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Quinte West, CFB Trenton remember

A crowd estimated at 2,000 people attended the Quinte West Remembrance Day ceremony despite abominable weather

By Ross Lees

Quinte West did not let a little weather stop them from remembering the many veterans who gave their lives and limbs for the freedom we enjoy today.

Despite the cold rain being propelled by strong winds throughout the day, an estimated 2,000 people of all ages turned out for the Remembrance ceremony at the cenotaph. Some organizers thought there might even have been more people attending this year than last year's ceremony, which enjoyed much better weather.

Military personnel from 8 Wing Trenton were a large part of the ceremony, standing on

parade or sprinkled throughout the crowd. Local area cadets also participated in many ways. Air cadets also stood on guard at the cenotaph through the cold, windy and wet night before day of remembrance.

It was even thought by some that more wreaths were laid this year than in the recent past as wreaths practically circled the cenotaph this year.

Pastor Tim Hayward took the opportunity to address a conflict being waged at cenotaphs across the country.

"This past couple of weeks, we have been made aware of the White Poppy campaign, which I believe is being focused on the service in Ottawa this morning," he said. The white poppy

has a centre that says 'peace' and those who are pushing this campaign over the red poppy of remembrance are doing so in the misguided belief that Remembrance Day glorifies war. They join others who would suggest to us that Remembrance Day is outmoded, that the time for remembering the sacrifices made in wars long since past is no more."

"Such thinking misses the point of Remembrance Day," stressed Pastor Hayward. "In fact, it is misguided thinking because it equates the act of remembering the sacrifices made in the past by soldiers of our country with a glorification of war and suffering. It is mis-

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DART team continues deployment to typhoon-ravaged Philippines



(right) Maj. Gen. Jim Ferron, Commanding Officer of the 1st Canadian Division based in Kingston, observes as a responding DART team member photographs some other members while standing in front of a huge front-end loader which Maj. Gen. Ferron thinks will make a big difference in the Philippines.

Photo Ross Lees

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A local Sea Cadet guards the cenotaph during the Remembrance Day ceremony as the rain, driven by a cold wind, pelted down.

Photo Ross Lees

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DART team continues deployment to typhoon-ravaged Phillipines

Continued from page 1

Disaster Assistance Response team (DART) members continued to deploy from 8 Wing Trenton Wednesday night to help the typhoon-ravaged Phillipines.

Destined to finally touch down in the city of Iloilo in the Phillipines, the CC-177 Globemaster III aircraft was loaded with Canadian Armed Forces (CAF) personnel and an assortment of equipment to help out with the humanitarian operation, according to Major General Jim Ferron, Commanding Officer of the 1st Canadian Division based in Kingston, Ontario.

"We need to get some engineering capability in there to start clearing away some of the rubble so that we can bring in some of our medical assets, so we're bringing a group of engineers with a command and control capability to set those conditions we need to really get this job done," he noted as the flight was preparing for takeoff around 9 p.m. Wednesday night.

Sixty CAF personnel from all across Canada were loaded on the aircraft with equipment and Maj. Gen. Ferron said Canadians can be proud of the response of their men and women in uniform who came forward to get this effort underway.

He said the Canadian Armed Forces would continue to move personnel and equipment into the storm-damaged country to solidify the plan currently in place.

"I recognize that you can never be fast enough for an operation like this, but we're putting in place the mechanism so that we get in. We're prepared and we'll truly make a difference to the Phillipine people," he told The Contact.

The DART is a multidisciplinary military organization designed to deploy on short notice anywhere in the world in response to situations ranging from natural disasters to complex humanitarian emergencies. It is one component in Canada's toolkit to respond to natural disasters abroad.

The DART is equipped to conduct emergency relief operations for up to approximately 40 days to bridge the gap until national and international aid agencies can arrive to provide long-term help. Working alongside local authorities and other international organizations and agencies, DART acts as a stabilization measure until regular services are restored. Mobility of the DART is supported by the CC-177 Globemaster III, which helps provide everything from the rapid delivery of troops and cargo transport to oversized equipment anywhere in the world.

Maj. Gen. Ferron, 8 Wing Commander Col. David Lothian, and 8 Wing Operations Officer, Lt.-Col. Christian Roy, were all at the tarmac and in the deploying aircraft to meet with the men and women

in uniform responding to the crisis success.

"They're very motivated to get going and I was just so proud of them as we put them on board," Maj. Gen. Ferron stated. "There's a medical crisis there and one of the areas we hope to make a difference is in the provision of fresh water, so we're bringing in our reverse osmosis water purification units (ROWPU) to do some of that work with the engineers clearing the way and then (we will be) bringing a very focussed medical team in to start helping out in some of the areas that really need the help."

While onboard the aircraft to speak to the departing personnel, Maj. Gen. Ferron pointed to a large front-end loader and said, "That baby will make a big difference."



Col. David Lowthian (left), Wing Commanding of 8 Wing Trenton, says a few last words to the departing DART team members. Photo Ross Lees

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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.

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Latin American exercise boosts Canada-Brazil military relations

By Captain Christopher Daniel

Over 40 members of the Royal Canadian Air Force (RCAF) from 436 (Transport) Squadron out of 8 Wing Trenton, 3 Wing Bagotville, and 1 Canadian Air Division, as well as Canadian Army participants from the Canadian Army Advanced Warfare Centre, Princess Patricia's Canadian Light Infantry (PPCLI) and the 3rd Battalion of The Royal Canadian Regiment (3 RCR), are participating in CRUZEX FLIGHT 13 in Natal, Brazil from November 2 to 15.

"We have brought two CC-130J Hercules aircraft to exercise tactical airlift in a coalition environment," said Lieutenant-Colonel (Lt.-Col.) Mark Goulden, Commanding Officer of 436 (Transport) Squadron.

