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424 Squadron crew makes spectacular rescue look easy

Team effort and training result in daring rescue accomplished safely and quickly

By Ross Lees

A successful high profile Search and Rescue (SAR) mission just prior to Christmas placed 8 Wing / Canadian Forces Base Trenton, and military personnel in general, prominently in the public eye.

The Joint Rescue Coordination Centre (JRCC) Trenton received a call at approximately 2:45 p.m. on Dec. 17 from the Kingston Fire Department (KFD) concerning an individual trapped on a crane over a large fire in downtown Kingston. Not having the necessary resources to recover the crane operator, the KFD requested the assistance of 8 Wing's 424 "Tiger" Transport and Rescue Squadron.

Approximately 50 minutes later, a burned and physically distressed man was plucked from a small platform above a raging housing complex fire by the 424 Squadron helicopter crew while hundreds of people witnessed the daring rescue.

By that evening, pictures and a video of the rescue were being featured on news casts across the province and on social media sites around the world.

The following day, members of the 424 Squadron crew were interviewed at CFB Trenton by various national and local news outlets in front of the very helicopter used in the rescue.

While they were being acknowledged as heroes, more than one member of the crew told news reporters, "We were just doing our jobs."

Continued on page 9 & 10

SAR Tech Team Leader Sgt. Cory Cisyk is pictured here as he plucks the stranded crane operator off his perch on the boom of a crane above a raging fire in Kingston on Dec. 17.

Photo compliments of Morganne Campbell, CKWS Television



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DART team members begin pre-holiday return to Canada

88 DART team members welcomed back to Trenton by 55 Canadian Filipinos from Toronto

By Ross Lees

It was an emotional return for the Canadian Disaster Assistance Relief Team (DART) to CFB Trenton Thursday.

Returning home from the devastated Philippines following Typhoon Haiyan, the 88 men and women were greeted enthusiastically by several high ranking members of the Canadian Armed Forces, politicians and a grateful group of Philippine Canadians, one of whom survived Typhoon Haiyan. Some CAF members even had family members waiting to welcome them home for Christmas.

All were happy to touch down after the 36-hour flight and 40-day deployment and

The Canadian Armed Forces C-17 Globemaster carrying members of the DART team is directed to the passenger terminal at CFB Trenton Thursday. *Photo by Ross Lees*

know they would have the opportunity to spend the holiday season with family and loved ones after witnessing the devastation in the storm-battered Philippines. DART began arriving in the Philippines on Nov. 13.

Welcomed onto the tarmac off the C-17 Globemaster at Trenton by Maj.-Gen. Jim Ferron; Commander Officer of the 1st Canadian Division in Kingston, Lt.-Gen. Marquis Hainse; Commander of the



Members of the Canadian DART team were given an enthusiastic Filipino welcome home by members of the Toronto Filipino community Dec. 19 after their 40-day deployment to the storm-ravaged Philippine Islands. *Photo by Ross Lees*

Canadian Army, Lt.-Gen. Yvan Blondin, Commander of the Royal Canadian Air Force; Member of Parliament for Northumberland-Quinte West Rick Norlock, who was filling in for Defence Minister Rob Nicholson; Senator Tobias Enverga, the first Filipino Canadian to be appointed to the Senate, Mayor of Quinte West John Williams and Typhoon Haiyan survivor Michelle Velosa, a Canadian Filipino from Toronto who was near Iloilo visiting her 90-year-old grandmother and family when the typhoon struck.

Arriving in the passenger terminal, the returning Canadian Armed Forces (CAF) members were greeted by 55 members of the Toronto Filipino community chanting "Thank you Canada, thank you Prime Minister Harper and thank you DART!" Everything was broken and you helped while waving banners, signs and flags.

It was an unexpected, but warm welcome for the returning military personnel. One woman stood there watching her fellow DART team members arrive with a smile on her face as she listened to the chants and watched the response by the DART team members.

When asked what she thought of the welcome, she summed it up beautifully in one word, "Wonderful!"

Of all the words of praise spoken, the most emotional came from Ms. Velosa.

"My heart is still in the Philippines, but I can't say enough about your helping hands," she said to the DART team members assembled while fighting back tears. "People were so desperate. We had no food, no water. We slept on the grass. Everything was broken and you helped

Continued on pages 13



Member of Parliament for Northumberland-Quinte West, Rick Norlock, welcomed the DART team home and expressed his pride in their accomplishments. *Photo by Ross Lees*



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SAR missions important part of Squadron and Wing team effort – Wing OpsO



Wing Imaging Technician MCpl. Lori Geneau is pictured here as part of the media opportunity on Spet. 18 in Trenton while Acting Wing Commander Lt.-Col. Christian Roy observes the proceedings.

Photo by Ross Lees

By Ross Lees

The recent Search and Rescue operation which saw a helicopter crew from 424 Transport and Rescue Squadron pluck a burned and freezing man from a construction crane boom high above a spectacular blaze in Kingston was very much a team effort, says 8 Wing Operations Officer Lt.-Col. Christian Roy.

He told The Contact that the well-executed rescue involved not only the five men in the helicopter, but the maintainers and supporters of that crew at 424 Squadron, from the guy refuelling the aircraft through to the men and women who maintain

the aircraft and provide up-to-date information as the mission progresses.

“That mission had a very positive impact on the Squadron and the Wing,” he noted. “It is very much the pointy end of what everybody does here, but it is also a big team effort.”

Like all of the military personnel involved, he downplayed the media coverage by noting, “It’s what we do here day in and day out and while this had a very high visibility, we (have) other things (we have to do) here,” he said. “But this was well depicted in the media and it brings pride to the entire (Air Force) team to see what can be done.”

