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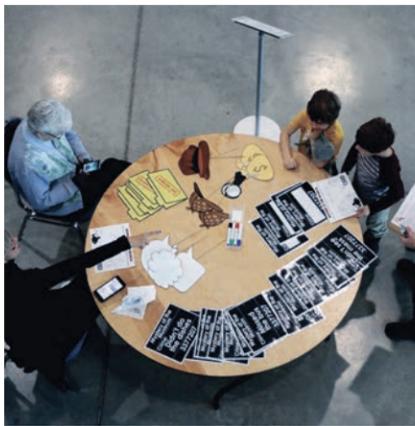
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CATCHING UP WITH 440 TRANSPORT SQUADRON



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Health minister gives update on COVID-19 during visit to Belleville



Photo by Makala Chapman

Federal Health Minister Patty Hajdu provides an update on COVID-19 to members of the media in Belleville, Ont. on Feb. 18.

By Makala Chapman

Federal Health Minister Patty Hajdu says none of the 400 people in quarantine at Canadian Forces Base (CFB) Trenton are showing symptoms of the novel coronavirus known as COVID-19. This was one of many updates she provided to members of the public at a press conference held at the Hastings Prince Edward Public Health centre in Belleville on Feb. 18.

As the first group of Canadians repatriated from Wuhan, China – the epicentre of COVID-19 – approach the end of their two-week quarantine, an additional group of Canadians are expected to return home from Japan in the coming days. Hajdu noted the returnees are some of approximately 250 Canadians that have been quarantined on the Diamond Princess cruise ship since Feb. 3. "I am reluctant to give you exact numbers right now because those are fluctuating day by day," she said. In addition, Hajdu noted that some Canadians would be staying aboard the ship in order to remain

Continued on page 2



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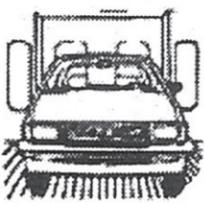
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Continued from page 1

close to family members who are ill. As for those who are not showing any symptoms, a repatriation plan has been put together following an assessment of the quarantine zone and the Canadians aboard the ship. While a specific date for their return has not been set, the health minister was confident it would be before the end of the week. "I understand the frustration," she explained, "but we're working as quickly as we can. Obviously, we have to consider the protection of Canadians back in Canada, as well as the safety of Canadians that are stuck in these unfortunate situations." Hajdu added that returning Canadians will not be housed at CFB Trenton and will instead remain under quarantine at the NAV Centre – a hotel and conference facility – three hours east of Trenton in Cornwall, Ont.

Earlier in the day, Hajdu visited CFB Trenton to tour some of the facilities and to speak with front-line medical staff and volunteers. She noted she had been impressed by the "incredible collaboration" that's been taking place and could not have been prouder. "This has been a big endeavour for Canada," she explained. "This is an endeavour that we haven't been tasked to do for quite some time in the history of our country." She went on to call the event one of the "largest quarantine in the history of public health". While touring the Base, Hajdu said she was pleased to see everything from dietary restrictions of individual guests to their mental health and welfare were being met. "The morale has been high," she said. "The extra measures that citizens and leaders in the community have gone to are really helping to



Photos by Makala Chapman

8 Wing Commander Colonel Ryan Deming announces that incoming Canadians being repatriated from Japan will not be staying at CFB Trenton during a press conference in Belleville, Ont. on Feb. 18.

make sure (those in quarantine) feel loved as Canadians."

In attendance at the press conference was Medical Officer of Health Piotr Oglaza, Bay of Quinte Member of Parliament Neil Ellis, Quinte West Mayor Jim Harrison, Belleville Mayor Mitch Panciuk and 8 Wing Commander Colonel (Col.) Ryan Deming. Addressing the public, the Colonel noted that more than 150 military personnel have been busy offering their support to the Public Health Agency of Canada, Canadian Red Cross, Canada Border Services Agency and the Hastings Prince Edward Public Health. "I am proud of our Wing. I'm proud of our task force and I'm proud of the way that our communities have come together to offer support," he said. "We know it's a difficult and stressful time for our guests. The whole government team continues to strive to make their stay as comfortable as possible while

respecting the constraints of the quarantine." Col. Deming added he and his team remain fully cognizant of the potential health risks and assured that all those involved would continue to exercise rigorous safety precautions. "While (Canadians returning from Japan) will not be staying with us at CFB Trenton," he explained, "Canadian Armed Forces members will once again be providing that essential logistical role to enable their stay at the NAV Can centre." Lastly, he thanked the community for their understanding and noted he was personally touched by the outpouring of support. "While the nature of the quarantine order itself limits our team's ability to accept all offers, on behalf of ourselves and our task force partners, like the Red Cross, these gestures are taken to heart," said Col. Deming. "They are a true reflection of the generosity of our communities and all of you."



