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>> Battle of Quinte West heats up again

Afghanistan Repatriation Memorial and fans will benefit from freewheeling competition

2

>> 8 Wing firefighters train for every eventuality

Deputy Fire Chief keeps firefighters on their toes with realistic training exercises

3

>> Ex EQUATEUR 2013 - NATO and Pacific ties strengthened

Biannual command post exercise involved nine nations within the scope of multinational cooperation

8

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2 AMS demonstrate commitment, dedication in achieving mission success

2 Air Movements Squadron (2 Air Mov Sqn) personnel were recognized for their exceptional performance in support of the international mission to Mali from January to March 2013 at the Annual Air Force Association of Canada honours and awards banquet on Oct. 19 in Saskatoon, Sask.

United Nations Security Council resolution 2085, passed on Dec. 20, 2012, authorized the deployment of an African-led International Support Mission to Mali. The mission called upon the international community to support the Malian Security

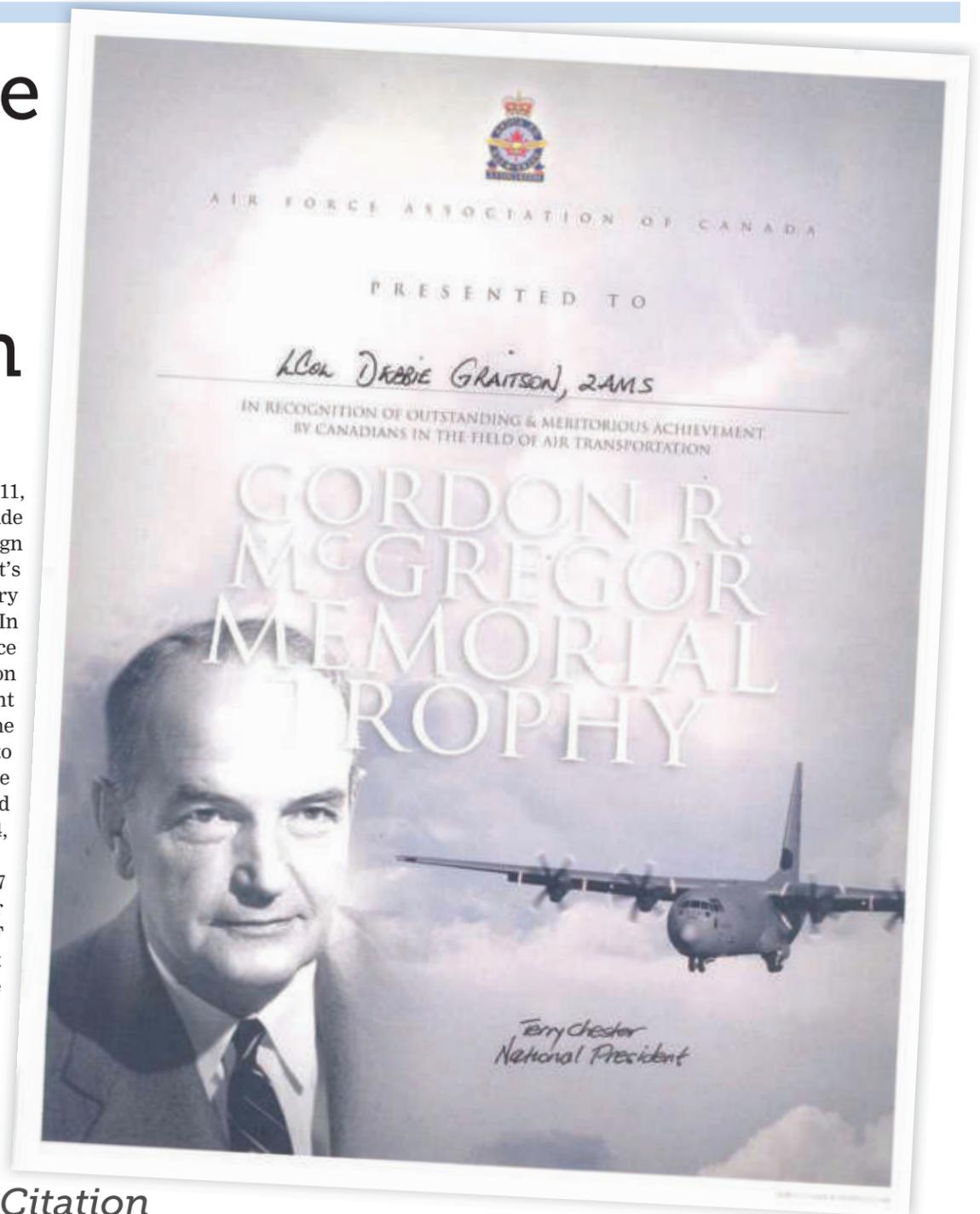
and Defence Forces. On Jan. 11, 2013, the president of Mali made an urgent appeal for foreign assistance in his government's struggle to re-take territory held by Islamic extremists. In response, the president of France authorized a combat operation alongside Malian government forces to protect Bamako, the capital of Mali. In order to support a rapid deployment, the president of France requested Canada's assistance on Jan. 14, 2013.

The next day, a CC-177 Globemaster strategic airlifter and approximately 40 RCAF personnel deployed on short notice to assist with the

Continued on page 14



Lt.-Col. Deborah Graitson, CO 2 Air Movements Sqn, accompanied by MWO Karen Cummings, were presented the Air Force Association of Canada Gordon R. McGregor Memorial Trophy by Lt.-Gen. Yvan Blondin, Chief of the Royal Canadian Air Force.



Citation

2 Air Movements Squadron personnel demonstrated outstanding commitment from January to March 2013 in support of the international commitment to Mali. Exceedingly reflective of the RCAF mandate, their dedication to the processing of three million pounds of freight on 46 chocks ensured the highest quality and most efficient use of RCAF assets. The deployed teams deserve special recognition for their commitment to excellence and dedication to achieving mission success.

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Battle of Quinte West heats up again

Afghanistan Repatriation Memorial and fans will benefit from freewheeling competition

By Ross Lees

The RCAF Flyers and the Trenton Golden Hawks couldn't even do a friendly photo op without mixing it up for the cameras. While only a friendly scuffle, it is clear that both of these teams want to win the second annual Battle of Quinte and take home the trophy which goes with it.

Last year, these two high-flying teams, battled to raise \$2,000 for the Afghanistan Repatriation Me-

morial with the Trenton Golden Hawks skating to a 5-3 win over the RCAF Flyers.

This year, the Flyers will be looking to avenge that loss in their own barn with a couple of ringers to help them along. It is rumoured that 8 Wing's Commander, Colonel David Lowthian, will play and that the team has imported another hockey player all the way from Newfoundland - Corporal (Cpl.) Dylan "Squid" Squires.