Lt.-Col. Roy said a Search and

Rescue operation is well covered under standard operating procedures so that everyone has a role to fulfill contributing to a successful mission like the one in Kingston on Dec. 17.

“SAR missions are very important to us and they immediately become the focus of the Wing, (once a mission begins),” he noted. “It (calls upon) the (entire) team (to) support the effort and we have critical limits we have to meet. We have many years of practice and there have been many refinements put into place. We always do post-op briefings to make sure everything goes according to (plan) and, if it didn’t, we (discuss what we) can do to correct that situation (in future missions).”

Public affairs a collaborative effort

By Lieutenant (Navy) Bettina McCulloch-Drake

After 15 years of being a non-commissioned member, I decided to take my commission as a public affairs officer effective December 2006. While being a naval signalman (later a naval communicator) had its own challenges, I was looking for a different set of challenges related to my civilian training in communications and public relations.

Have you ever had someone tell you to be careful what you wish for? Do you listen to them? I didn’t either. And I wouldn’t change my decision for the world.

At the Wing or Base level, military public affairs is a dynamic and challenging endeavour. In many cases you are just one person working to balance the need to inform Canadians of what it is that the Canadian Armed Forces (CAF) does with the need to protect personal privacy and the need to protect the security of operations.

Combine this balancing act with internal and external communications responsibilities and you will find that the days blur into weeks and into months.

Time passes quickly especially when there is a significant operation or event unfolding. This was particularly true during the deployment of the Disaster Assistance Response Team (DART) to the Philippines in November and the Search and Rescue (SAR) mission in Kingston in December of 2013.

Even before the deployment of the DART, the public affairs organization (from the local level to the national level) was preparing for the information demands that would come in the wake of Typhoon Haiyan. And the demand for information, as it seemed to me on the ground, was overwhelming.

Fortunately, I was not alone. A team of dedicated communications

professionals, including civilians, public affairs officers, and image technicians, forged together to ensure that Canadians were kept informed of what the CAF was doing on behalf of the Canadian Government to help the people in the Philippines.

I could go into lengthy detail, but this is an article and not a short story. Let’s just say that the amount of effort and teamwork involved in managing the flow of information was nothing short of eye-opening.

But, with any story or article there are always other perspectives. Any member of the CAF is encouraged to speak about what they do within the limits of personal privacy and operational security. You do not need special training to speak to the public although many members receive or choose to undergo training so that they are more comfortable when speaking with members of the media.

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Defending Those That Defend Us

The most northerly concert in the world



By: Lt. Irina Jakhovets

Late December saw Canadian Forces Station (CFS) Alert host 10 musical performers and entertainers including: multiple Canadian Country Award winner Patricia Conroy; Hayley McLean, who has been listed by Fender as the #1 Guitar Goddess; Shaun Verreault, a two Gold Record Award winner; and comedian Will Davis who served as the master of ceremonies. These performers were joined by the band Atlantic Crossing (Ian Cameron, Mick Dalla-Vicenza, Brent Knudsen, and Marc Lafrance) who provided tributes to the Beatles, Rod Stewart, Elton John and AC/DC.

Following the arduous trip up to CFS Alert, they descended from the CC-130J and quickly began to preparing themselves for the world's most northerly concert. Their high energy levels and contagious excitement raised everyone's excitement level at the station, just in time for the Holiday Season. They provided two amazing shows one day followed by another evening where they participated in a more informal jamming session at the Arctic Club. It was during this last unplanned event where station members sang and played alongside these professional musicians and singers. That is what we call "having the music in you." Looking at the crowd, we could see people singing along,

(above) The tribute band Atlantic Crossing sang out tunes to a packed audience at CFS Alert.

Photos by
Pte Mike Rosang

(right) CFS Alert personnel share a drink and stories with Patricia Conroy. From left to right are: Cpl. Laurie Hillier, 14 Wing Greenwood; MCpl. Tammy Dixon, 8 Wing Trenton; Patricia Conroy; and Cpl. Kerri Gairy, 8 Wing Trenton.



clapping and dancing with everyone having a blast of a good time.

From "Eight days a week" by the Beatles to "Caline de Blues" by Offenbach, all of the performers managed to bring joy to the personnel at CFS Alert. And how can anyone resist laughing at Will Davis's peculiar humour, especially when he comes on the stage dressed with only a jock-strap?

CFS Alert's Senior Traffic Technician, MCpl Tammy Dixon (from 8 Wing Trenton), summed it up when she said that, "The show was absolutely incredible. Not only are they super talented, but very approachable and truly kind hearted."

These performances, organized by the Director General Morale Welfare Services, and supported by escort Lisa Cameron, were extremely well received. Not only did the performers entertain us during their show, but they also added to the enjoyment at the Station's bar and during various station activities. Some of their antics included calling out false Bingos during our Bingo Night and extending an evening of socializing with station members by deciding to go bowling at 3 a.m.

The show tour was a big morale booster for the station and it is not even in question, we want them back again and again!

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.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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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 must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Tuesday at noon prior to print date.

Letters to the Editor:

All letters must be signed and include the name of the author, which will be published. Include a phone number for verification. We reserve the right to edit the text while preserving the main objective of the writer. We cannot guarantee that any particular letter will be printed. E-mail letters to: cfbcontactnewspaper@gmail.com



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Quinte West Council tours new construction at the base

By Kate Everson

Quinte West City councillors and staff were given a personal tour of new construction at 8 Wing/CFB Trenton on Dec. 17.

"Most of the buildings were originally built in the 1920s and 30s," said Major Renald Nelson, a Canadian Armed Forces member from 8 Wing Trenton who served as one of the tour's guides.

He explained that other buildings around the Wing were built in the 1940s, 1950s and 60s but nothing new had been added until about 8 years ago.

"The current facilities could not hold the new CC130-J (Hercules) or the CC-177 (Globemaster)," he said.

