chief Warrant Officer Dean Stokes, Master Corporal Sean Francis, Private Dave Kervin and Lieutenant-Colonel Steven Boychyn at Shire Hall in Picton on March 12.

BOTTOM: CWO Dean Stokes says that the march was a way to celebrate his regiment's 100th anniversary and bring awareness to Wounded Warriors Canada.



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A message from the Commander

Colonel Ryan Deming, Commander, 8 Wing Trenton

With outbreaks of COVID-19 in several places throughout the world, 8 Wing/CFB Trenton is taking measures to ensure continuity of operations, while ensuring that our members are not placed at undue risk. The members of 8 Wing remain poised, as always, to support any mission tasked to us by the Government of Canada. As the Royal Canadian Air Force's Air Mobility hub, we are constantly tracking the global impact of the COVID-19 virus and taking measures to educate our members and mitigate the risk of exposure to COVID-19 thereby protecting our personnel, their families, neighbors and communities.

The Chief of Defence Staff (CDS) recently ordered the activation of Operation LASER (pandemic response). To this end, 8 Wing Trenton is implementing measures to ensure three priorities:

1. Maintain operations at the Wing;
2. Preserve the health of our forces; and
3. Maintain responsive support to civil authorities as part of the Government of Canada's response.

The activation of this operation, effective 13 March 2020, will see a number of 8 Wing/CFB Trenton personnel telework and alternate shift timings for an initial period of three weeks, while continuing to maintain all of our core operations. In order to maintain air operations at 8 Wing, including search and rescue, only those personnel fulfilling core mandates that require physical presence on the base and those supporting our partner agencies as part of Task Force Paratus/Operation Globe (quarantine of returned Canadians) will do so.

We are continually reviewing the domestic and international situations. During this assessment, we employ all options that either eliminate or mitigate the risk to our personnel and their families while accomplishing our missions on behalf of the Government of Canada and our fellow Canadians. While we proudly continue key operations at home and abroad, we embrace prevention and good hygiene recognizing they are key to enabling our missions. I can assure you, all members of 8 Wing/CFB Trenton are following the same hygienic protocol all Canadian citizens are asked to:

- wash hands often with soap and water for at least 20 seconds;
- avoid touching eyes, nose or mouth with unwashed hands;
- avoid close contact with people who are sick;
- cough or sneeze into sleeves and not hands; and
- stay home if sick to avoid spreading illness to others.

Should there be a need to isolate symptomatic members on base returning from missions, we have strict protocols in place to preserve the effectiveness of our capabilities and the confidence of our community.

While I know this is a time of increased uncertainty, know that we will continue to deliver on our mission to protect you, our fellow Canadians. Your support and confidence in the members of 8 Wing /CFB Trenton continues to be the inspiration of those who serve. It is our community strength and commitment which will enable us to overcome this challenge as it has all others previously. For those in search of an accurate and factual account of information regarding COVID-19, I encourage you to visit: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

On behalf of all members of 8 Wing/CFB Trenton, thank you!



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Safety



Take safety with you off the job

It is important to all of us that we avoid accidents - not just when we are working, but during off-hours too. The safety training you have received on-the-job can translate into safety for many situations off-the-job.

Here are some tips for staying safe while you are away from work:

- Wear your seat belt any time you are in an automobile. Most accidents happen close to home and at low speeds, so don't just save your seat belt for travelling on the highway.
- Never drive while you are under the influence of alcohol or any other drugs. Remember that other factors can also impair your ability to drive, such as fatigue and anger.
- Keep your home free of fall hazards. Don't leave objects on the stairs. Repair any broken flooring or torn carpeting. Keep traffic areas free of clutter and obstructions. Do not allow objects to accumulate on sidewalks and steps. Maintain adequate lighting.
- Put up smoke detectors and maintain them regularly by changing the batteries and keeping them clean.
- Organize regular fire drills so that ALL members of your household know how to escape from the house. Be sure to include where to meet outside.
- Install fire extinguishers in both your home and your vehicles. Learn how to use them and keep them correctly maintained.
- Conduct regular home inspections for fire hazards. These may include accumulations of combustible materials and flammable liquids, electrical malfunctions, and incorrectly placed heating devices.
- Be alert to possible dangers of electrical shock. Keep electrical equipment in good condition, and never attempt makeshift repairs. Do not handle electrical appliances with wet hands. Use a Ground Fault Circuit Interrupter (GFCI) anytime electrical equipment is used outdoors or around moisture, such as in the kitchen, bathroom and basement.
- Personal Protective Equipment (PPE) is important off-the-job. Be sure to wear safety eye wear when using power tools such as woodworking equipment and even the lawn mower. Wear safety toed footwear and gloves where the situation calls for this sort of protection. Your hard hat even has uses around home - dur-



ing weekend construction projects, for instance. And don't forget to wear the appropriate PPE for sports too.