CRUZEX FLIGHT 13 provides participating countries the opportunity to exercise command and control relationships that are important in joint and combined missions. Militaries from Brazil, Canada, Chile, Colombia, Ecuador, Uruguay, U.S.A., and Venezuela are working together this year in this key Latin American multinational exercise. "We're in Brazil to further strengthen military relations with our Latin American allies as well as build and nurture new partnerships," emphasized Lt.-Col. Goulden.

"I'm honoured to represent Canada," said Captain Alex Geras, a pilot from 436 (T) Squadron. "My goals are to learn from my colleagues from other coun-



American military parachutists jump out of the CC-130J Hercules during CRUZEX FLIGHT 13, a key Latin American multinational exercise in Natal, Brazil from Nov. 2-15.

Photo Credit: Cpl Precious Carandang, 8 Wing Imaging.

tries and to share with them our knowledge and skills."

Participating pilots from 436 (T) Squadron are well-prepared for this exercise.

"We set up the CC-130J formation flying program at 8 Wing Trenton, with at least two Hercs in formation. Now we're using that skill while working with our Brazilian allies," he said. "For example, there were six aircraft earlier in our formation flight, two Canadian Hercs and four Brazilian aircraft. We were flying about 4,000 feet away from each other; basically, we flew a route to

simulate tactical drop of equipment and personnel."

Canada and Brazil enjoy robust bilateral relations, and the partnership between their militaries is solid.

"A big component of our presence in this exercise is the whole integration with the Brazilian Air Force. Seeing how they do business and how we integrate with them is a significant gain from this exercise," said Captain Wulfric Wilson, a pilot from 436 (T) Squadron.

The exercise scenario is a simulated war where the two CC-130J Hercules airlift personnel and packages into the drop zone. "While we're doing that we have top cover from fighter aircraft that secure the air space that we operate in. There are also special forces inserted into the theatre of operation by helicopters, so the scenario is complex where all of us could learn from each other every mission," he said.

After every flight the participants conduct debrief to discuss what went well and what needs to be improved for next time. At the end of the exercise there will be an overall debrief.

"(The) lessons learned that we gain from this exercise (will) definitely be useful down the road.

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Captain Wulfric Wilson, a pilot from 436 (Transport Squadron), looks at a CC-130J Hercules taxiing-off for the combined formation flight during CRUZEX FLIGHT 13.

Photo Credit: Cpl Precious Carandang, 8 Wing Imaging.



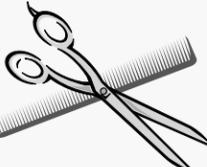
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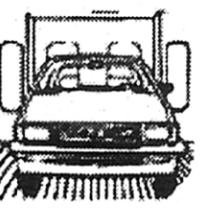
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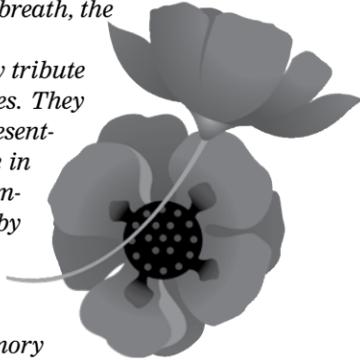
CFS Alert commemorated Remembrance Day with a solemn and dignified parade followed by the laying of a wreath at the BOXTOP 22 memorial on Nov. 11. The parade commander was the Acting Station Commanding Officer, Maj. André Delhommeau, and the Parade Sergeant Major was the Station Warrant Officer, MWO Dean Hancock. The invocation, opening prayer and homily was given by Padre Capt Gerson Flor of 8 Wing. All station military personnel were on parade and all available civilian personnel attended.

Padre Flor's homily was very well received. Immediately following the parade, all station personnel gathered in the mess for the poem of remembrance, a toast to the fallen, and a stand-up lunch.

Exerpts from Padre Flor's homily

“ Only the dead have seen the end of war. We have seen them perish and witnessed the grief of their loved ones, but the full sting of war is only grasped by its victims. They have savoured the bitter taste of war as their blood was spilled and their hearts stopped beating. We will never know what they felt in those last moments, their thoughts as they breathed their last breath, the loves, hopes and dreams that died with them.

And this is why on this Remembrance Day, we pay tribute to those who have fallen serving in the armed forces. They fought not for themselves only, but in our stead, representing our nation. They went to war so we might live in peace. For those who serve in uniform today, the memory of the fallen calls us to honour their sacrifices by serving with integrity and courage, knowing that we carry the torch that was passed on to us, to finish what those who died could not finish. As we are honoured for following in their stead, so is their memory praised when our words and deeds are noble and blameless. For those who do not wear the uniform, our duty is to honour their memory for taking our cause and assuming a risk that proved too real, all to preserve and advance in distant places the cause of justice and peace such as we enjoy in our land. ”



Wing Logistics and Engineering Picture of the Week



Every year, four members of Transportation/RCEME Squadron at 8 Wing Trenton are put on the 935.05 course which is the standard for Airfield Operations. Here we see two candidates and their instructor practicing their newly found skills while lifting a storage tank with the crane and sling configuration. Leading the training is Mr. Romeo Goulet of Heavy Equipment Section.

Story touches the heart strings

Dear Editor,

Thanks to MWO Daniel Kean on his great piece in recognition of a great person and leader.

I had the privilege of being one of George's Malvern students and elected drum major for the marching band. George was always proud of his students and promoted music always.

From the Malvern Collegiate kilts, the Santa Claus Parade, and the In The Mood dance, George left his mark on the Toronto music community.

He inspired several of us to play with Captain Gino Falconi and the Royal Regiment of Canada.

Those were very special times. Not forgotten.

I am so glad to hear George is still with us. The picture is very telling...his hold of the horn has not changed over the years.

Best Regards,
Warrington Ellacott
Orangeville, ON.

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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.