The reconstruction at the base will amount to over \$160 million to be completed over the next eight years.

Maj. Nelson pointed out that the new 11-bay fire hall was being built to accommodate the larger fire trucks needed to respond to emergencies. The \$13 million facility, expected to be completed next summer, is in a better location. Also, no new fire fighters will need to be hired because the same number will be needed on the larger vehicles.

The bus went by some fuel

tanks and the new de-icing ramp where a Globemaster was being de-iced.

Several Hercules aircraft were parked outside the new Hangar 6, a \$76 million project, still to be completed.

"It takes half the concrete in the CN Tower to build this hangar," Maj. Nelson indicated.

Hangar One, which is already in use, and Hangar 6 are each designed to hold two C-17s.

"We can do all the maintenance in these hangars," he said. "It will save us flying to the United States to get it done."

A tour of Hangar One was a trip to a state-of-the-art, \$90-million facility.

"You won't find this anywhere else in the world," said WO Smith. "This is the diamond. It is a wonderful facility."

The building is 10 stories high. With a C-17 in the bay, there is still room to walk around. The design includes many environmentally friendly features including recycling wash water. The fire suppression system uses an infrared heat sensor to protect the aircraft.

"There is highly flammable fuel in the aircraft," he pointed out. "There are sensors throughout the building. They will pick up the heat and sound an alarm,



The new 11-bay fire station is expected to be completed next summer. Photo Kate Everson



Hangar 6 is under construction. It will be able to hold two C-17 aircraft when completed. Photo: Kate Everson



The Prime Minister's specially painted Airbus sits on the tarmac. Photo: Kate Everson

which starts sprinklers."

The huge hangar also had natural gas heated floors so that the building was never cold, even with the aircraft doors open. The C-17 is 53 metres wide and 51 metres long requiring all three doors of the hangar to be fully open before taxiing in.

MCpl. Paul Guillemette showed the tour the paint booth and sandblasting rooms as well as a sewing room.

Lieutenant Colonel Dany Breton, Wing Logistics and Engineering Officer, was along for the tour, explaining the details of each division. The visitors were allowed to walk through the various departments and ask questions, guided by the people in those areas.

One bay had a newer CC-130J Hercules aircraft parked inside, still dripping with a few icicles.

Continued on page 12

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3. Rencontrez l'animateur du programme ÉCRASEZ-LA pour recevoir une trousse et fixer la date à laquelle vous cesserez de fumer.

4. Procurez-vous les médicaments à la pharmacie.

*NOTA : L'usage du timbre ou de la gomme à mâcher ne nécessite aucune prescription.

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Mental Fitness Virtual Spin



Health Promotion along with Fitness and Sports presented a twist on this year's Spin Challenge as we participated in a Virtual Spin Tour. Mental Fitness meets Physical Fitness was the theme for this great workout that took participants through the hills of California, Clare County, Ireland, and Mahone Bay, Nova Scotia. The event was in support of the Trenton Care and Share Food Bank and in celebration of the holiday season. Both the 11 a.m. and 12 noon classes were packed with participants for this version of a mental/physical workout. Thank you to Wing Admin for the work party, WTISS for the sound and lights and to Wing Imaging for capturing this event in photos. Mental Fitness Mondays will continue in the New Year on Mondays at the gym. Thank you to all who participated.

Submitted photo from 8 Wing Imaging

Programmes de promotion de la santé

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Aucun programme prévu? Inscrivez votre nom sur la liste d'attente!

Il y a une liste d'attente pour tous les programmes. Vous pouvez inscrire votre nom à la liste de votre programme préféré au poste 3768 ou en ligne à <http://www.cg.cfpsa.ca/cg-pc/trenton/FR/healthpromotion/pages/courseschedule.aspx>. Vous recevrez un courriel lorsque la date du cours est fixée et l'inscription est ouverte.

Health Promotion Programs

Waitlist Available

Program not scheduled? Get on the Waitlist!

All programs are available for wait-listing. This may be done by calling local 3768 or registering online for your preferred programs at <http://www.cg.cfpsa.ca/cg-pc/Trenton/EN/HealthPromotion/Pages/CourseSchedule.aspx>. You will be emailed when the course secures a date and registration is available.

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Sports & Recreation

2013 CAF Sports Awards nominations sought

The Canadian Armed Forces Sports Awards Program recognizes the exemplary contributions of athletes, coaches and officials to the CAF Sports Program and to military life. Individuals nominated for awards are first selected at the wing/base level before being staffed to the appropriate Command in consideration of the Command award in each category. The Command award winners are then eligible to be selected for

the prestigious CAF National Sports Awards, which are announced annually at the CAF Sports Awards Ceremony held in Ottawa. Please note that individual accomplishments outside the CAF sports program are also acceptable. The CAF Sports Award categories are as follows:

- a. Female Athlete of the Year;
- b. Male Athlete of the Year;
- c. Team of the Year;
- d. Official of the Year;

- e. Female Coach of the Year; and
- f. Male Coach of the Year.

The CAF Sports Awards Program covers a specific calendar year period. Therefore, the period from

Jan. 1 to Dec. 31, 2013 will be used for all nominees in all categories. Any wing/base personnel may nominate CAF members for all awards categories. The selection criteria and nomination forms are available

at the gymnasium. All nominations must be received by the end of the working day Feb. 21, 2014. When received, the nominations will be staffed to the Wing Council who will then review all nominations and select a winner in each one of the individual CF Sport Award categories. For more information, please contact the Military Sports Coordinator Dan Cormier at local 3373.



