

# LOOKOUT

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## NEWS 14

HMCS Ottawa joins  
exercise in Australia



## Command change at sea

Photos by Cpl Chris Ringius, Formation Imaging Services, Halifax  
**Above:** Cdr Bradley Peats (left), Commanding Officer (CO) of HMCS Vancouver, Capt(N) Scott Bishop (centre), Canadian Forces Task Force Unified Protector, and Cdr Craig Skjerpen (right), CO of HMCS Charlottetown, sign the Task Force Charlottetown Change of Command certificates turning Task Force Command over to Vancouver. Vancouver officially relieved Charlottetown as Canada's naval contribution to enforce United Nations Security Council Resolution 1973 to protect civilian populations in Libya during a brief ceremony on Aug. 18 in the port of Palma de Mallorca, Spain.

**Left:** Members of HMCS Charlottetown ready the lines to come alongside HMCS Vancouver prior to the Task Force Change of Command taking place.



Editorial & Opinion..... 4  
Bravo Zulu..... 15  
Classifieds..... 18-19

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# "Royal" navy once again

**Dawn Bennett**  
Staff writer

Last week, with the saluting dais at Duntze Head as a back drop, Associate Minister of National Defence, The Honourable Julian Fantino, made the announcement the royal designation was being re-instated to the Canadian Forces.

After much lobbying by veterans, Maritime Command is once again the Royal Canadian Navy (RCN), Air Command returns to the Royal Canadian Air Force (RCAF) and Land Force Command is now the Canadian Army.

"These were the names under which Canadians fought and emerged victorious from the First World War, the Second World War, and from Korea, under which they contributed to the deterrence and defence of Europe and North America from the early days of the Cold War," said Minister Fantino. "These were also the names under which Canadians served on the first international peacekeeping missions."

Prime Minister Sir Wilfred Laurier officially requested the designation of "Royal" for the Canadian Navy in January 1911, and the authorization letter received from King George V was dated August 16,

*These were the names under which Canadians fought and emerged victorious from the First World War, the Second World War, and from Korea.*

-Julian Fantino  
Associate Minister of National Defence

1911. This means the official restoration of the designation announced last Tuesday, comes 100 years to the date on which it was originally bestowed.

The return of the royal designation, welcomed in most circles, is meant to restore a recognizable part of Canada's military heritage and honour veterans who fought and served under the royal designation.

RAdm (Ret'd) Ken Summers, President of the Naval Officer's Association of Canada, spoke about about the restoration and ended his speech with an email he received from a woman who said, "Thank you for restoring the royal designation to the Canadian Navy. I wish my dad were here to see this, but I know that wherever he is, he's smiling."



Photos by Dawn Bennett, Lookout

**Above:** Julian Fantino, Associate Minister of National Defence, takes questions from reporters following the announcement at CFB Esquimalt.

**Right:** Special guests included retired members, left to right: Adm John Anderson, VAdm Gary Garnett, VAdm Bob George; CPO1 Dick Todd, CPO1 Keith Hunter, and CPO1 Dave Mollison.



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# End of an era for sonar technology

**Ben Green**  
Staff writer

For the past five years, the giant spools of the Variable Depth Sonars (VDS) have been collecting rust. Since 2006, the submarine hunting technology has been on dry land, reduced to shore duty. Now, after almost 50 years of service in the Royal Canadian Navy, they're being stripped and recycled.

A Canadian development, the VDS first started with the installation of a prototype in HMCS Crusader from 1955-1960. In the years following the trials in HMCS Crescent, they were made available to ships in active service. Originally fitted on HMCS Crescent, Algonquin, St. Laurent and Annapolis, by the mid-1960s seven improved St. Laurents, HMCS Annapolis, HMCS

Nipigon, four improved Restigouche-class, and four Iroquois-class destroyers were also fitted with the technology. The Royal Navy also adopted the Canadian system, calling it Type 199.

VDS, an active sonar, was no different from similar devices of the period.

"All active sonar work in a similar manner," says PO2 Dave Brake, a sonar operator at Canadian Forces Fleet School Esquimalt. "A sound pulse is put into the water from a transducer and, if it strikes an object of adequate size, a return echo is heard and displayed on the sonar screen providing the bearing and range of the contact."

Lowered over the stern of the ship from a frame mounted on the quarter deck, the VDS was attached to a towing cable that could be lowered to different depths to detect its main

prey, submarines.

"Its range and bearing accuracy were very precise and certainly within the criteria for torpedo attacks to be effectively conducted," says PO2 Brake.

In the 1980s, important developments in passive, tactical, and surveillance towed array systems began to transition away from the active systems like the VDS. Passive systems could offer greater ranges than its active predecessors and didn't give away a unit's position with an active pulse.