If you ask organizer Cpl. Jason Briand who might lead his team to victory, he will drop a couple of other names - Captain (Capt.) Andrew Davidson who played for Royal Military College (RMC) and Master Corporal (MCpl.) Gabe Proulx, a loadmaster with 429 Transport Squadron, who is believed to have played for The Trenton Sting at one point. He also went on to play in the East Coast Hockey League, so if this event does turn rough, the RCAF Flyers have their bases covered.

John McDonald, the organizer for the Trenton Golden Hawks, says that the Golden Hawks' coach scored two goals last year. A former Chicago Black Hawk and Toronto Maple Leaf playing defence, Mr. Jerome Dupont is certainly worth watching.

But Mr. McDonald notes there will be others to keep an eye on. Both of his goaltenders - Emerson Verrier and Denny Dubblestyn are excellent rubber stoppers and will keep their team in the game.

Mr. McDonald said they are icing a much younger team this year and, while they are currently fourth in the Eastern Division



There is a friendly puck drop and a not so friendly puck drop... It started out as just a friendly photo shoot, but quickly developed into a very entertaining photo op as the Mayor of Quinte West, His Worship John Williams, and 8 Wing Commander, Colonel David Lowthian, pawed over Wing Chief Warrant Officer Sandor Gyuk in an effort to get at each other with members of the Golden Hawks and the RCAF Flyers looking on in amusement.

Photos Ross Lees



of the Ontario Junior Hockey League, they have several games in hand and boast some players with hot hands. Brady Wiffen has 13 goals and nine assists in 15 games, team captain Tyler Mayea has four goals and 10 assists in 15

games and leads the team in penalty minutes, and American Jason Zaleskie has eight goals and 12 assists in 15 games.

"This is a really good group this year," Mr. McDonald noted. "This game is always very competitive and everybody is out to have fun. There is no body checking, so we're going to get out there, raise some money and let the fans ooh and aah."

"For us, it's just fun," says Cpl. Briand. "This is the career path we've chosen so we no longer have dreams of hockey careers, but some of these kids might be the next great hockey players. We can never go back and playing with a group of guys like this which plays well and fast is a good test of hockey ability at a high level. We huff and puff a bit more than them, but we can keep up to them."

Asked about their strategy for the game, he laughs and responds, "Maybe a little shorter shifts and some lucky bounces."

While the Golden Hawks won the game last year, they were somewhat surprised by the talent of the RCAF Flyers, especially their goaltender, so expect a close but free-wheeling game that promises to be very entertaining.

continued on page 10

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8 Wing firefighters train for every eventuality

Deputy Fire Chief keeps firefighters on their toes with realistic training exercises

By Ross Lees

You just never know what you're responding to when you answer an alarm as a military firefighter. 8 Wing Deputy Fire Chief, Master Warrant Officer (MWO) Jacques Rene, noted at a recent practice scenario that it could be anything from a plugged toilet to a full blown crash.

That is why he takes his firefighters each Wednesday and puts them through a practice scenario - to keep them on their toes and to prepare them for any or all scenarios they might discover as they respond to an alarm at 8 Wing/CFB Trenton.

"Our primary role here on the base is crash and rescue," he replied in response to questions asked by media at a practice scenario Oct. 23. "In the civilian world, like Pearson Airport, that's all they do. For their buildings, there's another crew, another fire hall altogether. In the military, we learn to do both. We are doing crash and rescue, we are doing structural fires, we are doing car rescue or extrication, and we also have a hazmat capability. If we were to see a train go off the tracks and it was to spill a product, we have the capability to get started at mitigating that."

As if that is not enough, military firefighters are also trained in advanced first aid on the base. If someone was hurt in PMQs, the firefighters would provide what he called a "tiered response."

"A civilian ambulance will be notified and it will come and relieve us because we never do transport," he stated. "We go in, stabilize, and once the scene is stabilized, EMT comes in and takes over the patients and transfers them. That's how we've been trained to work."

In a recent scenario, firefighters responded to a structural fire limited to two storeys.

"They're going to practice what we call 'fast action mode'" revealed MWO Rene. "It's a method of attacking a small structure fire in order to expediently extricate people from a fire, especially at night. It's not a common procedure, but it's one that can be selected as required by the first arriving officer, so it needs to be practiced. You cannot just decide to do it because without practice, it will likely fail. It's one of those (scenarios where) the steps are the same, but not (employed) in the same sequence, so it's very easy to get confused."

In this particular scenario, there was to be at least one casualty in the structure. To make his scenario as realistic as possible, MWO Rene had a media type make the initial emergency call to the dispatcher so that he could test the dispatcher's ability to respond to an actual call.

Once a casualty was found, he was borne from the building to a casualty collection area.

Then MWO Rene made the event even more interesting for his firefighters. He had a firefighter go down while inside the burning building, forcing his remaining firefighters to respond to yet another stressful incident. That firefighter was also evacuated and transported to the casualty collection area.

Throughout the scenario, MWO Rene watched his crew work - from the officer in charge through to the clean-up crew.



A fire team leader coordinates the effort throughout the scenario. Photo Ross Lees



Responding scenario crews are watched from both outside the structure and inside - where the enemy resides. Photo Ross Lees

continued on page 15

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Aerial Delivery course sets high standards

By Pte. T. Pelletier

Pte. T. Pelletier TWA, 2 RCHA Petawawa participates in the Aerial Delivery Course in Trenton Oct. 8-25, which included rigging a two-parachute system to a heavy platform.

Photos R. Ruthven (CAAWC)



The Aerial Delivery course consists of 14 training days and is taught at the Canadian Army Advanced Warfare Centre at CFB Trenton.

Students of various trades and ranks learn the proper procedures in which to prepare mission essential equipment such as food, ammunition, weapons, communication equipment and vehicles for air drop. Aerial Delivery locations can include either a hostile theatre of operation or in a setting where Canadian Armed Forces are delivering humanitarian aid.

Throughout the course, students are taught how to rig small/light, medium, as well as heavy sized loads. As part of the required training all students learn to rig loads in accordance with a meticulous format which includes a Joint Airdrop Inspection (JAI) that leaves no room for error.

The standard is high and for good reason. As a parachutist, I've learned many techniques that I can bring back to 2 RCHA E Battery to assist in developing our airborne capability in dropping the 81mm Mortar, ammunition or any other supplies.



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 at and 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 David Lowthian, CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

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Guidelines for submissions: 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 may 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 Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and the name of the author 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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Angela Hayden Adopt-a-Family kicks into gear for holiday season

The Angela Hayden Adopt a Family Christmas Program has been in place for 25 years to assist struggling military and civilian families at 8 Wing. Every year, various units and sections of 8 Wing donate gifts for children while grocery hampers are provided by St. Paul Catholic Secondary School.

Already this year, the response from base members has been overwhelming and unit OPIs have come forward to assist with this worthy cause. If units wish to sponsor the children of our 8 Wing families in need over this Christmas season, please forward your OPI name to one of the committee members through your chain of command.