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8 Wing Personnel

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Public Affairs, Internal Comms: Capt. Christopher Daniel

PSP Manager: John Snyder

The Independent (Metroland) Staff

General Manager: Ron Prins 613-475-0255 ext:214

News and Feature Content: Ross Lees 613-392-2811 ext:3976

Advertising Production : Glenda Pressick 613-966-2034 ext:520

Bookkeeper: Benita Stansel 613-475-0255 ext:202

Circulation: Kathy Morgan 613-475-0255 ext:210

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- 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.
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- 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.
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Battle of Quinte West will feature NHL greats

Pete Conacher, Jim Morrison, Ron Hurst, Ivan "The Terrible" Irwin and Bill Purcell will attend the game

By Ross Lees

The Battle of Quinte West, scheduled for Dec. 4 at the RCAF Flyers Arena just received some good news about some hot new attractions for this year's event.

Former professional hockey players Peter Conacher, Jim Morrison, Ron Hurst, and Ivan "the Terrible" Irwin, as well as coach Bill Purcell will be at the game for the ceremonial puck drop. They will then be on hand to meet with the fans and sign autographs, according to organizers Cpl. Jason Briand and John McDonald.

"We're really happy to have these legends of hockey coming to the Battle of Quinte West," Cpl. Briand stated.

The former professional stars will do a tour of CFB Trenton and have dinner at the base before attending the second annual Battle of Quinte West at RCAF Flyers Arena starting at 7 p.m. on Dec. 4.

Peter Conacher's professional career stretched from 1951 to 1966 when he played with the Chicago Black Hawks, the New York Rangers, and the Toronto Maple Leafs. He was also a

World Champion with the Belleville McFarlands in 1959 in Prague, Czechoslovakia, one of the greatest pieces of history in Canadian hockey. He was recently elected into the Bobby Orr Hall of Fame.

Jim Morrison's pro career spanned from 1951 to 1973, in which time he played for the Boston Bruins, the Toronto Maple Leafs, the Detroit Red Wings, the New York Rangers and the Pittsburgh Penguins. He was a National Hockey League (NHL) All-Star in 1955, 1956, and 1957 and was the defensive partner of the legendary Tim Horton.

Ron Hurst spent a five-year NHL career with the Toronto Maple Leafs from 1955 to 1960.

Ivan "The Terrible" Irwin skated from 1949 to 1966 with such storied franchises as the Montreal Canadiens and the New York Rangers. He was a well-known and respected enforcer through three decades in the NHL.

Bill Purcell was York University's hockey coach from 1965 to 1972 and the OIAA 1969-1970 Coach of the Year. He is credited with establishing York University's Yeomen hockey program in 1961 and bringing it to national

acclaim and notoriety. He also championed the team's relocation from outdoor play at Glendon to the New York Arena, locally known as the Ice Palace. He has also coached several OHL and AHL teams and is known as "The Coach."

Quinte region hockey fans will get a chance to see these legends in person while watching an entertaining hockey game between the Ontario Junior Hockey League Trenton Golden Hawks and the RCAF Flyers as they endeavor to raise funds for the Afghanistan Repatriation Memorial, which is located at Bain Park.

Tickets are only \$10 and can be purchased at Smylie's Your Independent Grocer, the Military Family Resource Centre (MFRC), or any Trenton Golden Hawks home game.



The Belleville McFarlands



Ivan Irwin



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How to Stay Addiction Free

HEALTHY	REACTING	INJURED	ILL
<p>No Use Experimental Occasional/Social</p> <p>No Use</p> <p>Or</p> <p>Use is motivated by curiosity or desire to experience new feelings</p> <p>Or</p> <p>Uses on specific social occasions for its specific effect</p> <p>No regular pattern of use is established</p> <p>Example: Drinking alcohol when socializing with others at a party</p> <p>Follows the LRDG</p>	<p>Regular Use</p> <p>A pattern of regular use is established</p> <p>Tolerance to the substance is increased but major life areas are not affected as a result of use</p> <p>Can readily control the use of the substance</p> <p>Little or no withdrawal symptoms</p> <p>Example: Drinking every weekend but not on weekdays</p> <p>May drink beyond LRDG</p>	<p>Misuse/Abuse</p> <p>Uses at higher doses and/ or with increased frequency</p> <p>Increase in tolerance to the substance</p> <p>Negative consequences can be felt in many of the major life areas</p> <p>Increased emotional pain</p> <p>Withdrawal symptoms experienced</p> <p>Difficulty controlling use</p> <p>Example: Tries to set a few rules (will only drink on weekends) but cannot stick to it, always has a stash, and creates opportunities to use</p> <p>Unable to follow LRDG</p>	<p>Dependent / Addicted</p> <p>Uses very regularly and frequently</p> <p>May experience decreased tolerance</p> <p>Negative consequences are felt in most or all major life areas</p> <p>Increasing emotional pain</p> <p>Severe to life threatening withdrawal symptoms</p> <p>Constant obsession with use</p> <p>Cannot control use – attempts to stop are followed by relapse</p> <p>Example: Spends more and more time alone and using alone</p> <p>Unable to follow LRDG</p>

Health Model Applied to Alcohol and Other Drug Use

As the health model below suggests, the best way to stay addiction free is to stay in, or work towards, being in a healthy state (in the green). The best way to do this is to continue to develop effective coping skills to manage daily stress, develop healthy leisure activities and build a supportive network of family and friends. When engaging in behaviours that may lead to addiction, such as drinking alcohol, do so in a responsible manner and know the signs that may tell you when your use is becoming unhealthy.

This model can be used as a guide to help you determine where you are with your alcohol and other drug use. If you are concerned that you are moving to orange or red, help is available through your local Medical Officer (613-392-2811 x2219/x3316) or Base Addictions Counsellor (BAC), or through the Member Assistance Program (1-800-268-7708).



