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Const. Silvio "Syd" Gravel, then 34, was on patrol with a new recruit in Ottawa's Ledbury-Heron Gate area early one morning some 25 years ago. The radio crackled and

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and "How to Survive PTSD and Build Peer Support" at Sylvio (Syd) A. Gravel, Author Syd is the author of "56 Seconds" and How to Survive PTSD and Build

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Bio: Sylvio Gravel . Staff Sergeant (Ret'd.) Sylvio (Syd) A Gravel, M.O.M. Syd Gravel, "56 Seconds" and "How to Survive PTSD and Build Peer Support".

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Syd Gravel is a retired Staff Sergeant from the Ottawa Police Service and is one Syd has personally assisted over 40 officers survive near 56 Seconds, he

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**56 seconds**

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Canada Syd Gravel is a 31 year veteran and former Staff Sergeant of the Ottawa Police Syd is the author of 56 Seconds Sylvio (Syd) A Gravel,

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