Families in need of support over the

Christmas season may obtain a Family Profile form through section warrant officers, chaplains, and Wing social workers. You can also contact one of the two intake members (identified below) for more information. Please note that sponsorship through our program should be for one Christmas season only. Any 8 Wing family in need is eligible, military or civilian. Be assured that all information received is kept in the strictest of confidence.

Our committee members are as follows: WO. Sandy Driscoll (intake), Sgt. Denise Snow (intake), Sgt. Tracey Whitten and MCpl. Ashley Martin.

We are available at any time for questions.



Quinte West to hold Red Cross Day November 16

The Quinte Branch of the Canadian Red Cross is hosting an open house and a series of workshops on Saturday, Nov. 16, at the Quinte West Public Library, which is located in the municipal office building on Creswell Drive in Trenton. The event will run from 10:30 a.m. till 12:30 p.m. in the library's multi-purpose room on the main floor.

Everyone is invited to learn more about the Canadian Red Cross and to explore volunteer opportunities. "We want to show the community what the Red Cross does locally as well as on the international stage," explained Quinte Branch Council Chair Dirk Hogewoning. "At the same time, we'll have hands-on activities that will help those who attend to respond to day-to-day accidents and emergencies. The knowledge and experience gained might literally save a life."

Activities will include a free disaster preparedness workshop, First Aid and CPR demonstration, and a mock disaster response.

Disaster Management volunteer David Allester added, "A lot of people watching the daily newscasts think the Red Cross is only involved in crises in faraway places – disasters such as earthquakes, tsunamis, and wars. They might be surprised to learn

that here in Hastings County, trained Red Cross volunteers respond to an average of 40 to 50 emergency calls each year, assisting families and individuals affected by fires, floods, power outages and other personal disasters. We're hoping to interest others in volunteering with the Red Cross so they can help vulnerable people in their community."

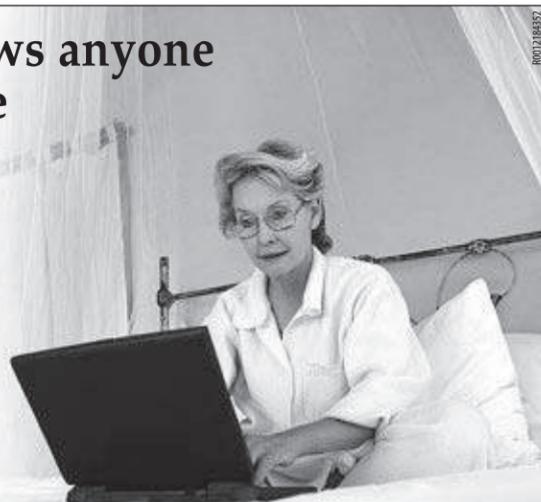
The Quinte Branch provides a range of community services, including first aid training, disaster relief, and health equipment loans. The event in Trenton is free of charge and includes refreshments and door prizes. For more information, please contact Jennifer Bryant at (613) 966 0730 ext. 101.



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CANEX

Please note that the CANEX ExpressMart in Trenton will be closing on November 17th, 2013.

CANEX will continue to meet the needs of the military community in Trenton by focusing our efforts on the SuperMart store, which was renovated in 2009. The SuperMart offers a diverse suite of products and services, and features a large and modern retail store, grocery store, lottery outlet and dry cleaner.

From all of us at CANEX, we'd like to thank the military personnel and family members who shop with us. We hope you have benefited from our great selection of products and services, and we hope you take satisfaction in knowing that the proceeds from your purchases are used to benefit the Canadian Armed Forces community.

Veillez prendre note que le dépanneur CANEX à Trenton cessera ses activités à compter du 17 novembre prochain.

CANEX souhaite ainsi concentrer ses efforts à mieux répondre aux besoins de la communauté militaire de Trenton grâce au SuperMart nouvellement construit en 2009. Ce magasin offre une gamme complète de produits et services, puisqu'il comprend un grand magasin, une épicerie, un guichet de loterie et un comptoir de nettoyage à sec.

CANEX tient à profiter de l'occasion pour remercier les militaires et leur famille qui magasinent chez CANEX, bénéficiant non seulement d'excellents produits et services, mais éprouvant également un sentiment de satisfaction sachant que les revenus résultant de leurs achats profiteront à la communauté des Forces armées canadiennes.

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There is a growing awareness in today's society that alcohol and drug use can have serious health, social and legal implications. However, studies have confirmed, that early intervention by parents can prevent substance use. Talking about drugs and alcohol with your kids strengthens family ties and makes kids more resilient. Serious problems related to alcohol and drugs are less likely to develop if kids are able to talk openly and honestly in a

respectful and loving environment.

Top 10 tips for an addiction free family:

- Communication is the key to a healthy relationship. This will help your children develop sound decision-making skills.
- Support is important! Develop a support network within your family by showing love, listening to concerns, and being prepared to help when asked.
- Get the facts! If you don't

know the answer, say so and look it up together.

- Set the rules! A family works best when it sets rules and responsibilities for each member. Praise good behaviour.
- Be a good role model! The things you say and do can have a strong influence on other members of your family. Do not drink and drive.
- Everybody has feelings. Make time for all family members to share their feelings about important things.

- Spend time together! When you share interests and activities, your family ties grow stronger.
- Don't be afraid to raise the issue of alcohol and drugs!
- Watch for signs of substance use and address them early.
- Solve problems together! Use the combined strengths and skills of all family members to address important issues.

Sources:

www.camh.net

www.drugprevention.gc.ca

Un mode de vie sans dépendance : c'est une affaire de famille !

De plus en plus, on est conscient dans notre société que la consommation d'alcool et de drogues peut avoir de graves conséquences sur la santé, ainsi que des répercussions sociales et juridiques. Cependant, des études ont confirmé qu'une intervention précoce des parents peut prévenir les problèmes de consommation et de dépendance. Le fait de discuter des drogues et de l'alcool avec vos enfants renforce les liens familiaux et rend les enfants plus résilients. Si les enfants peuvent discuter ouvertement et en toute franchise dans un environnement

empreint d'amour et de respect, ils seront moins susceptibles de développer de sérieux problèmes liés à l'alcool et aux drogues.

Voici les dix meilleurs conseils pour un milieu familial sans dépendances:

- La communication est essentielle à de saines relations. Elle aidera vos enfants à développer les compétences qui leur permettront de prendre des décisions judicieuses.
- Votre soutien est important! Mettez en place un réseau de soutien au sein de votre famille en démontrant de l'amour, en étant attentif aux préoccupations, et

être prêt à agir lorsqu'on vous demande de l'aide.

- Renseignez-vous! Si vous n'avez pas la réponse, dites-le, recherchez la réponse ensemble.
- Établissez des règles! Une famille se porte mieux lorsque des règles et des responsabilités sont établies pour chaque membre. Mettez en valeur les bons comportements.
- Donnez le bon exemple! Vos paroles et vos actions peuvent avoir une grande influence sur les autres membres de votre famille. Ne pas conduire si vous avez consommé de l'alcool.
- Tout le monde a des sentiments. Réservez du temps pour que

tous les membres de la famille expriment ce qu'ils ressentent sur les questions importantes.