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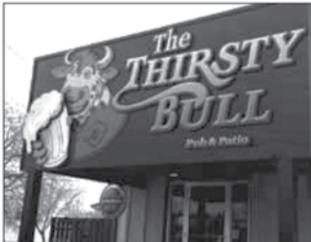
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Notes:

This model was adapted from the adaption of Capt (N) Bill Nash, USMC and USN Combat and Operational Stress Control, US Marine Corps, and is currently used by the JSB, DND.

LRDG refers to the Low Risk Drinking Guidelines
Tolerance is the need for an increased amount of a substance to achieve the same desired effect

Major Life Areas are considered to be: family, social, employment/ education, finances, legal, spirituality and health: physical, cognitive and emotional

MPs get adrenaline-pumping training



A team of MPs proceeds down a corridor.

Wing Headquarters.

Captain Chuck Gaudette, Officer Commanding, 21 MP Flt., explained the necessity for the training to *The Contact*.

“One of the Military Police (MP) mandates is the ability to respond to an active shooter,” he noted. “There are minimum training regulations that we have to abide by, but we (need to) do this type of training more often.”

The first scenario on Nov.

6, set up by MP training personnel, had a person actively shooting persons in a building with MPs responded to that situation.

“We try to replicate the real thing as much as possible, but safety always remains paramount,” Capt. Gaudette stated.

“This type of training gets the adrenaline flowing, but try to imagine how fast your heart would be pounding knowing you are about to en-

ter a room where you know a person is in there killing others. This is what we try to replicate,” he added.

After each scenario, the team and MP instructors went over the scenario step-by-step to review and correct possible mistakes



Cpl. Curtis Garner-Garballa breaches a door during the 21 Military Police Flight scenario on Nov. 6.



As the scenario progresses, another person (played again by Cpl. Matt Currie) is found dead on the floor as Cpl. Garner-Garballa and Cpl. Keyvan Norani enter a room where a shooter takes a hostage, shown above placing an imaginary weapon on the floor.

Photos by Ross Lees

By Ross Lees

Members of 21 Military Police Flight (MP Flt.) went through exciting training scenarios last week involving an “active shooter.” On Nov. 6 they trained in their own building and on Nov. 7 they participated in a training scenario organized by 8 Wing’s Readiness Training Flight at 8



As Cpl. Garner-Garballa proceeds into the building, he discovers an injured casualty on the floor (Cpl. Matt Currie) who supplies him with some needed information.

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Ironworkers Local 721 Remembers

Mr. Robin Maracle, left, holds a flag while Mr. Jim Lamont plays the bagpipes. Also holding flags, but unable to be seen in this photo, were Mr. Lucas Nash and Mr. Bill Milner.



Members of Ironworkers Local 721 took a moment to remember military personnel who served and made the ultimate sacrifice in past and present armed conflicts around the world on Friday, Nov. 8. The construction workers, who are working on the hangar site on the north side of Highway 2, were not going to be at work on Nov. 11 so they decided to hold their own Remembrance Day ceremony, complete with a piper playing from the beams of the hangar. Those who could move around the site gathered in specific areas while others just came to attention on the beams of the hangar or in the heavy equipment they were operating.



Other construction workers gathered on the ground to honour the fallen and those who fought in Canadian conflicts around the world.



Construction workers pay tribute to the fallen and to those who served in armed conflicts spanning from the two World Wars to more recent conflicts including Afghanistan at a remembrance ceremony on the construction site Nov. 8.

Photos by Ross Lees

These construction workers were high on the beams of the new hangar, so they just stopped their work during the remembrance ceremony.

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First ARM Commemorative Service well attended

By Ross Lees

Colonel David Lowthian was honoured to be able to take part in the first annual memorial ceremony at the Afghanistan Repatriation Memorial (ARM) Sunday.

Having been a part of the mission which claimed the lives of the 158 people named on the ARM, he said it meant a lot to him to take part in the first memorial ceremony held so near to where the repatriation ceremonies took place.

"Their journey home started near here," he told the nearly 300 people in attendance. Sunday marked the one year anniversary of the ARM's unveiling and the first remembrance ceremony held at the memorial since the dedication ceremony.

Attendance was very good, considering the driving rain and bitter winds featured throughout the ceremony.

Councillor Paul Kyte spoke at the ceremony, substituting for Quinte West Mayor John Williams, who was unable to attend. Coun. Kyte was on the committee to build the memorial and Col. Lowthian recalled receiving a message from Kyte while he was in Afghanistan requesting photos of the memorials in Kandahar.

"It was an extremely emotional project for the community," noted Coun. Kyte in his brief speech. "This memorial is meant to be an emotional place where people can come and reflect on the sacrifices made by those brave soldiers."

Col. Lowthian acknowledged the community's initiative and efforts in creating the memorial, which he felt would attract mourners nation-wide. He also expressed the importance of community to CFB Trenton and thanked Quinte West and the surrounding communities for all of their support.

A nation-wide fundraising campaign was launched in 2011 by people including Kyte and the ceremony's emcee, Hugh O'Neil, who helped spearhead the campaign with Mayor Williams. Within a year of the campaign's launch, the memorial was under construction with support from across the country, including that of the Royal Canadian Legion, Branch 110 in Trenton.

An annual commemorative memorial service will be held at the memorial.



Flags are whipped in the wind as the gathering at the ARM sings God Save the Queen during the ceremony.



Hugh O'Neil, one of the people who spearheaded the Afghanistan Repatriation Memorial (ARM) project is flanked here by Legion Branch 110 President Everett McLean, saluting, as the first memorial service was held at the ARM one year to the day after it was dedicated.



Col. David Lowthian salutes during the Afghanistan Repatriation Memorial commemoration ceremony Sunday afternoon. Photos by Ross Lees

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Quinte West, CFB Trenton remember

Continued from page 1

guided thinking because it denies honouring the memory of those who have died doing something that they believed they must be part of if others were to dwell in the freedom - and in the



John Mylot, representing Bomber Command, salutes during the ceremony surrounded by school children, who were also out in large numbers for the QuinteWestRemembrance Day ceremony.

peace - that God desires for all humankind.”