"VDS was not so much replaced by a better system as it was supplanted by a new focus in passive localization," says PO2 Brake. "The VDS represents a technology of shouting and waiting for an echo where as the passive systems are comparable to putting your ear to the ground and listening for movement."

With the development of the Canadian Patrol Frigates, the VDS was also phased out because the frigates were fitted with the Canadian Towed Array System and the Hull Mounted 505. In 2006, just over half a century after they were first trialed, the last of the VDS was removed from the destroyers HMCS Iroquois and Algonquin.

"The big difference (between the VDS and the newer passive systems) being, your target of interest can hear you shouting and locate you, but they cannot hear you listening," says PO2 Brake.

While the VDS' service in the Canadian navy might have come to an end, PO2 Brake says they always gave those who operated them a good chuckle.

"Funny enough, sonar operators were historically known to tell tourists and anyone else they could convince that it was the commanding officer's escape pod!"

Currently Fleet Maintenance Facility Cape Breton weapons fitter/machinist Pete Bliewert is tasked with stripping the remaining five VDS systems in dockyard. Each one has to be stripped of scrap metal, aluminum, and steel, have all the excess oil drained and collected, and then disassembled completely. To completely recycle, a single unit can vary between a few weeks to a few months of work depending on the condition it's in.



Ben Green, Lookout

Pete Bliewert, a weapons fitter/machinist at Fleet Maintenance Facility Cape Breton, attaches a harness to one of the variable depth sonar (VDS) engines as he prepares to lift it off with a forklift. Bliewert has been tasked with stripping the machines down for scrap metal.

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# matters of OPINION

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## A SERIES ON FAMILIES AFFECTED BY DEPLOYMENT



**Hugh Kruzel**  
Contributor

I am in panic mode. Air Cadet summer training is coming to a close leaving our daughter Hannah with two weeks before school starts. The end-of-summer adventure I planned for her has been cancelled due to low enrolment, so it is a mad scramble to find something fun-filled and age appropriate so late in the summer.

And I am unwilling to let her lounge at home until the first day of classes, and the start of cadet parade Mondays.

Options peter out as September looms on the horizon. Even Staples and Zeller's have their back-to-school flyers out.

Yes, it is difficult to find

# Summer adventures nearing an end

Hugh writes this weekly column to share his story while his wife is engaged in Operation Mobile. He hopes there are ideas and encouragements for you to maximize your deployment experience, and your posting on the west coast.

activities for kids of a certain age. Tween and teen choices are a desert. It seemed easier and broader when they were ages seven to 11.

So what is a single dad (wife deployed) to do? Are you in the same situation? Wouldn't it be nice to just pack up the car and head to the shores of Okanagan Lake? Well, that isn't going to happen this year, not after the car repair bill.

But I have a secret solution though: The Gulf Islands Film and Television School. Hannah's last video production won her a full scholarship. She would be delighted. I have my fingers crossed there is space. She would spend either one or two weeks in program. She may also earn high school credits.

There are always swimming classes. Bronze Cross and Medallion courses are being held at the Oak Bay Recreation Centre. My two kids have already completed Food Safe, Red Cross, and other certifications, and when old enough



Hugh Kruzel, Contributor

**Getting ready for summer training. Hannah Kruzel and Ryan Davies celebrated their promotion to the next rank at the end of year parade at the Bay Street Armoury.**

I'll get them to take Serve-It-Right. One more option for Niko is driving school.

My "A" personality demands there must be plans. I have

collected all the parks and recreation activity guides. Surely there must be something that will enrich the dying days of August.

## People Talk

Lookout asked five personnel awaiting training this question:  
*What made you want to join the Canadian Forces?*



This experience you can't receive in the civilian world, it's a great team atmosphere. I really wanted the new experience of working with the military forces.

**OS Dan Hoffer**



I joined to be part of a cohesive team and get the experience to see new places and experience things I wouldn't normally.

**OS James Fletcher**



The pension, but the main reason was my dad wanted me to get a government job, what better government job than the Canadian Forces? You can always branch out, experience different things and never stop learning.

**OS Jason Lee**



I wanted a job that was more than just a pay check to me. Here it's a job to be proud of and if it comes up in conversation it's something people will recognize.

**OS Patrick Burgess**



It's definitely a job I can say I'm proud to work. It's a job I feel I can do for the rest of my life, take pride in, and do for the rest of my career.

**OS Tom Eustace**

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# Veterans Affairs holds info sessions throughout Canada

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Thousands of CF personnel, veterans and their families have been filling base auditorium halls across the country to hear about the programs and services available to them from Veterans Affairs Canada (VAC).

VAC staff has met directly with CF personnel, veterans and their families, to build a better understanding of the programs and services that are available through the New Veterans Charter (NVC).