Prix du mérite sportif des FC 2013

Le programme, Prix du Mérite sportif des FC, souligne les contributions exemplaires des athlètes, des entraîneurs et des officiels, tant au programme des sports des FC qu'à la vie militaire. Les candidats sont d'abord sélectionnés au niveau des escadres/bases, puis les nominations parviennent au Commandement qui étudie les candidatures en vue de l'attribution des prix du Commandement dans chacune des catégories. Enfin, les gagnants des prix du Commandement deviennent admissibles

à recevoir l'un des prestigieux prix du mérite sportif national des FC dont les noms des lauréats sont dévoilés à la cérémonie de remise des Prix du mérite sportif des FC qui se tient une fois l'an, à Ottawa. Veuillez prendre note que les réalisations personnelles à l'extérieur du programme des sports des FC sont aussi acceptées. Les catégories de prix du mérite sportif sont les suivantes :

- a. Athlète féminine de l'année
- b. Athlète masculin de l'année
- c. Équipe de l'année

- d. Officiel de l'année
- e. Entraîneuse de l'année
- f. Entraîneur de l'année.

Le programme, Prix du mérite sportif des FC, concerne une période précise de l'année. Donc, la période du 1er janvier au 31 décembre 2013 sera utilisée pour toutes les mises en candidature dans toutes les catégories. Tout membre du personnel d'une escadre/base peut soumettre la candidature de membres des FC pour les catégories de prix du mérite sportif. Les critères de sélection et les formulaires de mise

en candidature sont disponibles au gymnase. Il faut que tous les formulaires de mise en candidature soient reçus d'ici la fermeture des bureaux le 21 février 2014. Une fois reçus, ils seront envoyés au conseil de l'escadre qui étudiera toutes les candidatures et choisira un gagnant dans chacune des catégories de prix du mérite sportif des FC. Pour plus d'information, veuillez communiquer avec le coordonnateur des sports militaires, M. Dan Cormier, au poste 3373.

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December weather summary

The ice storm will be the event remembered by all



By MCpl J. King, 8 Wing MET SQN

Most people will remember one weather incident in December; that is the ice storm just a few days prior to Christmas. In three straight days, we received 33.6mm of freezing precipitation at 8 Wing. Locally, trees were brought down and thousands were without power for extended

periods of time. We received a total of 78.6mm of precipitation including 43cms of snow for the month, which are all near normal values.

Mean daytime temperatures were minus 1.8°C, which is more than two degrees cooler than normal and almost a full five

degrees cooler than December 2012. The month's warmest day was 13.7°C on the 5th and the coolest day was minus 25.4°C on the 13th. This established a new record minimum temperature for that day, eclipsing the previous record of minus 25.2°C established in 2000.

For the year, we received 743.9mm of rain and 160.5cm of snow giving us an annual combined total of 903mm of precipitation. This is 6mm above our annual normal values. The day with the most precipitation was on Oct. 31 when we received 35.8mm of rain. The maximum temperature for the year was 33.0°C on July 19, breaking a record of 32.2°C which dated all the way back to the earliest days of weather observing in Trenton in 1935. The coldest day of the year was minus 25.4°C on Dec. 13.

Environment Canada's long range forecast for January is

predicting near normal values for temperature and precipitation for our region. Climatology indicates those numbers to be day time temperatures at minus 2.6°C and precipitation totals of 70mm.



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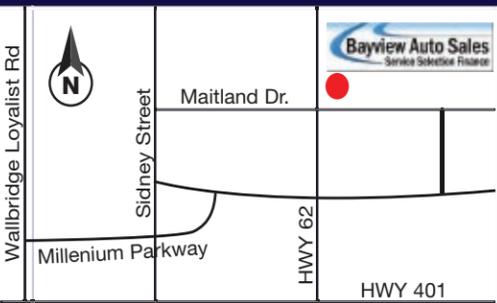
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424 Squadron crew makes spectacular rescue look easy

Continued from page 1

Photos compliments of Morganne Campbell, CKWS Television

Major Marty Zimmer, Officer in Charge at JRCC Trenton, put it even more succinctly when he told the assembled media crews, "I think what the public saw yesterday is just a snapshot of what these professional and dedicated airmen do on a regular basis 365 days of the year."

Responding to approximately 10,000 cases a year, JRCC Trenton, along with JRCC Victoria and JRCC Halifax are federally mandated "to prosecute and respond to aeronautical and maritime incidents," added Maj. Zimmer. As was the case with the Kingston fire, the JRCCs also "respond to requests from provincial agencies that call us looking for support to an ongoing case."

A daring rescue

When the SAR crew was called into action they knew that time was of the essence. As they flew to the site of the fire they discussed a variety of scenarios so by the time they arrived they knew what they could expect and what actions they could take to rescue the stranded crane operator from his precarious position.

It wasn't until the SAR crew was approaching the scene that they realized just how massive the fire was but, upon seeing that the smoke was clear of the area where the man was trapped, they flew directly to the boom and Sgt. Cory Cisyk, the SAR team leader, was hoisted down to the crane operator. Within minutes he had the injured man secured within a horse collar (one piece of equipment that can be used to lift a person into the air). Then both men were hoisted back into the helicopter, all of this while hundreds of feet above the ground with a raging fire and dense smoke acting as a backdrop.

Sgt. Cisyk told reporters he did not notice flames or smoke during the rescue. "I wasn't really focused on that," he noted.

Aircraft Commander Capt. David Agnew could not imagine the situation from the perspective of the crane operator, but he said they could see the flames and smoke from miles off as they approached the site. "The closer we got to it, we realized what a huge fire they were dealing with



SAR Tech Team Leader Sgt. Cory Cisyk is shown here being lowered towards the crouching crane operator on the end of the boom.



Sgt. Cisyk attaches the horse collar to the burned and weather exposed crane operator.



Now standing with Sgt. Cisyk, the two men could then be lifted from the boom, as pictured on the front page.