“For even as we move further and further away from the two World Wars and Korea, our peace-keeping missions, they, along with the recent Afghanistan conflict, still serve to remind us of why we should continue to remember for the sake of freedom and peace for all peoples.”

Pastor Hayward went on to say that the spirit underlying Remembrance Day is probably best found in Lieutenant Colonel John McCrae’s poem *In Flanders Field*, the very poem recited earlier in the service by Air Cadet Flight Sergeant Antoinette Kennedy. He felt the poem best reminds us that the 11th hour of the 11th day of the 11th month is set aside to remind everyone we should avoid war where and when possible but we should also be prepared to fight for freedom.

“It is a time, in the words of McCrae, to take up the torch once more and to dedicate ourselves anew to living in such a way that we do not break faith with those who have died over the years to bring peace to the world,” he noted.

“We are reminded to take up the torch that was entrusted to us long ago. We are to hold it high so that we do not break faith with those who have died. And we are to live in the way that God meant us to live - in freedom - with the intention of doing all that makes peace... by seeking justice, loving kindness and walking humbly with our God. Then those who died in Flanders Fields will sleep as the poppies grow, between the crosses row on row.”



(above) 8 Wing Commander Col. David Lowthian and WCWO Sandor Gyuk salute after placing a wreath on behalf of 8 Wing.



(above) Sgt. At Arms Buck McCarty salutes during the ceremony while a cadet stands on guard in the background.

CAF member participates in Remembrance Day Sentry Program

4²⁹ Transport Squadron’s Corporal (Cpl.) Huy Q. Dang was selected for a special part in last Monday’s Remembrance Day ceremony in Ottawa.

Cpl. Dang served as the Royal Canadian Air Force Sentry in the Remembrance Day Sentry Program in Ottawa. He was one of six CAF members and one RCMP member chosen to participate in the prestigious program.

Cpl. Dang joined the CAF Regular Force in 2007. He later completed his training at the Canadian Forces School of Communications and Electronics in Kingston, Ontario. He has taken part in a series of deployments in areas including Cyprus, Kuwait, Germany, and Afghanistan, as well as various mis-

sions across Canada. Cpl. Dang is currently working as an Avionics Systems Technician, and is also qualified to fly as a Technical Crewman on the CC-177 Globemaster III.

Created in 1998, the Remembrance Day Sentry Program recognizes outstanding Regular and Reserve Force sailors, soldiers, airmen and airwomen of the CAF, as well as a member of the RCMP, for their dedication, professionalism and performance. Members are nominated by their respective services, with selections based on various factors, including deployment experience, community involvement, physical fitness and deportment.

While visiting the nation’s capital,

the seven members played important roles in the official national Remembrance Day ceremony. They participated in various other activities, including the Royal Canadian Legion Dominion President’s Luncheon, a visit to Parliament Hill, and the Silver Cross Mother’s Luncheon.

“The men and women of the CAF and the RCMP have shown a strong commitment to their country through their tireless efforts both at home and abroad,” said the Honourable Rob Nicholson, Minister of National Defence. “The selection of these members for the Remembrance Day Sentry Program is one way to recognize them for their dedication.”



Cpl. Huy Q. Dang

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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.

Christmas Fundraising Program

Shop at Cannon 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 Cannon Nurseries, pour des plantes et des articles de décor, entre le 1er novembre et le 24 décembre 2013. 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 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.

Fundraising with Purdy's Chocolatier

Participate in a Christmas 2013 fundraiser for the MFRC Daycare. Go to www.purdysgpp.com and join group # 26278 (Trenton MFRC Daycare). You can pay with a credit card or pick up a catalogue at the MFRC reception, payment by debit, cash or cheque. Deadline to order is Nov. 20. Pick up at the MFRC on Nov. 29.

Employment Café

Is on-line learning for you? Join Petra Blain from Contact North, Ontario's Distance Education and Training Network, as they help make upgrade basic literacy/workplace skills, complete high school, learn a new trade, or earn a college diploma or university degree without leaving the community possible. This session will provide an overview of their offerings with the main focus on their free e-channel and on-line live courses offered by the Literacy Council and PARO Centre business related workshops. Date: Friday, Dec. 6. Location: Trenton MFRC. Time: 10 a.m. to 11:30 a.m. Free. Register by: Nov. 30. Participants will be accepted on a first come, first served basis as space is limited! Registration required. Come and enjoy a coffee/tea and chat. To register, or for more information, contact Elizabeth.nicholas@forces.gc.ca at 613-392-2811 local 3852.

Café Emploi

Venez rencontrer Petra Blain du Contact Nord, le réseau d'éducation et de formation à distance de l'Ontario qui offrent la possibilité d'améliorer ses bases en littératie/compétences de travail, de compléter son secondaire, d'apprendre un nouveau métier, ou obtenir un diplôme de niveau collégial ou universitaire sans avoir à s'éloigner de chez-soi. Cette session vous donnera un aperçu de ce qu'ils peuvent vous offrir en mettant l'accent sur les cours offerts en ligne gratuitement par le Literacy Council et les ateliers reliés aux affaires par le PARO Centre. Date: Le vendredi 6 décembre. Lieu: CRFM de Trenton. Heure: de 10h à 11:30h. Gratuit! Inscription avant le 30 novembre. Veuillez noter: Cette session sera donné en anglais. Premiers arrivés, premiers acceptés, car les places sont limitées! L'inscription est obligatoire. Venez déguster un café/thé et jaser. Pour inscription ou pour plus d'information, veuillez communiquer avec Elizabeth.nicholas@forces.gc.ca ou au 613-392-2811, poste 3852.