- Store and handle chemicals and other dangerous substances with care. Keep them properly labeled and stored in the correct containers. Flammable liquids must be stored in an area where there is good ventilation, away from any potential source of ignition.
- Learn to swim so you can save your own life. Never

mix alcohol and water sports such as swimming and boating. And never dive into unknown waters.

- Find out how to protect your personal security. Avoid dark, deserted areas where you might become a victim of crime. Keep your household doors and windows secure and have your home well-lighted to discourage intruders.

Remember to take safety with you off-the-job.

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.

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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 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.



The Contact ~Wing Headquarters
Building Annex, 8Wing / CFB Trenton
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A message from the Trenton MFRC

Trenton MFRC

As the COVID-19 coronavirus situation evolves, and based on the announcement given by the Government of Ontario and Premier Doug Ford, the Trenton Military Family Resource Centre (MFRC) is closing all licensed child care in Trenton, Belleville, and Batawa indefinitely effective immediately until further notice. Our doors are now closed to the public until further notice.

As we stated on March 13, all Trenton MFRC group programs, activities and courses have been cancelled until March 30 when we will reassess the situation.

In order to continue with our focus on supporting military families, the Military Family Services (MFS) programs and services will continue to be available through virtual or tele-appointments.

Please call our reception should you like to make an appointment or speak with one of our program coordinators or staff: 613-965-3575. Alternatively, if you require additional support, you can always call the Family Information Line 1-800-866-4546.

For updates on how COVID-19 pertains to the Trenton MFRC and its licensed child care, please follow this page and/or our website www.trentonmfrc.ca.



INFORMATION

- On key resources (CDS statements, Health Canada), how to talk to parents and kids during crisis

REFERRAL

- Guidance Counsellors for education difficulties; SISIP Financial and Support Our Troops for financial support

SUPPORT

- Crisis support, Virtual Counselling, and problem solving during stressful times
- Work with families (loved ones of CAF members, including parents of military or spouses who work at MFRC) statements, Health Canada), how to talk to parents and kids during crisis

Avec la progression de la situation concernant le COVID-19, et basé sur l'annonce donnée par le gouvernement de l'Ontario et le premier ministre Doug Ford, le Centre de ressources pour les familles des militaires de Trenton (CRFM) ferme toutes ses garderies agréées à Trenton, Belleville et Batawa effectif dès maintenant pour une durée indéterminée jusqu'à nouvel ordre. Nos portes sont maintenant fermées au public.

Tel que mentionné le 13 mars, tous les groupes/activités/cours du CRFM Trenton sont annulés jusqu'au 30 mars, où nous réévaluerons la situation. Afin de poursuivre le soutien aux familles militaires, les programmes et les Services aux familles des militaires (SFM) continueront à être disponible par conversations téléphoniques ou virtuelles. Si vous désirez prendre un rendez-vous ou parler avec un membre de notre personnel, téléphonez notre réception au 613-965-3575.

Si vous avez besoin de soutien supplémentaire, vous pouvez toujours appeler la Ligne d'information pour les familles aux 1-800-866-4546.

Pour les mises à jour sur le COVID-19, concernant le CRFM Trenton et ses garderies, suivez-nous sur cette page et/ou visitez notre site web www.trentonmfrc.ca.