- Passez du temps ensemble! Le partage d'intérêts et d'activités resserre les liens familiaux.
- N'ayez pas peur d'aborder la question de l'alcool et des drogues!
- Restez à l'affût des signes de consommation de substances intoxicantes et occupez-vous en rapidement.
- Réglez les problèmes ensemble! Tirez parti des forces et des talents combinés de tous les membres de la famille pour aborder les questions importantes.

Upcoming Health Promotion Programs Open Registration

Alcohol and Other Drugs Awareness Supervisor Training – Tuesday, Nov. 5 (one full day) (MITE coded)

This program provides mandatory supervisor training outlined in CANFORGEN 043/09 for all CF members in leadership positions. Topics discussed include understanding risks and benefits of alcohol use; recognizing the early warning signs; developing effective interviewing skills; and understanding and changing the culture of an organization.

Stress: Take Charge! Wednesday, Nov 13 (1 day)

This program offers a self-directed approach to stress management through self-awareness, behaviour change and skill building. Participants will assess their current level of stress; learn the ACT approach to creating change; discuss a stress management lifestyle involving time management and work/life balance; explore stress management

tools, including building resilience; and, create a lifestyle action plan.

Managing Angry Moments – Tuesday, Nov 26 (one full day)

Effective communication and leadership starts with managing angry moments. The CF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way. Benefits of the workshop include: improved relationships in the workplace, at home and in the community; enhanced team cohesion; more effective problem solving skills and; reduced levels

of stress and anxiety when faced with anger generating events and circumstances.

Here's how to sign up!

Online <http://healthpromotion.cfbtrenton.com>

Call 613-392-2811 Ext3768

Walk-in at 177 Hercules St., Bldg 119

Program not scheduled...

Get on the wait-list!

All programs are available for wait-listing. This may be done by calling 3768 or registering online for your preferred programs. You will be emailed when the course secures a date and registration is available.

To your health!

Research shows that following the Low Risk Drinking Guidelines decreases the health risks associated with alcohol consumption.

If you choose to drink, consider the LOWER RISK DRINKING GUIDELINES:

0 drinks = no risk

2-3 standard drinks/day

10 standard drinks/week for women

15 standard drinks/week for men

Canadian NORAD Region conducts training over Labrador, Baffin Island from Oct. 25-29

Residents in Labrador and Baffin Island may have seen an increased presence of Royal Canadian Air Force (RCAF) aircraft in their areas from Oct. 25 to 29, as the RCAF participated in a routine training exercise in the region.

Committed to maintaining operational excellence and to fulfilling important NORAD training requirements, this carefully-planned and closely controlled training exercise involved CF-18 Hornet fighters and CC-150T Air-to-Air Refueling (AAR) aircraft. As a result, residents were likely to witness a slight increase in air traffic as well as increased security measures at various times during the five-day period.

The deployment of these RCAF aircraft to these locations is part of NORAD's continued training to test responses, systems and equipment. NORAD is a bi-national United States and Canadian command charged with the missions of aerospace warning, aerospace control and maritime warning for North America.

Through meaningful training and evaluation, 1 Canadian Air Division ensures its wings and units are ready with the right mix of air power to meet our nation's urgent aerospace needs and, as a partner in NORAD, are able to counter potential threats to our sovereignty. The RCAF trains daily to maintain operational excellence.



A CC-150T Polaris from 437 (Transport) Squadron out of 8 Wing Trenton, conducts air-to-air refueling to a CF-18 Hornet aircraft. Submitted photos



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Ex EQUATEUR 2013- NATO and Pacific Ties Strengthened

Two members from 8 Wing participated in Ex EQUATOR 2013 based in Noumea, New Caledonia this month.

This biannual command post exercise involved nine nations: Australia, Canada, France, Japan, New Zealand, Papua New Guinea, Tonga, the United Kingdom and Vanuatu within the scope of multinational cooperation.

This year's scenario consisted of non-combatant evacuation operations (NEO) in a semi-permissive environment, followed by Security and Stability Operations (SASO). The scheme of maneuver involved the airborne insertions and amphibious landings of troops in order to secure air and sea ports of disembarkations (APODS/SPODS) to facilitate the evacuation of entitled citizens and provide disaster relief.

The exercise will lead into Ex CROIX DU SUD 2014 in April 2014 which is a full field training exercise planned involving a CC-130J from 436 Transport Squadron and navy, army, and air force assets from

Allied nations. This will culminate with an ANZAC service involving all the participating nations on April 25, 2014.

Both exercises are linked and constitute a global training process in the operational preparation of the French armed forces in New Caledonia. The exercise has two main aims. The first aim is to strengthen and enhance military cooperation with regional partners and NATO members. The other is to initiate military cooperation among the French forces in the Pacific, South-east Asia Partners and NATO on the basis of common operational interests like humanitarian aid and disaster relief activities.

Participants from Canada were Major (Maj.) Gary Giacomuzzo from WOps and Captain (Capt.) Dean Rood from 436 Sqn.

Capt. Rood said, "The exercise was a great chance to enhance our professional linkages and promote a positive defence relationship between participating militaries and partner nations both in NATO and the Pacific."



Members of the Combined Task Force (CTF) review a Fragmentation Order before its release to the Component Commanders. Submitted photo

Nov. 19 - Wing Commander's Challenge 2013

Everyone get ready for the 2013 Wing Commander's Challenge, because you are about to embark on a scavenger hunt. Taking place at the National Air Force Museum of Canada, teams of six to eight people will achieve points by finding answers and solving riddles. Team sign-in begins at 9 a.m. Lunch will be served at noon. Bring a one dollar donation to the United Way to enable you to dress in civilian attire.

TEAMS MUST REGISTER BY THURSDAY NOVEMBER 14, 2013, NO EXCEPTIONS. To register or for questions, please contact William.Jeffs@forces.gc.ca.

19 novembre - Défi du commandant de l'escadre de 2013

Soyez tous prêts pour le Défi du commandant de l'escadre de 2013, parce que vous êtes sur le point de partir à la chasse au trésor. La chasse aura lieu au Musée national de la Force aérienne du Canada; les équipes de 6 à 8 personnes accumuleront des points en trouvant des objets et en résolvant des énigmes. L'inscription des équipes commence à 9 h. Le dîner sera servi à 12 h. Prévoyez un don d'un dollar destiné à Centraide afin de pouvoir porter une tenue civile.

TOUTES LES ÉQUIPES SANS EXCEPTION DOIVENT S'INSCRIRE D'ICI LE 14 NOVEMBRE 2013. Pour vous inscrire ou pour des questions, veuillez contacter William.Jeffs@forces.gc.ca.