Moments later, the two men were being hoisted into the rescue helicopter. Note the tiny platform in the foreground where the crane operator was crouched for well over an hour.

down there," he stated.

"When I said time was of the essence, I wasn't concerned with our safety but of the crane operator himself," he said. "We were just imagining that with the crane being in the fire for the last couple of hours that the crane could fall at any time, so that's what I meant by time was of the essence."

A team effort

In listening to the SAR crew members speak it becomes perfectly clear that rescues like this are very much a team effort.

While Sgt. Cisyk was out on the hoist doing the rescue, the Flight Engineer (FE), Cpl Iain Cleaton operated the hoist and provided direction to the pilot and his first officer.

Aircraft commander Capt. David Agnew and First Officer Captain Jean-Benoit Girard-Beauseigle shared control of the aircraft, shifting back and forth, depending on which one had the best view of the situation as it unfolded. When the hoist is being used, for example, the First Officer or the person in the right seat will take control of the aircraft.

While the helicopter crew worked together to keep the helicopter in the best position for the rescue, Sgt. Cisyk worked to get the crane operator into the horse collar and into the aircraft quickly and safely.

Continued on page 10



Once in the helicopter, the crane operator was checked for injuries and responses by the SAR Techs as he was rushed to Kingston General Hospital just seconds away.

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424 Squadron crew makes spectacular rescue look easy



Lt.-Gen. Yvan Blondin, Commander of the Royal Canadian Air Force, centre, accompanied by CWO Patrick Young, left, 424 Sqn. presented a special coin to 424 Sqn. members in recognition of their extraordinary efforts. Pictured here are: SAR Tech Team Leader Sgt. Cory Cisyk, second from left, Aircraft Commander Capt. Dave Agnew, second from right, and Flight Engineer Cpl. Iain Cleaton.

Photo by Ross Lees

Continued from page 9

The ease at which he was able to reach the operator and extract him from the boom speaks to the training of the Flight Engineer. "I'm truly impressed with the flight engineer, (Cpl. Iain Cleaton)," says Cisyk of his crewmate. "It showed the skill he has."

Cpl. Cleaton attributed his skill directly to the amount of training they do. "The SAR Tech will go out on the hook very trusting of myself and my fellow FEs that we're going to insert them and extract them precisely and safely, without hurting them so the amount of training we do just gets exercised and it almost



Addressing the media at the media opportunity on Dec. 18 are, from right to left, Major Marty Zimmer, Officer in Charge of the Trenton Joint Rescue Coordination Centre and the Search and Rescue (SAR) team, Aircraft Commander Capt. Dave Agnew, First Officer Jean-Benoit Girad-Beauseigle, Flight Engineer Cpl. Iain Cleaton, SAR Tech Team Leader Sgt. Cory Cisyk, and SAR Tech team member MCpl. Matthew Davidson.

Not shown in the picture are Maj. Colin Duncan, who was Acting Commander of 424 Rescue and Transport Squadron at the time of the rescue, and Chief Warrant Officer Tom Fagan, 424 Squadron CWO.

Photo by Ross Lees

becomes muscle memory of us," he stated. "We all have the same focus, the same goal in mind and relating training to the situation, yesterday that really showed itself. The training that we do can help us out in situations like this unusual rescue in downtown Kingston."

The teamwork didn't stop once the crane operator was in the aircraft, according to Cpl. Cleaton.

"The SAR Techs checked the crane operator for his physical health and ability to communicate," he said. "The rest of us all had a job to get back to. Once that part of the mission (was) complete, we (had) to secure the helicopter. We all (had) a job to do. The pilots (took) us down to our proper approach to the pad (helicopter pad at KGH). I (had) my head out the door (to make) sure we're clear in the surrounding area so there really wasn't time after we had the operator on board to talk about (the rescue) because we were actually into another phase of the flight where all of us had an individual job to do."

"Then we had a helicopter to get back to the Trenton, land, debrief ourselves and of course there was some congratulating going on," he noted. "We were all pretty happy as a team how well we worked together and the effective result of the mission. The big thing for us was to just carry on."

424 Sqn rescue crew members:

Capt. David Agnew,
Aircraft Commander, White Rock B.C.

Capt. Jean-Benoit Girard-Beauseigle,
First Officer, Chicoutimi. Que.

Cpl. Iain Cleaton,
Flight Engineer, Winnipeg, Man.

SAR tech Sgt. Cory Cisyk,
Team leader, Regina, S.K.

SAR tech MCpl. Matthew Davidson, Comox, B.C.

Messages to 424 Squadron rescue crew

Please pass this along to the crew of that helicopter. Well done and have the same Merry Christmas that you so courageously gave the gentleman you rescued.

Dear Mr. Lees,

Saw the pictures and article on the rescue of the crane operator by the CFB Trenton pilot and rescue team. Couldn't find anywhere to write them to say "bravo!" Would you pass on the message? Great work!

Looks like the whole rescue operation by all the fire teams in and around Kingston was quite extraordinary. Congrats to all of them, too! Best regards,

M Peggy O'Neill

Editor/Writer/Corporate Trainer

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ASD support group

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Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 16 janvier, de 18:00 à 19:30. Service de garde disponible. Contactez Kelly Briggs 613-392-2811 poste 4527

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. Contactez: 613-965-3575. Billets à prix réduit.

Babies and Beyond

The Trenton MFRC and Children's Mental Health Services Trenton present "Babies and Beyond: The Place for Teen Parents and 'Mommies to be.'" This program will take place every Tuesday from 11:30 a.m. to 2:30 p.m. Lunch will be provided and child care and transportation are also available.