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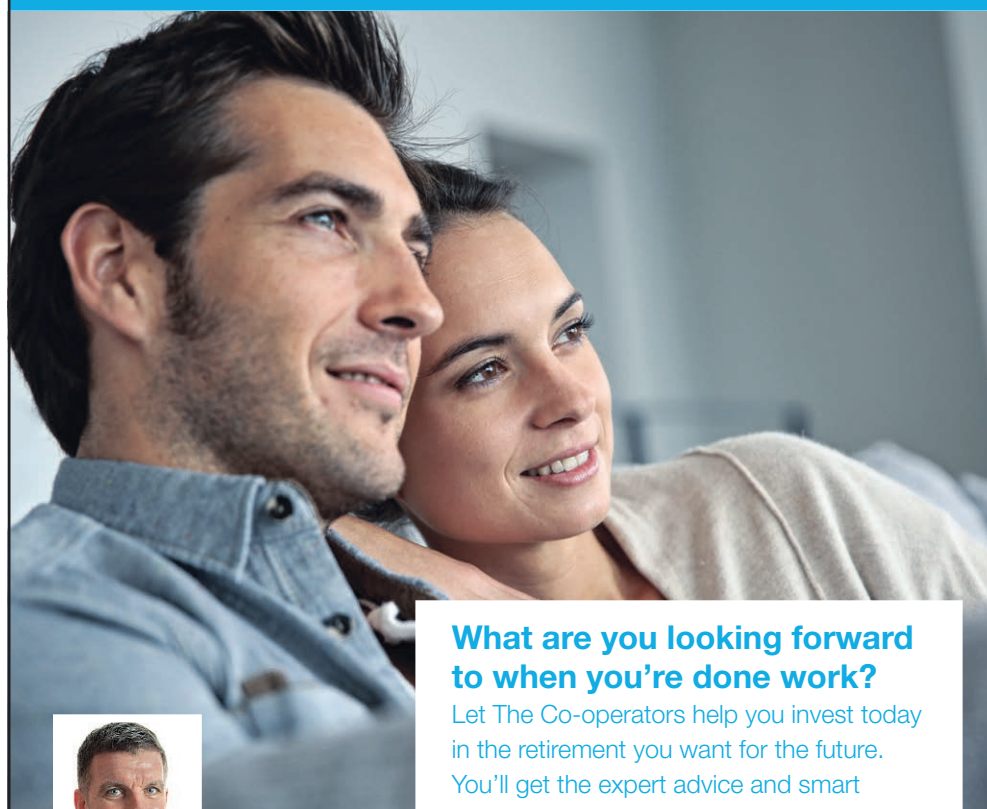


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National Air Force Museum of Canada to close temporarily

Content courtesy of the National Air Force Museum of Canada

The National Air Force Museum of Canada will be temporarily closed to the public from Monday, March 16th, 2020, until Monday, April 6th, 2020 in an effort to help prevent the spread of COVID-19. In line with advice available from the Public Health Agency of Canada, we are compelled to follow the best practice of social distancing and avoiding mass gatherings to ensure the well-being of our community.

We thank everyone for their understanding during this time.




Ligne d'info pour les familles
1-800-866-4546

INFORMATION

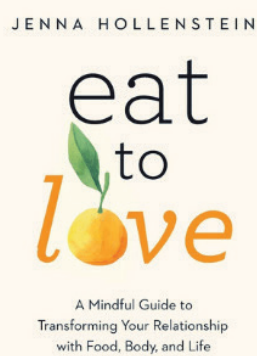
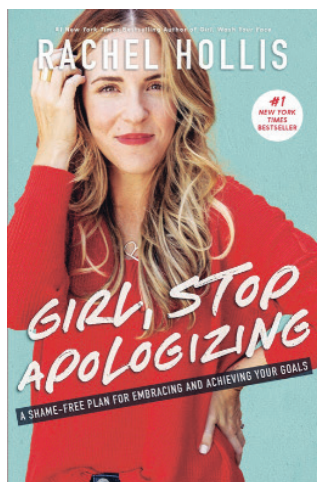
- Pour les familles sur les ressources clés (déclarations du CEMD, Santé Canada), comment parler aux parents et aux enfants pendant la crise

RÉFÉRENCE

- Pour les familles: conseillers en orientation pour les difficultés d'apprentissage; Financière SISIP et Appuyons nos troupes pour un soutien financier

SUPPORT

- Assistance en cas de crise, conseil virtuel et résolution de problèmes en période de stress
- Travailler avec les familles (les proches des membres des FAC, y compris les parents des militaires ou les conjoints qui travaillent au CRFM)



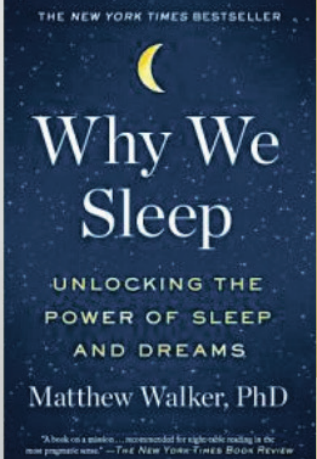
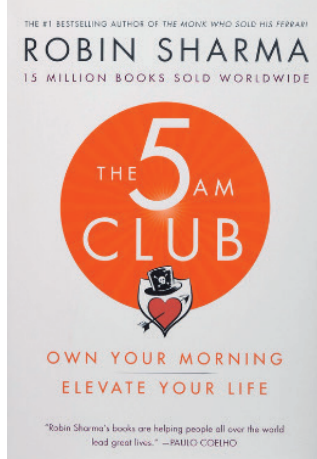
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Photo by Captain Joshua Bambrough

The top finalists for Zone Shoot 18. Pictured here (not in order) in the front row is Coupland Isable, Newell Taylor, Semark Leeham, Coupland Henry, Doyle Bridget. (Middle row): Smith Kaylyn, Carson Elysabeth, Johnstone Reagan, Arthur Mara, Pureveen Arwen, Andrew Van Drie. (Back row): Sean MacCarthy, Thornton James, Hoddinott Kathrena, Bird Asha-Lynn, Aho Cameron, Sparks Joshua