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8 Wing Martial Arts Club rolls out new mats

The 8 Wing Martial Arts Club completed its installation of brand new top-of-the-line combat training mats they recently purchased. At the cost of approximately \$7,900, the new mats are state-of-the-art and will greatly improve the quality of training and safety at the 8 Wing Martial Arts Club facility located behind the Wing HQ. By purchasing these mats, the club is now able to better serve the military community because it is able to go out and provide demonstrations and training outside of the facility, as well as host its own martial arts related events. For a single fee, the 8 Wing Martial Arts Club offers training in a variety of disciplines to all members of 8 Wing!



Capt. Gabe Gosselin of the Wing's Administration Branch and 8 Wing Martial Arts Club President, Sgt. Glen Slauenwhite of CANSOFCOM, roll out the new top-of-the-line combat training mats they recently purchased.

Photo: Ross Lees



This young super hero immediately put the new mats to good use by putting Sgt. Slauenwhite in a wrist lock.

Photo: Ross Lees

Task Force Afghanistan memorial coin donated to museum

2 Air Movements Squadron Commanding Officer Lt.-Col. Deborah Graitson donates the Task Force Afghanistan memorial coin to the National Air Force Museum of Canada Assistant Curator, Hailey Johnston, for their Task Force Afghanistan display while Cpl. Reese Patton looks on.

Submitted photo



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continued from page 2

If you were at the game last year, you know these RCAF Flyers will skate hard and do their best to keep up with the younger Golden Hawks. Both teams will do their best to raise a lot of money for the ARM and entertain the fans.

Tickets for the December 4th game are \$10 and all proceeds above and beyond costs go to the ARM. Be sure to get your tickets early and avoid disappointment because this game will be played in the RCAF Arena, which seats less than the Duncan McDonald Memorial Arena. There will also be sports memorabilia for sale again through a silent auction, which proved to be the major fundraiser last year. Tickets and posters were printed by Signs Unlimited on Tyendinaga Territory and the Kinsmen will be present again this year to lend their support.

Between the first and second period, two teams of Timbits will perform and they will get to meet a couple of Golden Hawks in their dressing room after they demonstrate some of the youngest hockey talent in Quinte West.

So mark Dec. 4 down on your calendars and come out to the Battle of Quinte at the RCAF Arena and help these two teams raise money for the ARM.



(Above) A Golden Hawk gets sandwiched by two RCAF Flyers preventing him from getting to the puck. Contact file photo



(Above) Entertainment was at a premium during last year's Battle of Quinte West in which the Trenton Golden Hawks won 5-3. Submitted file photo.



(Right) Trenton Golden Hawks Coach, Jerome Dupont (left), blocks a RCAF Flyer from getting to the goal in this action from last year's inaugural game.

Contact file photo

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Belleville Bulls Vouchers

Dates: Season 2013-14. Cost: Adult: \$13.50, Children: \$9. Location: MFRC reception. Contact: 613-965-3575. Tickets at reduced cost.

Billets pour les Bulls de Belleville

Dates: Saison 2013-14. Coût: Adulte: 13,50\$, Enfant: 9,00\$. Endroit: Réception du CRFM. Contact: 613-965-3575. Billets à prix réduit.

Wool Felting Workshop

Date: Saturday, Nov. 9. Time: 10 a.m. to 3 p.m. Cost: \$35, all supplies included. Location: Trenton MFRC. Contact: 613-965-3575. Create your own fabulously unique, one-of-a-kind wool and silk scarf to keep you nice and warm this winter. Bring your lunch. Register by Nov. 1 at the MFRC reception.

Atelier de laine feutrée

Date: le samedi 9 novembre. Heure: de 10h à 15h. Coût: 35,00\$, tout le matériel est fourni. Endroit: CRFM de Trenton. Contact: 613-965-3575. Créer un foulard avec de la laine et de la soie qui est unique et fabuleux pour vous garder au chaud cet hiver. Apporter votre repas. Inscrivez-vous avant le 1er novembre.

Christmas Fundraising Program

Shop at Connon Nurseries, for plants and décor items, between Nov. 1 and Dec. 24. Mention the MFRC Daycare and 10 per cent of your purchase will be donated to the daycare. It will not cost a penny more to you but it is a great fundraiser for the organisation!

Collecte de fonds des Fêtes

Magasinez à Connon Nurseries, pour des plantes et des articles de décor, entre le 1er novembre et le 24 décembre. Mentionnez la Garderie du CRFM et 10% du total de vos achats sera remis à la garderie. Vous ne dépensez pas un sous de plus et l'organisation peut recevoir beaucoup!

New Pilot Project Winter Nursery School Program

The Trenton MFRC Daycare will be trying to offer a Nursery School Program in January 2014. In order for this program to move forward and be successful, we must receive at least eight registrations. The intent of this program is aimed to enhance children's skills and development prior to entering the school system. Date: January-June TBD 2014. Ages: 2.6 to four years of age. Time: 9 a.m. to 12 noon. Cost: TBD. Register for: Monday/Wednesday combination or Tuesday/Thursday combination; Pre-register by: Dec. 13. For any further questions please contact Denise Currie at 613-965-4121.

Toolbox for Couples

Join us to learn tools for a healthy and vibrant relationship, Tuesdays 6 p.m. to 7:30 p.m., Nov. 19 to Dec. 10 at the MFRC. Please register by Nov. 12. Subsidized childcare provided. For information contact Emily Lopez ext.4635.

Boîte d'outils pour couples

Venez chercher des outils pour vous aider à vivre une relation de couple saine et vibrante, les mardis du 19 novembre au 10 décembre, de 18h00 à 19:30 au CRFM. Inscription avant le 12 novembre. Services de garde subventionnés. Pour information contactez Emily Lopez poste 4635.

HERCS - Helping Entrepreneurs Reach Complete Success

Presented by ENACTUS Loyalist College. A two-day workshop focusing on: entrepreneurship, business planning, marketing, social media and financing for small business. Open to all family members within the military community. Tuesday, Nov. 19, 9 a.m. to 3 p.m. and Thursday, Nov. 21, 9 a.m. to 3 p.m. Cost: \$40 for manual, handouts and guest speaker. At the MFRC. Visit our website to more information.

HERCS - Aider les entrepreneurs à atteindre le succès (offert en anglais)

Présenté par ENACTUS Loyalist College. Un atelier de 2 jours qui se concentre sur les sujets suivants : entrepreneuriat, la planification d'entreprise, le marketing, les médias sociaux et le financement pour les petites entreprises. Accessible à tous les membres de la famille de la communauté militaire. Le mardi 19 novembre, de 9h à 15h et le jeudi 21 novembre, de 9h à 15h. Coût: 40\$ pour le livre, orateur, etc. Au CRFM. Visitez notre site web pour plus d'information.

Good Baby Box now available through the MFRC

Brought to you by the Community Development Council of Quinte, you can now order your "Good Baby Box" at the MFRC as well as the popular "Good Food Box." For

more information, please see our website FamilyForce.ca or call the MFRC reception at 613-965-3575.