Federal Health Minister Patty Hajdu says she was impressed by the level of organization and collaboration that she witnessed during her tour of CFB Trenton on Feb. 18.



Photos of the Week

Mission Support Squadron



Pictured Avr Teresa Dalton, Cpl Grant Finnigan, and Randy our mannequin.

By Master Corporal Anthony Turta

8 Wing Mission Support Squadron, Construction Engineer Support Flight, Fire Department crews conducting aircraft extrication drills in order to prepare them to rescue incapacitated aircrew during an emergency.

Family Day fun at the local museum



Photo by Makala Chapman

Guests use their detective skills at the National Air Force Museum of Canada on Family Day.

By Makala Chapman

On Feb. 17, dozens of families flocked to the National Air Force Museum of Canada (NAFMC) for a day of fun. Running with the theme "Mystery at the Museum" visitors got the chance to enjoy a variety of activities. Some of the highlights included a mug shot station, learning about forensic testing and more. Members of 8 Wing Trenton's 21 Military Police Flight were also on hand to give guests the opportunity to learn about the equipment they use on a daily basis. Thanks to the success of this year's event, the museum will be inviting members of the public back for Family Day 2.0 on Feb. 21. The same variety of events will be available to enjoy and will run from 10 a.m. to 5 p.m. Regular admission rates will apply, and adult supervision is required at all times. For more information, contact the NAFMC at 613-965-7223.

CFS Alert: Fire Awareness Training



Photo by Second Lieutenant Rabbani

Pictured here is Aviator. S. Butler.

Content submitted

On Feb. 1, Canadian Forces Station (CFS) Alert members took part in a live fire exercise to raise awareness of how fire can spread from room to room. The demonstration involved lighting a chipboard 'dollhouse' on fire under close supervision of CFS Alert firefighters. Staff found the demonstration to be very informative. Being an isolated posting, CFS Alert relies heavily on the expertise of its own firefighters to provide guidance on preventing fires before they can begin. It's vitally important that everyone on the station knows how to minimize the chances of a fire.



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Safety



Preparing for spring safety on the ice

Hesitate to put a hex on some beautiful February weather, but it really is time to think ahead to the joys and hazards of springtime in the Bay of Quinte region.

As the weather warms and days become longer, ice on local streams, rivers and ponds becomes an increasingly dangerous hazard for both young and old. The thick ice of late winter and early spring can be a deceptive danger for children and others playing on or near the ice.

Ice safety often focuses on thin ice and what the minimum ice thickness is for safely skating on ponds and lakes. However, we should also consider the dangers of seemingly thick ice in the spring. Remember: Spring Ice is Rotten Ice.

As ice melts, it undergoes a process known as candling which weakens the ice along vertical channels. This process can dramatically weaken a thick sheet of ice. A sheet of ice 4 cm thick, which in the middle of winter could support an automobile, can become so weak that it may not be able to support the weight of a single child.

Over a four-year period, in one province, 15 people died in ice-related incidents out of a total of 140 drowning and water-related deaths. Almost half of the victims were children with little or no awareness of the risks they faced. Warm weather and longer daylight hours increase the attraction of local ice as play areas for children. Running melt water on top of the ice on streams can also attract young dam builders and playtime "engineers." These attractions and the hidden dangers of spring ice combine to increase the drowning risk for children.

With the beginning of the Spring, there is only one way to ensure safety around waterways - Stay off the Ice. Assume that all ice on rivers, streams, ponds or lakes is unsafe. Extend your concern as well to ditches, which in some cases, can run very deep.

PLEASE ENSURE THAT ALL CHILDREN ARE MADE AWARE OF THE DANGERS THAT EXIST AND THAT THEY ARE CAUTIONED TO STAY AWAY FROM THESE AREAS.



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.