Quinte-area cadets take top spots in marksmanship competition

By Captain Joshua Bambrough

On Feb. 29, Quinte area cadets took top spots at this year's Area Zone Marksmanship competition held at 8 Wing Trenton. Teams representing cadet corps from Belleville, Trenton, and Brighton all took the top three positions in this year's competition. Also included in the event were cadets from the Hastings, Prince Edward and Northumberland areas. The competition had a strong showing for female participants as most of the top teams were led by female cadets. They accounted for 10 out of the 17 shooters participating. "We're finding women are becoming better shooters . . . because of their fine motor skills and discipline," said retired Lieutenant-Colonel Richard Irvin of 2777 Campbellford Army Cadets. The Central Region Marksmanship Competition Series allows participants to compete equally in a recreational sport that is gender neutral. The system is based on Olympic-style competitions, so competitors are held to a high standard. A standard, it seems, that our local cadets exceed. "This is the fourth year in a row for our team to get first place at the zone competition and I am so proud of them all," said Cadet Coach Chief Petty Officer Second Class (CPO2) Bridget Doyle, who also took top open individual. The 58 Royal Canadian Sea Cadet Corp (RCSCC) Quinte from Belleville Ontario took the top placement team overall. The second-place overall team was the competition's only all-female team, the 70 RCSCC Trent from Trenton high school. Cadet Arwen Pureveen from 79 Trent placed top individual junior. "Adventure and friends," is what Cadet Pureveen said when asked why she joined the cadets; both of these she no doubt achieved at this year's Area Zone Marksmanship competition. Third place team went to 100 Brighton Army Cadets located in Brighton Ontario and third place open individual went to Sgt Sean MacCarthy of 608 Duke of Edinburgh Air Cadets in Belleville. Petty Officer First Class (PO1) Isabel Coupland of 58 Quinte placed second overall in the individual category. Cadet Leeham Semark also of 58 Quinte placed 3rd in Junior individual. Second Place Junior individuals when to Cpl Andrew Van Drie of 173 Royal Tiger Squadron also located at Trenton High School. These zone matches are very competitive. Each team, whether it is sea, army, or air Cadets, is comprised of the best marksmen from their unit, all vying for the top



Photo by MCpl Hilton Dawson

Cadet Asha Bird of 100 Army Cadets Brighton taking aim.

position in their area of Ontario. From there, the most successful competitors will be invited to compete at the Provincial Championship in early April to compete for the chance to represent Team Ontario at the National Championships. The competition is a watershed moment for many cadets, rewarding self-discipline and building confidence, but its worth for participants is more personal and directly rewarding. On a personal note, RCSCC Quinte's Bridget Doyle also shared her thoughts. "I did not expect that I would make top individual shot of the zone competition," she said, "but it felt bittersweet as this is my last year in cadets. Being a part of the Quinte sea cadet range team has continued to be an important part of my life." After her success as top open individual, Doyle has applied to the Royal Military College of Canada as a cadet candidate and has attended Connaught Cadet Summer Training Centre as a Staff Cadet on the Marksmanship program. For more information on the Canadian Cadet Organization and they have to offer, visit the national website at www.cadets.gc.ca.



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CFS Alert: Members celebrate St. Patrick's Day in style

By Second Lieutenant E. McAlpine

On March 14, Canadian Forces Station Alert members got dressed up in green, died their hair and beards, and gathered together to celebrate St. Patrick's Day. Master Corporal K. White and Corporal (Cpl) E. Paquet-Proulx hosted a leprechaun carnival where station members could win prizes for playing games like tossing coins into a pot of gold, testing your luck by shooting nerf guns at four leaf clovers, pin the hat on the leprechaun, and a rainbow ring toss. Cpl. Paquet-Proulx, the president of the mess committee, wanted to host an event that would appeal to all station members, given the amazing diversity of civilians and military members from across the country. The event lived up to expectations and, thanks to volunteers from across the station generously giving their time to help out, will be the talk of the station for weeks to come.



Photo submitted

A message from the editor

By Makala Chapman

Following in the steps of businesses and organizations all across the country – in response to COVID-19 – the Contact Newspaper will also be taking a short break. As our military and civilian community settles in to practice social distancing, we too, will do our part to prevent the spread of the virus. The Contact wishes to thank its readers for a great start to the year. It is your stories that make our community truly unique. There are many more stories left to be told and we look forward to our return in your mailboxes and doorsteps when it is appropriate to do so. Until then, stay safe, take care and keep up to date on the latest COVID-19 updates from your local health unit and their partners.





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