Cakes by Amy presents: Intro to Cake Decorating

Come beat the winter blues and learn some of your favorite decorating techniques including flowers, fondant, figurines, lettering and more. The six-week course costs \$100, which covers a six-inch cake for practice and take home, tools for use during class, icing, fondant or other food materials and a bulk barn discount during the course. Sign up at the MFRC reception by Jan. 16, 2014. Classes run once a week starting Jan. 23 until Feb. 27 (Thursday evenings) from 6:30 p.m. to 9 p.m. Payment is required upon registration. Minimum 16 years of age. (Note: 12- to 15-year-olds can attend if accompanied by parent)

Financial Advice You Can't Afford To Miss

Darran Leaker, a retired military member and an accounts manager at a local banking institution, will be on hand to bring you practical financial advice. The sessions will be tailored to post-Christmas debt and cover RRSP and TFSA account considerations for the new calendar year. You can sign up for one or multiple sessions on either Tuesday mornings from 9:30 to 11:00 a.m. or Tuesday evenings from 6:30 to 8:00 p.m. (dates and description listed below).

- Jan. 14 (evening) Reduce debt, free up cash, and reach your goals sooner
- Jan. 21 (morning) (same as above)
- Jan. 28 (evening) Five Principles of better borrowing
- Feb. 4 (morning) (same as above)
- Feb. 11 (evening) How to pay off your credit card faster
- Feb. 18 (morning) (same as above)
- Feb. 25 (evening) Investing and preparing for your future
- Mar. 4 (morning) (same as above)

Free childcare arrangements can be made at the time of registration at the MFRC or by calling reception at 613-965-3575. RSVP by Jan. 10, 2014. Post Christmas Debt, RRSP's and TFSA.

Play and Learn (Winter session)

Play 'n Learn is a bilingual program for two to four years old children and their parents/caregivers. This structured and fully facilitated playgroup will introduce a weekly theme through storytelling, songs, creative play, kitchen and science experiments and gross motor skill development. The program will promote consistency for your child's social development with regular playmates, an increase in language and listening skills as well as an initiation to pre-school dynamics and concepts. There will be a "20 minute parent/caregiver time-out." The purpose of this segment is for the adult participants to informally discuss parental

issues/concerns as well as to share successful tips and ideas. The program runs every Wednesday morning from 9:30 a.m. to 11:30 a.m., starting Feb. 5 to April 16. \$30 for 10 sessions. Register with reception.

Apprendre tout en s'amusant (session d'hiver)

Ce programme s'adresse aux enfants de 2 à 4 ans et aux parents/pourvoyeurs de soins. Ce groupe de jeux structuré et animé introduira un thème hebdomadaire à l'aide d'histoires, chansons, jeux créatifs, cuisine et expériences scientifiques et le développement d'habiletés motrices. Ce programme offrira à votre enfant une constance dans son développement social en côtoyant régulièrement les mêmes camarades, développera son langage et son écoute et sera initié à la dynamique et aux concepts pré scolaires. Nous offrirons une « pause de 20 minutes parent/pourvoyeurs de soins ». Le but de cette pause est pour permettre

aux adultes participant de discuter entre eux de différents points d'éducation des enfants et de partager des idées et petits trucs qui ont été utilisés avec succès. Tous les mercredis matin 9:30-11:30, du 5 février au 16 avril. \$30 pour 10 sessions. Veuillez vous inscrire à la réception.

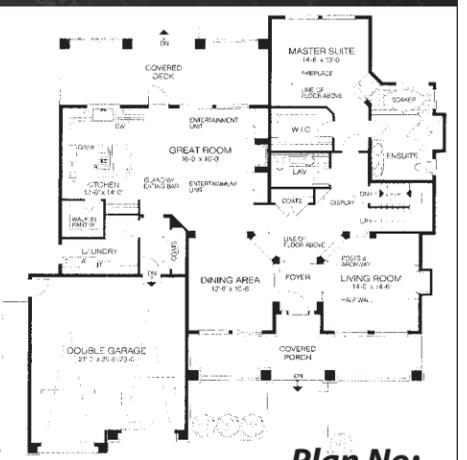
Family Literacy Day

Join us on Jan. 27 for Family Literacy Day. Clifford the Big Red Dog will be visiting the MFRC Playroom to celebrate. Story time will start at 10:30 a.m. Bring your favourite book to share with Clifford.

Journée de l'alphabétisation familiale le 27 janvier

La Journée de l'alphabétisation familiale. Bertrand le gros chien rouge vient visiter la salle de jeux du CRFM pour fêter. L'heure du conte débutera à 10h30. Apportez votre livre préféré pour partager avec Bertrand et les amis.

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This gracious, capacious three-bedroom home features a wide covered porch demarcated by wooden railings and stone-based pilasters, bringing to mind old-fashioned summers, with home-made lemonade and comfy wicker wing-chairs. The front door, bordered by sidelights, leads into a double-height foyer. Wooden posts frame an archway to the right, leading to the formal living room, and one to the left, leading to the dining room. Half-

walls allow views into both rooms from the foyer. Opposite the U-shaped staircase leading to the upper floor is a coat cupboard, with a powder room just behind it. To the left is the great room complex, where a fireplace is flanked by entertainment units. Separated from the spacious kitchen only by an island with a raised eating bar, the great room and kitchen form a splendid space that will be ideal for entertaining

on a grand scale, as well as for intimate family gatherings. The kitchen features an L-shaped counter configuration, and a roomy walk-in pantry will provide plenty of storage space. A small section of counter space could be the perfect spot for a telephone, fax and computer. Both the kitchen and great room enjoy access to a large covered deck that overlooks the back garden. On the other side of the house, the master suite boasts its own fireplace, as well as a dramatic double-height ceiling. Opposite the roomy walk-in closet is the en suite, with a double basin. As well as a tile-surrounded soaker tub, near a window overlooking the back garden, there is a corner shower. The powder room nearby will provide more facilities and ease the morning rush-hour. In the laundry room a counter offers space for folding clothes and linens. The

doorway opens on to a small corridor with another coat cupboard, a great place to keep the family's outerwear and sports gear. This corridor leads to the double garage, where there's enough room for a small workshop. Upstairs are the children's bedrooms, well-separated from the master suite on the main floor. Bedroom No. 2 is especially large, while the third and fourth bedrooms occupy the front gables, and boast windows with extra-wide sills, perfect for curling up with a good book. These two bedrooms are separated by an opening to the foyer below, with a window. The three rooms share a bathroom with a double sink. Exterior finishes include decorative wood pilasters that frame the gable windows, stone accents, wood shingles and stucco walls. This home measures 61 feet wide and 66 feet deep, for a total of 2,998 square feet.