Dental clinic basket valued at \$900 to raise funds for GCWCC



Tickets continue to be sold for the \$900 Dental Clinic basket for the Government of Canada Workplace Charitable Campaign (GCWCC) and Quinte United Way. Georgia Hoyle (left) and Angela Breau (right) are pictured here selling tickets on the basket at the recent beard growing contest. Tickets are \$2 each or three for \$5. Watch for them selling tickets at various locations and GCWCC events.

Photo Ross Lees

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Simplicity is the name of the game with this cozy two-bedroom cottage. Designed as a recreation home, the design provides all the necessities in a compact package with a dash of style.

The covered entry, always a bonus in bad weather, leads into a compact foyer with a coat cupboard directly ahead. The hot-water tank located in this closet will dry damp outerwear quickly.

To the foyer's left is the liv-

ing room, warmed by an electric fireplace and boasting large windows that overlook the front garden. A dining table will fit neatly by the large window adjacent to the kitchen pantry.

The kitchen, open to the dining area and living room, will enjoy plenty of natural light through a window over the double sink. The U-shaped counter configuration promises to save steps for the cook.

With two bedrooms, there's

an extra one for guests or family. A planter box brightens the window of the front bedroom.

Completing the one-floor lay-out is a three-piece bath, a linen closet and a cupboard for the washer and dryer.

Exterior finishes include horizontal siding, with board-and-batten accents in the gables and painted trim.

This home measures 30 feet wide and 26 feet deep for a total of 738 square feet of living space.

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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. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

Dec. 3 - International Day for Persons with Disabilities

The Defence Team is celebrating this year's International Day for Persons with Disabilities (IDPWD) under the theme "What are Your DiversABILITIES?" Events and awareness activities will be held across our organization. To obtain copies of IDPWD posters, please send your request to +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull. For more information on IDPWD, visit the EE Commemorative Events Intranet site at <http://hr.forces.mil.ca/eec-ece/>. The site includes a handbook on how to organize an EE commemorative event. Regions are also invited to send in their agendas, success stories and photos via this website. An online collaborative tool is also available to event OPIs and is designed to help organizers of EE commemorative events across the Department to stay connected and to share ideas and knowledge. Regional/local event OPIs are invited to join by requesting access at <http://collaboration-hrciv.forces.mil.ca/sites/eecommevents/default.aspx>. Participate, celebrate, learn, share!

ece/. Le site comprend un manuel sur comment organiser un événement commémoratif d'EE. De plus, les régions sont invitées à faire part de leurs programmes, histoires de réussites et photos via ce site. Un outil collaboratif en ligne est disponible. Il est particulièrement conçu pour que les organisateurs d'événements commémoratifs d'EE dans l'ensemble du ministère restent en contact et échangent leurs idées et leurs connaissances. On invite les BPR d'événements régionaux/locaux à s'y joindre en demandant accès au <http://collaboration-hr-civ.forces.mil.ca/sites/eecommevents/default.aspx>. Participez, célébrez, apprenez, partagez!

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.

3 décembre - La Journée internationale des personnes handicapées

Cette année l'Équipe de la Défense célèbre la Journée internationale des personnes handicapées (JIPH) sous le thème « Quelles sont vos diversHABILITÉS? ». Divers événements et activités de sensibilisation auront lieu à la grandeur de notre organisation. Pour obtenir des affiches de la JIPH, faites parvenir votre demande à l'adresse +EE Com Events@ADM(HR-Civ) DDWB@Ottawa-Hull. Pour en connaître davantage sur la JIPH visitez le site Intranet des Événements commémoratifs d'EE à l'adresse <http://hr.forces.mil.ca/eec->

Nov 16 - Quinte Branch of Ontario Genealogical Society

The Society's monthly presentation will include speaker Glenn Wright with the topic of "Researching Canada's War Dead 1885-1945" at the Quinte West Public Library, 7 Creswell Dr, Trenton at 1 p.m. Everyone is welcome and invited to bring a friend. For additional information please visit: www.rootsweb.ancestry.com/~canqbogs/

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 EXEPTIONS. 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. Contactez: William.Jeffs@forces.gc.ca.

Nov. 23 - King Street United Church Christmas Tea and Bazaar

At 100 King Street, Trenton, from 11:30 a.m. to 2 p.m. Luncheon \$8, entrance to Ye Olde Emporium free. Preserves, baking, crafts, antiques and collectables available.

Nov. 28 - 15th Annual Holiday Train

Come see the show from 2:30 p.m. to 3:30 p.m. at the railroad crossing on RCAF Road near the north side of the base. Please bring non-perishable food items and monetary donations for the Care and Share Food Bank.

Nov. 29 - CFB Trenton Blood Donor Clinic

At the RecPlex, 21 Namao Dr., East, Trenton, from 10 a.m. to 2 p.m.

Nov. 29 - ATESS 17th Annual Food Bank Toll Booth

As the holiday season fast approaches, ATESS will be hosting their 17th Annual Food Bank Toll Booths at the ATESS North Side Gate. Collections will take place from 6:30 a.m. to 8 a.m. Please give non-perishable food items or cash in support of the Trenton Care and Share Food Bank. All donations and support are greatly appreciated

Nov. 30 & Dec. 1 Quinte's 18th Annual Christmas Model Railroad Show

The show will be held at Quinte Secondary School on Nov. 30 and Dec.1 from 10 a.m. to 4 p.m. both days. Eleven thousand square feet of vendors and displays with door prizes. Admission is: adults \$5, seniors and students \$4, children \$2 and the family rate is \$10. For further information, contact Rick Potter at 613-398-7260 or by email at rckp@reach.net This event is sponsored by the Belleville and Brighton Model Railroad Clubs.

Dec. 4 - Battle of Quinte West

Once again the RCAF Flyers are looking to 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 Flyers 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 capable RCAF Flyers in a highly entertaining contest. Fans are urged to get their tickets early for this popular event.