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Local realtors rallying support for Quilts of Valour

By Makala Chapman

There are many ways to show a veteran that their sacrifices are appreciated. One of the simplest and most meaningful ways is to directly express one's thanks. But a group of local quilters are going above and beyond with something a little more tangible – custom quilts sewn with both fabric and a stitch of love. As members of the local Quilts of Valour chapter – a national not-for-profit organization established in 2006 – each quilter has vowed to use their craft to bring comfort to ill or injured members of the Canadian Armed Forces and veterans. To thank the volunteers for their generosity, local realtors, David Weir, and his daughter, Chelsea Weir, made a \$250 donation to the group, as well as a pledge of \$50 on behalf of the first five squadrons or units to make a donation to the Quilts of Valour group at 8 Wing Trenton on Feb. 13.

Stopping in at the Canadian Armed Forces Transition Group, formerly known as the Integrated Personnel Support Centre, the Weirs were greeted by 8 Wing Trenton's Quilts of Valour representative Sergeant (Sgt.) Luc Jean and the group's civilian representative Denise Wenzel. It was there the local realtors took the time to learn more about the organization. To date, Quilts of Valour Society has presented over 14,000 quilts to members and veterans across the country. Just one blanket alone can cost as much as \$250 and can take several days to sew together.

Locally, more than 44 quilts have been made by hand and shipped all across Canada. Speaking to honoured he's been to have overseen the distribution of at least 100 quilts over the last year was Sgt. Jean. "I think the intent behind these quilts is so impor-

tant," he said. "They represent the process of healing." He added it was touching to know that there were individuals, such as Wenzel and the Weirs, that were actively making a difference through their generosity. "It makes me so proud to see the support of the community," he explained, "It feels good knowing there are people who are willing to do something like this for our veterans and those who have been injured during service."

Having previously served in the military, Sergeant (retired) David Weir noted supporting Canada's veterans was especially close to his heart. "It really does add a lot of value in recognizing the men and women who are getting out," he said. "Having that blanket around you is a tangible thing that symbolizes that someone cares." As for what he thought of the quilts, Sgt. (ret'd) Weir said he had been amazed by the local quilters and their talents. "I can't fathom the amount of work involved in making these quilts," he said. "They really are beautiful."

Those interested in learning more about the local Quilts of Valour group can do so by stopping in at Our Lady of Peace Chapel at 8 Wing Trenton on the second and fourth Monday of each month. For further information, feel free to contact Denise Wenzel at 204-651-2211.



TOP: Local realtors Chelsea Weir (left) and Sergeant (retired) David Weir (middle) present Quilts of Valour area representative Denise Wenzel (right) with a donation on Feb. 13. Quilts of Valour volunteer Denise Wenzel shows local realtors Chelsea Weir and Sergeant (retired) David Weir some of the quilts her group has made. Sgt. Luc Jean says he is grateful to the community for their support of injured Canadian Armed Forces members and the veterans.



FLASH POP-UP

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Upcoming events with the Trenton MFRC

February 25 - The military community is invited to hear from retired-NHLer and two-time Stanley Cup winner, Daniel Carcillo! Hosted by Ducky Brand and the Trenton MFRC, this special event invites base personnel and their families to the National Air Force Museum of Canada. From 10 a.m. to 11 a.m., Daniel Carcillo will highlight his experience with mental health, his retirement from the NHL after post-concussion syndrome, and figuring out what to do next. With a focus on mental health, Daniel will promote the use of mental health services in the community and ending the stigma of

shame associated with mental illness. This is a free military-community event, however, donations to the Canadian Mental Health Association will be gratefully accepted.

February 27 - Join the Trenton MFRC as it launches the 16th annual Invisible Ribbon Gala campaign supporting military families! To kick-off the campaign, there will be a BeaverTails FLASH POP-UP happening at the MFRC for one hour only! These national treats are hard to come by in the Bay of Quinte so mark your calendars and plan to celebrate the Trenton MFRC's 16th annual Invisible Ribbon Gala, in support of military families

11:30 a.m. - 12:30 p.m. only
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23	24 EarlyON: Explore with Korena Towards Zero Garbage Kids Have Stress Too Knit & Chat	25 Mental Health Tour with Daniel Carcillo	26	27 Invisible Ribbon Gala Media Launch & BeaverTails Pop-Up Book Club	28 Career Training & Employer Café with Kingston MFRC	29 Pirate Party in the Youth Centre *rescheduled date from January
1	2 EarlyON: Explore with Korena	3	4	5	6 Paint Night Fundraiser	7
8 Traditional Meal & Activities at Sandy Flats Sugar Bush	9 Supporting Student Success Conference EarlyON: Explore with Korena	10	11	12 Coping Through the Teen Years Knit & Chat	13	14

● Trenton MFRC – Trenton Location

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● Let's go to the Sugar Bush!