« Good Baby Box » maintenant disponible avec le CRFM

Un programme du Community Development Council of Quinte, vous pouvez maintenant commander votre « Good Baby Box » au CRFM, tout comme le « Good Food Box », la boîte de nourriture qui est très populaire. Pour plus de détails, visitez notre site internet Forcodelafamille.ca ou téléphonez notre réception au 613-965-3575.

Quinte West Pops and Tots

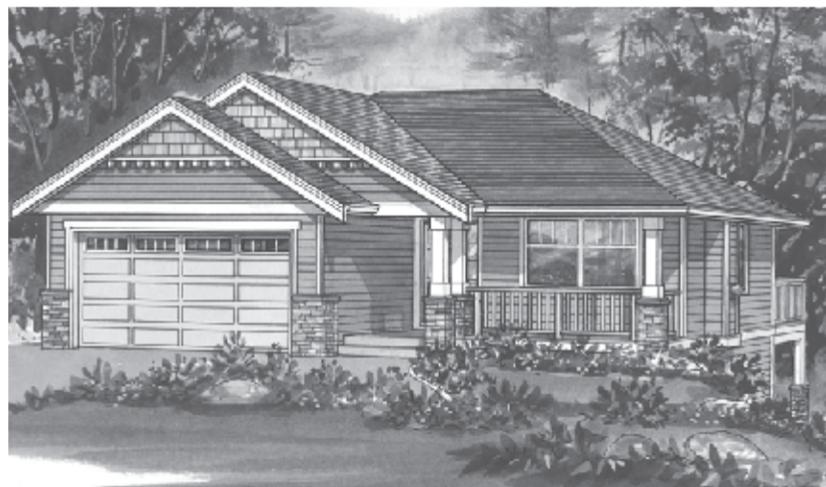
Open to everyone from the community – Bilingual drop-in playgroup. A program designed for dads to interact, have fun, and enjoy dinner with their little ones. Play – Learn – Create. From Sept. to May, Thursdays from 5 p.m. to 7 p.m. at the MFRC. For registration or information contact Jim or Rob at popsntotstrenton@gmail.com

Papas et Bambins de Quinte West

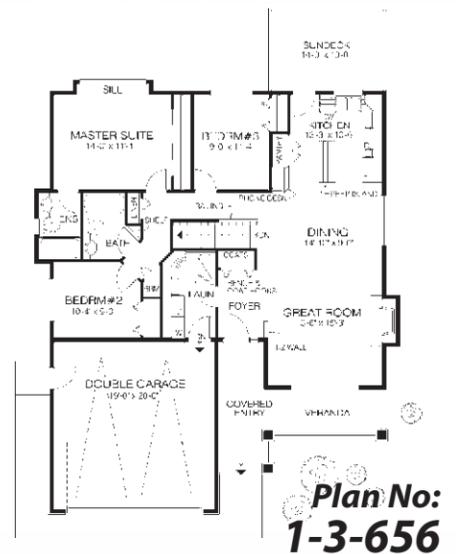
Ouvert à toute la communauté – Groupe bilingue de jeux. Un programme où les papas peuvent partager, s'amuser et apprécier un repas avec leurs petits. Jouez – Apprenez – Créez. De septembre à mai, les jeudis de 17h à 19h au CRFM. Pour vous inscrire ou pour plus de détails, contactez Jim ou Rob à popsntotstrenton@gmail.com

Home of the Week

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This three-bedroom family home, designed for a lot that slopes to the back, includes an unfinished basement. The foyer includes a coat closet and a half wall to the right that allows a view into the great room, which entry is through a covered porch with double pilasters at one side, together with a

veranda that would be perfect for a lounge or a pair of rocking chairs. The foyer includes a coat closet and a half wall to the right that allows a view into the great room, which entry is through a covered porch with double pilasters at one side, together with a

dining room, and will make this area especially delightful during the cooler months. The dining area features a window to the side of the home, and is separated from the kitchen only by a prep island. The L-shaped counter configuration will save steps for the cook, who will also

benefit from a double doored pantry and a handy phone desk. A doorway to the sun-deck that looks over the back garden will make serving outdoor meals a breeze.

In the sleeping area, the master bedroom includes a spacious closet, as well as an extra-wide window sill

that could do double duty as a window seat. There is a three-piece en-suite. In the corridor is a linen closet and a triangular display shelf for collectibles.

The second and third bedrooms share a three-piece bath. Ceilings are nine feet high throughout.

Completing the lay-out on the ground floor is the laundry room, with handy shelving, as well as a bench and coat hooks. A doorway leads to the double garage.

Exterior finishes include horizontal siding with shingle accents in the gables and painted woodwork.

This home measures 40 feet wide and 50 feet, six inches deep, for a total of 1,308 square feet, not including the unfinished basement included with the plans.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Each event should be typed out in the format of those below. Please do not send posters.

Habitat for Humanity Call for Volunteers

Habitat for Humanity is currently looking for volunteers for their upcoming project in Picton. They need volunteers to serve various roles: construction supervisors, skilled trades, general labour, fundraising, public relations, family selection and partnering and others. Retirees in any field most welcome. Contact at 365 Bell Boulevard, Belleville, ON, K8P 5N9, www.habitatpeh.org, phone 613-969-1415 or email at info@habitatpeh.org

Trenton Trimettes – Weight Loss and Healthy Living Support

If you are looking for a good support group for weight loss and healthy living, Trenton Trimettes should interest you. Join their weekly meetings where they share healthy living ideas, participate in optional exercises and listen to monthly guest speakers. Trenton Trimettes are a non-profit group with fees of only \$10 per month. Meetings are every Monday night at Bethel United Church, 77 Herman St., Trenton. Weigh-in from 6:30 p.m. to 7 p.m. Meeting, 7 p.m. to 8 p.m. Exercises 8 p.m. to 8:30 p.m. For more information, contact Sheila Pearson at 613-392-0353 or at awildish@cogeco.ca

Nov. 1 - Rummage Sale

At Grace United Church from 9 a.m. until 1 p.m. at 85 Dundas St. E. Trenton, Something for everyone. Come and browse.

Nov. 1 - Jr. Ranks Trivia Night after TGIF

Best played in teams. Test your personal knowledge. Topics range from important people and actors to history and music. The night will be hosted by Robert Eady.

Nov. 4 - Soup and Sandwich

At Wooler United Church at 11:30 a.m. to 1 p.m., cost is \$7 per person.

Nov. 5 – 7 - Alzheimer Society of Belleville-Hastings-Quinte Fall Book Sale

Thousands of used books are available at the fall book sale. The sale will be held at the main concourse of Bayview Mall from Tuesday, Nov. 5 to Thursday, Nov. 7, between 8:30 a.m. until 4:30 p.m. all three days. The best selection is on Tuesday, while bargain-hunters will wait for reduced pricing on Wednesday (half-price) and Thursday (\$5 for a bagful). There is a wide variety of paperback and hardcover

books including many popular titles and books by well-known authors. There is also a selection of large print books, books in French, children's books, CDs and DVDs. Donations of good, saleable condition books, CDs and DVDs are always welcome. Due to space limitations, the Chapter cannot accept encyclopedias, textbooks, Readers' Digest or magazines. All proceeds from the sale will go to local programs and services aimed at helping people living with dementia and their families. For more information please call the Alzheimer Society directly at (613) 962-0962 or at www.alzheimer.ca/bhq.