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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.

Jan. 13 & 18 - Tai Chi Open House

Monday, Jan 13 from 10 a.m. until 12 noon at Christ Church Anglican, 39 Everett St., Belleville and on Saturday, Jan. 18 from 10 a.m. until 12 noon at the CORE Arts and Culture Centre, 223 Pinnacle St. (the old library), Belleville. See demonstrations, and find out about the introductory courses that will begin the following week, led by accredited volunteer instructors. For more info: www.taoist.org/kingston or call 613-399-5725.

Jan. 17 and 18 - CFB Trenton Pond Hockey Classic

Batawa Lions Community Rinks, Batawa. Jan. 17 - 8 a.m. to 8 p.m., Jan. 18 - 8 a.m. to 5 p.m. Team registration deadline: Tuesday, Jan. 14 at noon. To register your team or for more information visit <http://www.hockeyfortroops.com/>

Jan. 18 - Roots of Hockey Dinner

National Air Force Museum of Canada in the evening. Meet Walter Gretzky. Tickets are \$60 per person and are on sale at Smylie's Independent Grocer, Scotiabank Trenton (both locations), ScotiaMcLeod, Batawa Community Centre, and Trenton Memorial Hospital Foundation. For menu and more information visit <http://www.hockeyfortroops.com/>

Jan. 18 - Quinte Branch Ontario Genealogical Society Crouse-Wanamaker Lecture

This presentation will feature writer and publisher Orland French from Belleville. The topic will be "What's beneath your feet?" The presentation will be held at Quinte West Public Library, 7 Creswell Dr., Trenton at 1 p.m. Everyone is welcome and is invited to bring a friend. For further information visit www.rootsweb.ancestry.com/~canqpogs/

Jan. 25 - Quinte Ballet School of Canada Mad Men Gala

Enjoy culture and cocktails at the Quinte Ballet School of Canada Mad Men fundraising gala to be held at the Greek Hall, 70 Harder Dr., in Belleville. Tickets are \$125 per person. The event will feature live and silent auctions, cocktails, a cash bar, hors d'oeuvres, a three-course dinner, and a live performance by QBSC students. Tickets and info available by contacting 613-962-9274, info@qbsc.ca or quinteballetschool.com

Jan. 25 - AOTS Men's Club Soup and Sandwich luncheon Buffet

At 11 a.m. until 1 p.m. at Grace United Church, 85 Dundas St., East, Trenton. Build your own sandwich from a variety of choices and enjoy delicious soups, desserts and beverages. Adults \$7 and children \$4. Everyone is welcome. Proceeds to supporting youth.

Jan. 31 - CFB Trenton Blood Donor Clinic

The next blood donor clinic will be held at the Yukon Galley, 75 Yukon Rd., Astra, from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at www.blood.ca

Quinte West Council tours new construction at the base



Continued from page 5

To tell this aircraft from the older models, it was revealed you just had to note the pale gray colour of the aircraft as well as the six rotors on the engines, which were slightly angled.

At the conclusion of the tour everyone was invited back onto the base for an Open House on May 31 celebrating the 90th anniversary of the RCAF.

Finally, the bus pulled into the wash bay and everyone got out. The city has a deal with the base to bring their vehicles in to use the bay starting in the

New Year. Chris Angelo, director of Public Works, climbed the stairs and grabbed a hose. Mayor John Williams climbed up on the other side with Lt.-Col. Breton and took another hose. They turned on the water and washed the bus. Only a few minutes in, somebody realized the hatch on top of the bus was open and they had to scramble to close it, although not quite soon enough. A few people had to ride back to the HQ on wet seats with water still coming from a dripping hatch.

All part of the fun!



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DART team receives warm welcome

Typhoon Haiyan survivor Michelle Velosa, a Canadian Filipino from Toronto who was near Iloilio visiting her 90-year-old grandmother and family when the typhoon struck, shed tears while thanking the DART team for their efforts in her storm-battered country.



This returning DART team member enjoyed the welcome from the Filipino community she and her fellow DART team members received.

Photos by Ross Lees

Canadian DART team members are welcomed back to CFB Trenton by Lt.-Gen. Yvan Blonadin, Commander of the Royal Canadian Air Force and other high ranking military and civilian officials Dec. 19.

Continued from page 2

Everything was broken and you helped fix the country. People were desperate. On behalf of my family, I want to say a big thank you to the members of DART."

Ms. Velosa gave a good snapshot of the horrors faced by the Filipinos and the DART team members coming in to help in the disaster.

"Everything was broken and blown away. We walked the streets and saw dead and bloated bodies and no body bags," she said.

Lt.-Gen. Hainse expressed his pride in the DART team and their ability to respond to the crisis.

"The Canadian Armed Forces embody Canadian values of generosity and benevolence. Canada has consistently demonstrated time and again strong support for humanitarian assistance throughout the world; this time was no different. Our personnel strive to bring security, stability, support and hope to those who need it. I wish to congratulate our men and women on a job well done."

MP Rick Norlock said he was happy to see the Canadian military personnel coming home after

doing an excellent job in the Philippines.