Sunday, March 8, from 10 a.m. – 3 p.m.

You are invited to a Sugar Bush experience, complete with a Francophone-inspired meal! In partnership with Sandy Flat Sugar Bush in Warkworth and their caterer, it will be a sweet day for your palate. In addition to this, you will be able to enjoy horse-drawn carriage rides, log sawing, walking trails, and let's not forget maple taffy on snow!

Three seating times - 11 a.m., 12 p.m., & 1 p.m.

Cost

\$17 per adult

\$8 per 12 years & younger

Free for children 3 years & younger

Deadline to register and pay: Monday, February 24

Space is limited, get your tickets at the MFRC. Paid in part by the Government of Ontario.

● Supporting Student Success Conference

Monday, March 8, 2020, 8:45 a.m. – 3:45 p.m.

Join us for an exciting day of presentations and workshops on Supporting Student Success.

In the morning, Keynote speaker, Dr. Jonathan Weiss, will be speaking on Supporting Mental Health in People with Autism Across the Lifespan. Dr. Weiss will provide concrete examples of the different principles used to address emotional difficulties in people with autism.

*This presentation is suited for parents, professionals and graduate students. Experience with working with people with autism, and in providing cognitive behavioural or other psychosocial treatments is an asset, but not required.

After this presentation, we will break for lunch.

In the afternoon, you will have your chance to attend two of three break-out workshops.

For full details and to register, please visit <https://www.eventbrite.ca/e/4th-annual-supporting-student-success-conference-tickets>.

● Book Club

Is your nose always in a book? Join us on the last Thursday of the month for our Evening Book Club, at 6 p.m., at the Trenton MFRC. Open to all adult book lovers!

Our next gathering is on Thursday, February 27 when we will discuss Michelle Obama's 'Becoming'. Call 613-965-3575 for more information and to register.

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8:45 a.m. - 3:45 p.m.

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All Participants will RECEIVE Certificates of attendance
Location: Maranatha Church, 100 College St W, Belleville, ON

KEYNOTE
Supporting mental health in people with autism across the lifespan
with Dr. Jonathan A. Weiss, Ph.D.

WORKSHOPS

- Nutrition and Mental Health in ASD and ADHD with Dr. Kelly Gillis ND, BPHE, Naturopathic Doctor at Belleville Integrated Health Centre
- De-escalation Strategies with Jason Dean, Kerry's Place Autism Services
- Mindfulness with Meghan Shanahan Thain, RSW

To register, please visit: <https://supportingstudentsuccess2020.eventbrite.ca>

Provided by Trenton Military Family Resource Centre




Catching up with 440 Transport Squadron

Content submitted

8 Wing Trenton's 440 Transport Squadron is the only Royal Canadian Air Force Squadron located North of the 60th parallel. Based in Yellowknife, Northwest Territories it provides utility airlift in support of 1 Canadian Air Division and Joint Task Force North. 440 Squadron employs the CC-138 Twin Otter. Check out next week's edition of The Contact Newspaper for more from 440 Transport Squadron!

RIGHT: WO JP Boivin promoted Jan 2020 by LCol Paquette CO 440 (T) Sqn with SCWO Rob Selman.
BELOW: Maj Brad Livingston promoted Jan 2020 by LCol Paquette CO 440 (T) Sqn with SCWO Rob Selman.



Photos submitted by 440 Transport Squadron



LEFT: MCpl Cory Isenor presented CD by LCol Paquette CO 440 (T) Sqn with SCWO Rob Selman
ABOVE: WO Lanteigne promoted in December 2019 by Maj Jim Quinn A/CO 440 (T) Sqn with A/SCWO MWO Dave Shears.



Change of appointment SCWO from MWO Dave Shears to CWO Rob Selman by LCol Paquette CO 440 (T) Sqn.

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