Nov. 9 – Be Your Own Boss Workshop

Going civilian and thinking about starting your own business? If so, attend "Be Your Own Boss," a free, one-day workshop on entrepreneurship for transitioning members of the military, veterans and spouses. In just one day, you can learn how your military skills can be transferred to successful business ownership, how to write a viable business plan, and how to access no-cost business resources for military members. Learn more about key topics such as marketing, market research, social media and bookkeeping through breakout sessions with business students. The session takes place at Loyalist College, Quinte Business Development Centre, P46 Pioneer Building, 284 Wallbridge-Loyalist Road, Belleville from 8 a.m. to 4 p.m. (lunch and snacks will be provided.) Register today at <https://poe2.eventbrite.com>.

Nov. 13 – 8 Wing Officers' Mess Ladies Club Appetizer Hors d'Oeuvres Tasting

The 8 Wing Officers' Mess Ladies Club is hosting an appetizer Hors d'Oeuvres tasting evening at 6:30 p.m. in the mess. Admission for members and invited guests of members is your favourite hors d'oeuvres/appetizer with the recipe or \$15. For further information, please contact chambersj@live.ca

Nov. 14 - Knights of Columbus Roast Beef Dinner

A dinner with all fixings: desert, tea and coffee. At the Knights of Columbus Hall, 57 Stella Cres. Trenton, from 5 p.m. to 7 p.m. Cost is \$10. Take out available. Everyone welcome!

Nov. 16 - UFC 167 At the Junior Ranks

Welterweight - Georges St. Pierre vs. Johny Hendricks
Light Heavyweight - Rashad Evans vs. Chael Sonnen

Welterweight - Rory MacDonald vs. Robbie Lawler
Welterweight - Josh Koscheck vs. Tyron Woodley
Flyweight - Tim Elliott vs. Ali Bagautinov
Lightweight - Donald Cerrone vs. Evan Dunham
Middleweight - Ed Herman vs. Thales Leites
Bantamweight - Erik Perez vs. Edwin Figueroa
Welterweight - Brian Ebersole vs. Rick Story
Bantamweight - Vaughan Lee vs. Sergio Pettis
Light Heavyweight - Cody Donovan vs. Robert Drysdale

Nov. 16 – Red Cross Open House and Workshops

At 12:30 p.m. at the Quinte West Public Library multi-purpose room, Trenton. Learn to prepare for emergencies and save a life, experience a mock disaster, and explore volunteer opportunities. Refreshments and door prizes all free! Help improve the lives of vulnerable people in your community! For information, contact Jennifer at 613-966-0730, ext. 101.

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NO EXEPTIONS. Contact: William. Jeffs@forces.gc.ca.

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Nov. 22 – Black Friday Bingo

Win some great prizes playing bingo.

Nov. 29 – CFB Trenton Blood Donor Clinic

At the Yukon Galley, 75 Yukon Rd., CFB Trenton, from 10 a.m. to 2 p.m.

Dec. 4 – Battle of Quinte West

The RCAF Flyers are looking to once again do battle with the Trenton Golden Hawks in an effort to raise funds for the Afghanistan Memorial Fund. The two teams will do battle at the RCAF Arena starting at 7 p.m. Last year, during the inaugural event, the Trenton Gold Hawks, a highly ranked Ontario Provincial Junior A squad, defeated the still capable RCAF Flyers in a highly entertaining contest. Fans are urged to get their tickets early for this popular event.

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The band plays on ...

Capt. George McRae decides to hang up his horn

By MWO Daniel Kean,
8 Wing Bandmaster

There are certain people who we interact with in our professional and private lives that have a profound affect on how we think and act. I had one such person in the 8 Wing Band who, after 24 years playing with the band and at the age of 85, has decided to hang up his horn.

Captain (Capt.) George McRae (retired) BA, CD, commenced the study at the piano and the trombone at Lawrence Park Collegiate. While at L.P.C., he was in the Officers' Training Corps, Second in Command of the Cadet Corps with the rank of Major.

During the Second World War in January, 1945, he enlisted in the Canadian Infantry Corps took basic training at Camp Orillia, Ontario. He then advanced to infantry training at Camp Ipperwash, followed by service in the Pacific theatre.

He was transferred to the Canadian Army Show as a trombonist and was assigned to the music arranging staff, where he arranged and rehearsed the complete musical score for several touring shows. He performed extensively in Europe entertaining Canadian, British, American and other Allied forces. At this time, he was awarded The Canadian Volunteer Service Medal for being overseas, the 1939-45 Star and the Canadian Forces Decoration for long service (CD).

On his return to Canada he attended and graduated from the University of Toronto.

As a music educator, he was Head of the Music Department at Malvern Collegiate for 37 years. Under his direction, the Malvern Band performed at many high profile occasions including Grey Cup games, the Toronto Santa Claus Parade and Remembrance Day ceremonies.

They also played at the grand opening ceremonies for Toronto City Hall, The Eaton's Centre, and Roy Thomson Hall and lead the Blue Jays on their first appearance up Bay Street in Toronto.

In his career as a professional trombonist, he performed many kinds of music in many kinds of situations. These would include shows, symphonies, dance bands, jazz, ethnic and military bands, radio and studio jingles, TV and movies.

In 1957, he joined the Canadian Army Militia and was assigned to the 7th Toronto Artillery Band. Following a series of trade tests, he was promoted to Assistant Conductor with rank of Sergeant. During this time, he also performed with other militia bands: Royal Regiment of Canada Service Corps, Queen's Own Rifles, HMCS York, and 411 Squadron.

In September of 1966, George was promoted to the post of Director of Music



Captain (Capt.) George McRae (retired) BA, CD.

Submitted photo

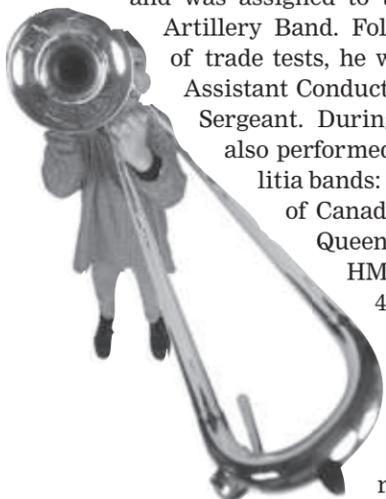
of the 7th Toronto Artillery Band in Toronto with the rank of Lieutenant. In September of 1967, the band toured with the permanent force as part of the Centennial Tattoo. He was promoted to the rank of Captain in 1970. Since that time he has been the guest conductor in many bands in Canada and in Florida and he retired from the Army in 1977 with the rank of Captain.