"I am immensely proud of the hard work our men and women in uniform have done helping the people of the Philippines as they recovered from this devastating disaster. Their professionalism, dedication and skill in the spirit of helping people in need make me proud to call myself their fellow Canadian. Now, with their mission accomplished, I am happy to see them coming home for well-deserved time with their families."

In reflection, DART's list of accomplishments during that 40-day period in the Philippines is impressive.

During the relief effort, the DART produced approximately 493,346 litres of purified water, treated 6,525 medical patients, delivered approximately 230,485 pounds of food and 10,325 pounds of shelter and building materials (on behalf of non-governmental organizations), delivered approximately 59,536 pounds of humanitarian assistance goods (on behalf of local authorities), cleared 131 km of roads, and completed 184 CH-146 Griffon sorties, or flights.



This family posed for an impromptu portrait at the passenger terminal after the initial welcoming hugs and kisses were dispensed with.

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- RC Mass French - 1130 hrs
- Every 3rd Sunday Bilingual - 1015 hrs
- Confession: At all times
- Daily Mass: Tuesday to Thursday at 12:00 hrs

Baptisms: Please allow at least 30 days notice for preparation. For more information please call the chapel at 613-392-2811 ext. 4593 or 2490.
Marriages: Couples wishing to be married by a military chaplain must have their application approved prior to setting a date for the wedding. Normally at least one party must be active in a military or civilian church. Please contact the chaplain's office.

Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! The Contact reminds you that it is important to keep your appointment as patients in need are relying on you. Call 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to make an appointment to donate blood on Jan. 31 at CFB Trenton's Yukon Galley, 75 Yukon Rd., Astra (Ont.), from 10 a.m. to 2 p.m.

Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. The Contact asks you to book your appointment today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment at on Jan. 31 at CFB Trenton's Yukon Galley, 75 Yukon Rd., Astra (Ont.), from 10 a.m. to 2 p.m.

It takes many donations to save a life

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment on Jan. 31 at at CFB Trenton's Yukon Galley, 75 Yukon Rd., Astra (Ont.), from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at www.blood.ca

Inspiring others to give blood

The next blood donor clinic is on Jan. 31 at at CFB Trenton's the Yukon Galley, 75 Yukon Rd., ASTRA, from 10 a.m. to 2 p.m. Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at www.blood.ca

Giving blood is so vital.

You may not realize just how much blood is required to save a life. For instance, it can take:

1. 50 units of blood to help someone in a car accident
2. 2 units to help someone who needs brain surgery
3. 5 units to help someone in cancer treatment
4. 8 units-a-week to help someone with leukemia
5. 5 units to save someone who needs cardiovascular surgery
6. 2 to 8 units to help someone with internal bleeding
7. 2 units-a-day to help someone undergoing a bone marrow transplant

Rally Together to Save Lives.

It's important to spread the word about donating blood – 43 per cent of first time donors actually go with someone else to donate. Bring a new donor to the next blood donor clinic on Jan. 31 at CFB Trenton's Yukon Galley, 75 Yukon Rd., Astra (Ont.), from 10 a.m. to 2 p.m.

Safety



Smoke alarms are your best defense

Fire is one of the leading causes of accidental deaths. It's important for everyone to take every precaution possible to be ready to deal with a fire emergency.

More than half of all fatal household fires occur between 10 p.m. and 6 a.m. when everyone in the home is usually asleep. A smoke alarm is necessary to alert you to fires when you are asleep.

Smoke alarms detect the earliest stages of combustion to allow enough time to evacuate the home safely.

For minimum protection, detectors must be placed between the living areas and the sleeping areas to intercept smoke before it reaches the bedrooms. In multi-storied homes, detectors

should be located on the ceilings of stairwells that separate the floor levels. However, the location of the smoke alarm in the vicinity of sleeping areas does not provide protection for the occupants from a fire starting in their bedroom with the door closed. It may be wise to have additional alarms within each bedroom itself, especially if you smoke.

A closed door can delay the movement of smoke, preventing it from reaching a smoke detector, so place smoke alarms in hallways. Fire confined to a large room often develops great intensity before it breaks out. The basement is one area that can be large, removed from the alarm, and isolated by some type of door closure at the top of the

stairs. Because basements do account for a significant number of fires, it is recommended a smoke alarm be placed at the head of the stairs leading from the basement.

Smoke detectors should be located on or near the ceiling, away from doors and other obstructions.

Avoid air currents from doors, windows, fans and vents because turbulent air may prevent combustion particles from reaching the alarm.

Before installing, read the manufacturer's instructions carefully.

Smoke detectors are a small price to pay for a good and safe night's sleep for you and your family!

Wing Awards and Commendations

Wing Commander's Commendation



Ms. Daphne Mullin recently received her Wing Commander's Commendation from Wing Commander Col. David Lowthian. Submitted photo

Wing Administration promotion



Lt.-Col. Elizabeth Cameron, 8 Wing Administration Officer promoted Private Jenifer Bell to Corporal recently with Chief Warrant Officer Jean Lafond, 8 Wing Admin Branch, looking on. Submitted photo

Congratulations!

Wing Comptroller CD presentations



Maj. Mike Stoddart, 8 Wing Comptroller, presented Capt. Richard Lane his CD1 in October. Capt. Lane enrolled in Peterborough, Ontario in 1989 as a non-commissioned member (NCM) in the Navy. He commissioned in May of 2002 and transferred into the RCAF in 2009.



Maj. Stoddart also presented Master Seaman Rowena Tam her CD1. MS Tam enrolled in the Naval Reserve in 1988 at HMCS Scotian, Halifax. She transferred into the Regular Force on Sept. 1, 2012. Photos by Cpl. P.C. Carandang, 8 Wing Imaging

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