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Beard growing contest raises over \$10,000 for GCWCC

By Ross Lees

Wing Chief Warrant Officer Sandor Gyuk organized a truly hair-raising experience for the Government of Canada Workplace Charitable Campaign (GCWCC) and the Quinte United Way this year.

His beard growing contest raised over \$10,000, up from the \$7,500 raised last year.



A large contingent of military personnel from across 8 Wing took part in the contest, although some proved much more adept at growing a beard than others. Regardless, everyone involved had a great time growing facial hair for a good cause.

"I've given you a chance to do something you wouldn't normally be able to do," WCWO Gyuk noted at the beginning of the judging.

Ironically, the judges did not have a really difficult time judging the three categories, thanks to WCWO Gyuk's initial instructions. He told each participant to

Judges Cpl. Nancy Hill and Cpl. Allison Sinclair take a closer look at Cpl Mark Venton's more than ample beard.
Photo Cpl. Levarre McDonald, 8 Wing Imaging

put themselves in one of the categories – bushiest beard, most colourful, and sparsest – and then for each category to choose the top three. Judges Cpl. Nancy Hill and Cpl. Allison Sinclair joined WCWO Gyuk in confirming the final standings.

Outgrowing all others was Cpl. Mark Venton of 8 AMS Armament. Most colourful went to MCpl. Douglas White of 436 ASO and sparsest went to Cpl. Mike Walter of 8 AMS.

8 Wing is reminded that other events to contribute to the Wing-wide GCWCC effort include the four-on-four hockey games



Cpl. Mike Walter - sparsest beard (left), Cpl. Mark Venton - bushiest beard (centre), and MCpl. Douglas White - most colourful beard (right), took top honours at this year's annual GCWCC beard growing contest which raised over \$10,000.

Photo Ross Lees

on Nov. 14 and 15, the day-long Jail 'n Bail event on Nov. 15 and the various draws (50/50, trailer draw, \$900 Dental Clinic basket draw, etc.) running through until the end of November.

Everyone is encouraged to take part or donate what and where they can.



Captain Barry Tang, a 436 (Transport) Squadron member, removes his poppy after the Remembrance Day parade in Brazil.

Photo Cpl. Precious Carandang, 8 Wing Imaging.

RCAF deployed in Brazil commemorate Remembrance Day

By Capt. Christopher Daniel

Over 40 members of the Royal Canadian Air Force (RCAF) from 436 (Transport) Squadron out of 8 Wing Trenton, 3 Wing Bagotville, and 1 Canadian Air Division, as well as the Canadian Army Advanced Warfare Centre, Princess Patricia's Canadian Light Infantry (PPCLI) and the 3rd Battalion of The Royal Canadian Regiment (3 RCR), who are currently deployed in Brazil, paused in a solemn act of remembrance at the Brazilian Air Base in Natal on Nov. 11.

"Today is a solemn moment for all of us," said Lieutenant-Colonel (Lt.-

Col.) Mark Goulden, Commanding Officer of 436 Squadron and the RCAF Detachment Commander in Brazil. "We remember those who made the ultimate sacrifice in conflicts and their sacrifices shall never be forgotten."

During the simple ceremony, held at the aircraft maintenance hangar, Chief Warrant Officer (CWO) Stuart Preston from 436 Squadron played "The Last Post" and the poem "In Flanders Fields" was solemnly recited.

"The two-minute silence gave us the opportunity to remember those who came before us," said CWO Preston.

"This day is meaningful and important for all of us."

The RCAF, with two of its CC-130J Hercules aircraft, is currently participating in CRUZEX FLIGHT 13, a key Latin American multinational exercise, from Nov. 2 to 15 in Natal, Brazil, along with allies from Brazil, Chile, Colombia, Ecuador, Uruguay, U.S.A., and Venezuela.

"Wherever we go to carry the load, we will remember them," said Lt.-Col. Goulden.

L'arc souligne le jour du souvenir au Brésil

Plus de 40 membres de l'Aviation royale canadienne (ARC) du 436e Escadron de transport en provenance de la 8e Escadre Trenton, de la 3e Escadre Bagotville et de la 1re Division aérienne du Canada ainsi que du Centre d'instruction supérieure en guerre terrestre de l'Armée canadienne, du Princess Patricia's Canadian Light Infantry (PPCLI) et du 3e Bataillon du Royal Canadian Regiment (3 RCR), qui sont actuellement en mission au Brésil, ont cessé leurs activités un instant en signe de commémoration à la base de la force aérienne brésilienne de Natal le 11 novembre.

« C'est un jour solennel pour nous tous », a déclaré le lieutenant-colonel (Lcol) Mark Goulden, commandant du 436e Escadron et commandant du détachement de l'ARC au Brésil. « Nous nous souvenons de ceux qui ont fait l'ultime sacrifice dans les conflits. Leurs sacrifices ne seront jamais oubliés. »

Pendant la simple cérémonie, qui a eu lieu au hangar de maintenance des avions, l'adjudant chef (Adjuc) Stuart Preston du 436e Escadron a joué « la sonnerie aux morts », puis le poème « Au champ d'honneur » a été récité d'un ton solennel.

« Les deux minutes de recueillement nous ont donné

la chance de nous rappeler ceux qui sont venus avant nous », a expliqué l'Adjuc Preston. « Cette journée chargée de sens est importante pour nous tous. »

L'ARC, et deux de ses avions CC130J Hercules, participe actuellement à l'exercice Cruzex Flight 13, un important exercice multinational en Amérique latine, qui a lieu du 2 au 15 novembre 2013 à Natal, au Brésil, en compagnie des alliés du Brésil, du Chili, de la Colombie, de l'Équateur, de l'Uruguay, des États-Unis et du Venezuela.

« Peu importe l'endroit où nous portons la charge, nous nous souviendrons », a ajouté le Lcol Goulden.



Warrant Officer Maria Vidotto, a 436 (Transport) Squadron member, reads the poem "In Flanders Fields" during the Remembrance Day parade in Brazil.
Photo Cpl. Precious Carandang, 8 Wing Imaging.