Capt. McRae (retired) joined the 8 Wing Concert Band, Trenton, in 1990 and continued playing trombone and act-

ing as Assistant Conductor and Announcer until September of 2013.

After years of countless events and performances, his most cherished memories are of the hundreds of students that acquired a love of music under his direction. Capt. McRae was a true professional and dedicated musician. People like George can be replaced but not replicated.

We adjust and the band plays on.



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2 AMS demonstrate commitment, dedication in achieving mission success

Story continued from page 1

movement of equipment, supplies and personnel from France to the capital of Bamako. Twelve personnel from 2 Air Mov Sqn MAMS (mobile air movement section) at 8 Wing Trenton were among the RCAF personnel tasked with supporting the French Air Force (FAF) in the movement of supplies and personnel into Bamako, Mali.

Establishing a main operating base at Istres-Le Tube Air Base in France, 2 Air Mov Sqn MAMS commenced the airlift of troops and war-fighting equipment into Bamako, Mali. They also moved supplies such as water, food, medical equipment, dangerous goods and armoured vehicles from Istres-Le Tube to Bamako. The initial tasking was for one week of operations; however, the then Minister of National Defence, The Honourable Peter MacKay, and the Foreign Affairs Minister, the Honourable John Baird, announced a subsequent extension of the mission by the Government of Canada (GOC) until March 31, 2013.

Despite rigorous temperature extremes and less than ideal loading facilities, 2 Air Mov Sqn exceeded expectations on a daily basis. Vehicles, equipment, dangerous cargo and personnel were rapidly loaded at Istres-Le Tube Air Base and subsequently off-loaded by traffic technicians in Bamako, Mali. By mission's end, Air Task Force (ATF) Mali was able to fly 46 chalks, move 435 passengers, and deliver nearly three million pounds of FAF cargo into Bamako, Mali. Operating at maximum crew day, the level of professionalism and expertise demonstrated by 2 Air Mov Sqn traffic technicians cannot be understated.

The rapid deployment of MAMS assets gave the RCAF the flexibility and capability to respond to the ongoing crisis by providing critical support to coalition efforts. The success of this mission demonstrates Canada's resolve to stand with its allies and the RCAF's high degree of readiness in the provision of a versatile, expeditionary air force.



Sports & Recreation

Holiday Hockey Training and Conditioning Program
 Dec. 23, 24, 27, 30, and Jan. 2, 3, 9 a.m. to 11 a.m.

Girls Night Out
 Ages six to 12 years, Friday, Nov. 15, 6 p.m. to 8:30 p.m.

NEW!
Skate with the Trenton Golden Hawks Family Event
 Saturday, Nov. 9, 1 p.m. to 3 p.m. at the RCAF Flyers Arena.

Rockin Around the Christmas Tree
 Ages six to 12 years, Friday, Dec. 13, 6 p.m. to 9 p.m.

Fitness Programs
Learn to Skate for Adults, Fridays, Oct. 18 to Dec. 20, 6 p.m. to 7 p.m.
Pilates, Wednesdays, Oct. 30 to Dec. 11, 4:30 p.m. to 5:30 p.m.
Stroller Fit, Tuesdays, Oct. 29 to Dec. 10, 9:30 a.m. to 10:30 a.m.
Spinfusion, Tuesdays, Oct. 29 to Dec. 10, 4:30 p.m. to 5:30 p.m.



Preventing slips and falls

Slips and falls are one of the most common sources of injury in many workplaces, whether it's an office environment or a shop floor. You may be creating an environment for a possible fall without even knowing it.

Have you ever:

- Run down a flight of stairs?
- Walked along a corridor while reading something?
- Worked on a machine with a greasy spill nearby?

Everyone can probably answer "yes" to

at least one of the above. Avoiding a fall is up to you.

Check your shoes. What kind are you wearing? Are the soles loose or worn? If so, replace them.

Look for tripping hazards. If you see something in an aisle or hallway such as litter or extension cords, move or report them. Also watch for loose or torn carpeting, mats or runners that can send you or someone else stumbling and falling.

Obey signs such as "Caution: Wet Floor." Be careful when you come indoors when it's raining or snowing. Your shoes

or boots will slide more easily when wet.

Clean up spills immediately.

Don't carry heavy or bulky loads obstructing your view up or down stairs and ramps.

Don't store things on or near stairways. Someone could trip and fall to the bottom.

Keep your head up while walking. Don't run down a hallway and remember: no horseplay!

If you do fall:

- Keep your limbs parallel to the ground.
- Slap the ground with a hand and

extended fingers to absorb part of the impact.

- Bend your arms toward the body.
- Try to roll onto your thighs or buttocks to prevent bone injuries.
- Don't move if you think you've hurt yourself. Wait for help.

Your employer is committed to preventing slips and falls on the job but it takes teamwork. Everyone must work together to make your workplace as safe and accident-free as possible. Develop the skills to recognize, avoid, and control potential slipping and falling hazards to prevent injuries both on and off the job.

continued from page 3

Medical personnel also responded in an ambulance, working along side the firefighters coordinating their resources, and responding effectively to the situation.

“So now, we’re starting to do multi-agency training scenarios,” MWO Rene noted, adding that their next lecture would be from the Military Police concerning a domestic violence situation.

“At that time, the fire department is not the lead, law enforcement is,” he stated. “So now we need to find our place and say, ‘Okay, how do we support your agency?’ We need some training aimed at that.”

Outdoor training is often done throughout the spring, summer and fall months while lectures and indoor training will often take place during the winter, according to MWO Rene. The 54 members of the 8 Wing Fire Department – less those assigned to training and administration duties – will be divided into four crews allowing the fire hall to be manned 24-7.

With training like this, MWO Rene’s crews will be put through their scenario paces and will be ready to respond to any emergency – even a plugged toilet.



Top to bottom:

A firefighter is rescued after having mock difficulties during the scenario organized by MWO Rene.

Notes are compared as MWO Rene talks with his fire team leader after the event.

Medical personnel are called in to train as part of the scenario. They coordinate their activities with the firefighters in realistic situations.

8 Wing firefighters respond to a structural fire in a recent training scenario.



Photos by Ross Lees

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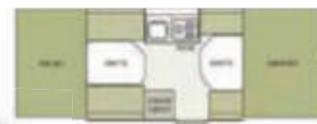
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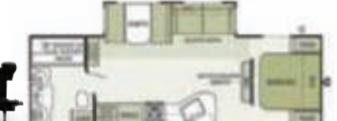
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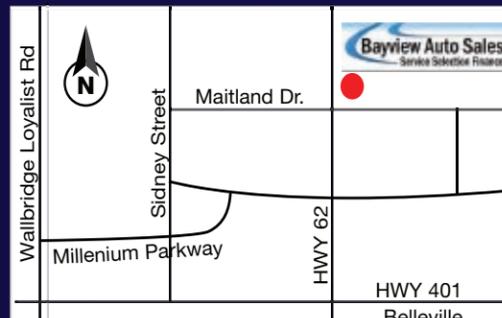
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