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Safety

Get ready to handle winter

Guiding a vehicle from one place to the next is a particularly challenging task in winter weather. Preparing your vehicle to handle the road is the first step to safe driving.

These are some of the factors, which add hazards to driving in the winter:

- Ice, snow and even water on road surfaces reduces traction, increasing stopping distance and the possibility of a skid. It takes more distance to stop on an icy road than it does on a dry road.
- As the temperature rises to near the melting point, roads become even more slippery than they are in severely cold weather. Traffic also polishes ice and snow pack on a road surface.
- Black ice is a thin and invisible layer of frost on pavement. It commonly occurs around bridges and overpasses and shaded areas, but be alert for it on all road surfaces.
- Water, which may be mixed with oil on the road surface can be hazardous. Tires begin to lose contact with the road surface, slipping across the surface of the water and oil instead.
- Visibility decreases drastically in winter driving conditions. Long nights and short days in some areas mean

you spend more hours behind the wheel when you can see little beyond your headlights.

- Snow, rain and fog also cut visibility.

Vehicle breakdown under winter conditions can be life threatening because of freezing weather and the possibility of chain reaction collisions.

Here is a suggested pre-winter checklist for all kinds of motor vehicles:

- ✓ Radiator and heater hoses should be in good condition, free of cracks and leaks.
- ✓ Fan belts should be checked too.
- ✓ The heater should be working well, for your own comfort and to defrost and defog the windshield.
- ✓ Start the winter with a new set of wiper blades.
- ✓ Equip your vehicle with an ice scraper and a snow-brush.
- ✓ Change to a winter coolant, which won't freeze.
- ✓ Use a winter windshield washer fluid, which won't freeze, and keep it topped up.
- ✓ Check all vehicle fluids including power steering fluid and brake fluid.
- ✓ Make sure the battery is in good condition for starting the vehicle in cold

weather.

- ✓ Your tires should have good tread to provide traction.
- ✓ Examine all lights, headlights on high and low beam, running lights, tail-lights and brake lights.
- ✓ Inspect brake systems to determine if they will provide uniform braking on all wheels.
- ✓ Muffler and exhaust systems must be examined to make sure they are not leaking. Carbon monoxide poisoning is a deadly hazard for occupants of motor vehicles.
- ✓ Lubrication should be of winter weight for use in lower temperatures. This includes lubrication of the fifth wheel.
- ✓ Carry a winter survival kit, especially on long trips or in isolated areas. Include matches and a candle, a parka and sleeping bag or emergency blanket, food, first aid kit, jumper cables with safety goggles, gasoline anti-freeze, fuel conditioner for diesel fuel, wrenches for minor repairs, a spare fan belt and radiator hose, spare spark plugs and spark plug wire.

It is important to have a working knowl-

edge of basic vehicle repairs so you know what to do in case of a breakdown, in any season.

Arm yourself against winter driving hazards. Examine your vehicle for defects, and equip it to handle winter driving conditions.



CRUZEX FLIGHT 13 boosts Canadian/ Brazilian relations



(above) Captain Barry Tang, an Aerospace Engineering Officer from 436 (Transport) Squadron, shakes the hand of a Brazilian military member during the Open House for CRUZEX FLIGHT 13. Photo Credit: Cpl Precious Carandang, 8 Wing Imaging.

Continued from page 3

It's a high standard of training that we get here," he added.

The Canadian Army is also an important component of this exercise.

"We are here in this exercise, so we as jump masters are able to validate our skills and knowledge in a combined robust training environment," explained Sergeant Richard Newman, a jump master from the 3rd Battalion of the Royal Canadian Regiment.

For Corporal John Schmidt, a jump master from the 3rd Battalion of the Royal Canadian Regiment, their "experience has been phenomenal" so far. "The exercise is very relevant and professional. Our drills are similar to the Brazilian parachutists, which facilitate our interaction and interoperability. In this exercise, we have worked with search and rescue specialists and special forces operators from other countries," he said.

Lieutenant Felipe Lessa, a combat doctor and parachutist from the Brazilian Air Force, said that jumping from the CC-130J Hercules is a memorable experience. "It's a pleasure jumping with Canadians. We do have a lot in common," he said.

"We've been doing mostly free fall," revealed Sergeant Sam Hewton, a jump master from the 3rd Battalion of the Royal Canadian Regiment. "We're showing our colleagues from Brazil and the United States how we jump from the CC-130J Hercules. We also jumped from the Brazilian Hercules aircraft and they showed us their drills. We're all learning from each other, and the interoperability that we develop in this exercise will help us to work more efficiently in future combined missions."

Sergeant Cole Rosentreter, a jump master from Princess Patricia's Canadian Light Infantry, said that their Brazilian counterparts are professional. "They have special skills in operating in their geographic environment that are being passed on to us through this exercise."



(left) Corporal Matthew Archer, a maintainer from 436 (Transport) Squadron, gives a poster to Brazilian military members during the Open House for CRUZEX FLIGHT 13. Photo Credit: Cpl Precious Carandang, 8 Wing Imaging.



The Royal Canadian Air Force's CC-130J Hercules flies over Natal for the combined formation flight during CRUZEX FLIGHT 13. Photo Credit: Cpl Precious Carandang, 8 Wing Imaging.

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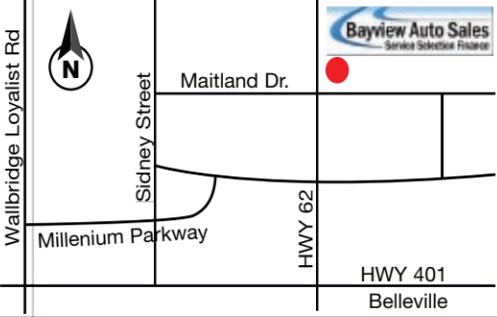
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