"Our presentation clearly demonstrates how the NVC is a better option for today's veterans," said Katherine Morrow, a VAC presenter who is also a veteran and the mother of an injured soldier. "The Charter shifts the focus from a lifetime of disability to encouraging wellness – which is what our men and women really want most."

The presentation provides easy-to-understand case scenarios that show what benefits and services a veteran would receive under the old system versus the NVC.

Each session concludes with a question and answer period with a panel of VAC subject-matter experts.

Participants also have the opportunity to speak directly with a VAC staff member to ask personal

*The Charter shifts the focus from a lifetime of disability to encouraging wellness – which is what our men and women really want most.*

-Katherine Morrow  
VAC presenter

questions or to schedule a meeting.

VAC has received very positive feedback from the sessions.

With the support of RAdm Andy Smith, Chief of Military Personnel, information sessions were planned for 19 bases and wings across the country.

"I am pleased with the tremendous turnouts and participation from CF members," said RAdm Smith.

After a successful start at CFB Galetown in November 2010, VAC has visited a total of 13 bases and wings, reaching out to more than 7,000 CF personnel.

The next townhall will be held in the Naval Officers Training Centre gym on Sept. 8 from 9 to 11:30 a.m.

For a calendar of confirmed information sessions, please visit veterans.gc.ca and select the Calendar of Events link on the left-side menu.



Mike Erwin, Contributor

The Gnaval Gnome is seen here outside the Maritime Forces Pacific Headquarters. Gnaval Gnomes are gnormally gnomadic, but this one has chosen Esquimalt as his Gnome Port Division.

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# Harbour filled with young and old sailors this summer

**Ben Green**  
Staff writer

From Munroe Head, a small nook on the north side of Esquimalt harbour, the Canadian Forces Sailing Association (CFSA) has the ideal platform to inspire the next generation of sailing enthusiasts. During the summer the club hosts their annual Learn to Sail program which sees people, young and old, get on the water for short courses in nautical knowhow.

The courses are split into two categories, basic and advanced sailing, with various sub-sections in each. A participant's age and experience level determines which class of boat they'll train in

Basic sailing promotes a fun environment where the students learn about safety on the water, terminology, as well as proper boat operation. Students four to 12-years-old use an Optimist-class dinghy, or an "Opti." This eight-foot, one person dinghy has a large rudder and one main sail that makes it ideal for those just getting their feet wet. Students 12 and older use an Albacore dinghy that is almost double the size of an Opti and has two sails instead of one.

Advanced sailing is for graduates of the basic course who want to refine what they've learned and pick up a few more difficult techniques such as sailing backwards. Students of the advanced course sail in 420s, a two-person lightweight skiff that's more challenging to handle and promotes greater independence out on the water.

One of the more popular courses CFSA provides is called "Opti Level 1", a basic sailing course for children seven to 12 years old. Here, children are given the opportunity to sail while being guided by an instructor from CFSA. All instructors are certified by the Canadian Yachting Association.

"It's great with kids this age, once one gets it they can explain it [to others] and it solidifies their learning," says Claire Brady, a CFSA instructor and a seasoned sailor.

Out on the water, the children are run through various drills and given tasks and checkpoints they must sail to. Occasionally the instructor will blow a whistle with three sharp blasts, which signals the dinghies to report in for an evaluation, tips, and further instruction.

"It's going good, I like it," says

Nash, a 10-year-old participant of the "Opti Level 1" course. "My dad has a sailboat and every summer we go sailing, he wanted me to learn to sail."

CFSA also offers more specialized courses such as basic cruising, basic power boating, VHF marine radio use, and pleasure craft operation. Private and group lessons are also available.

Courses usually run for one week (some of the advanced ones take two), Monday through Friday, 9 a.m. to 4 p.m., rain or shine (only high winds will cancel a sail). Adult courses are held in the evenings, 6 to 9 p.m., and on the weekends, 9 a.m. to 4 p.m. Some of the advanced levels, such as White Sail or Bronze Sail, have different schedules and times, which can be found on the CFSA website at [www.cfsa.wordpress.com](http://www.cfsa.wordpress.com).

Any questions about the courses offered by the club or any upcoming opportunities in the fall can be addressed to [cfsatraining@gmail.com](mailto:cfsatraining@gmail.com).

The CFSA has approximately 300 members and has around 130 sailboats. The club's primary objective is to provide training, recreational, and competitive sailing opportunities for members and their families.



Ben Green, Lookout  
Hamish and Ronan participated in the Canadian Forces Sailing Association's Learn to Sail program. Several groups, ranging in age from four to adult, learned navigation and sailing skills in Esquimalt Harbour.



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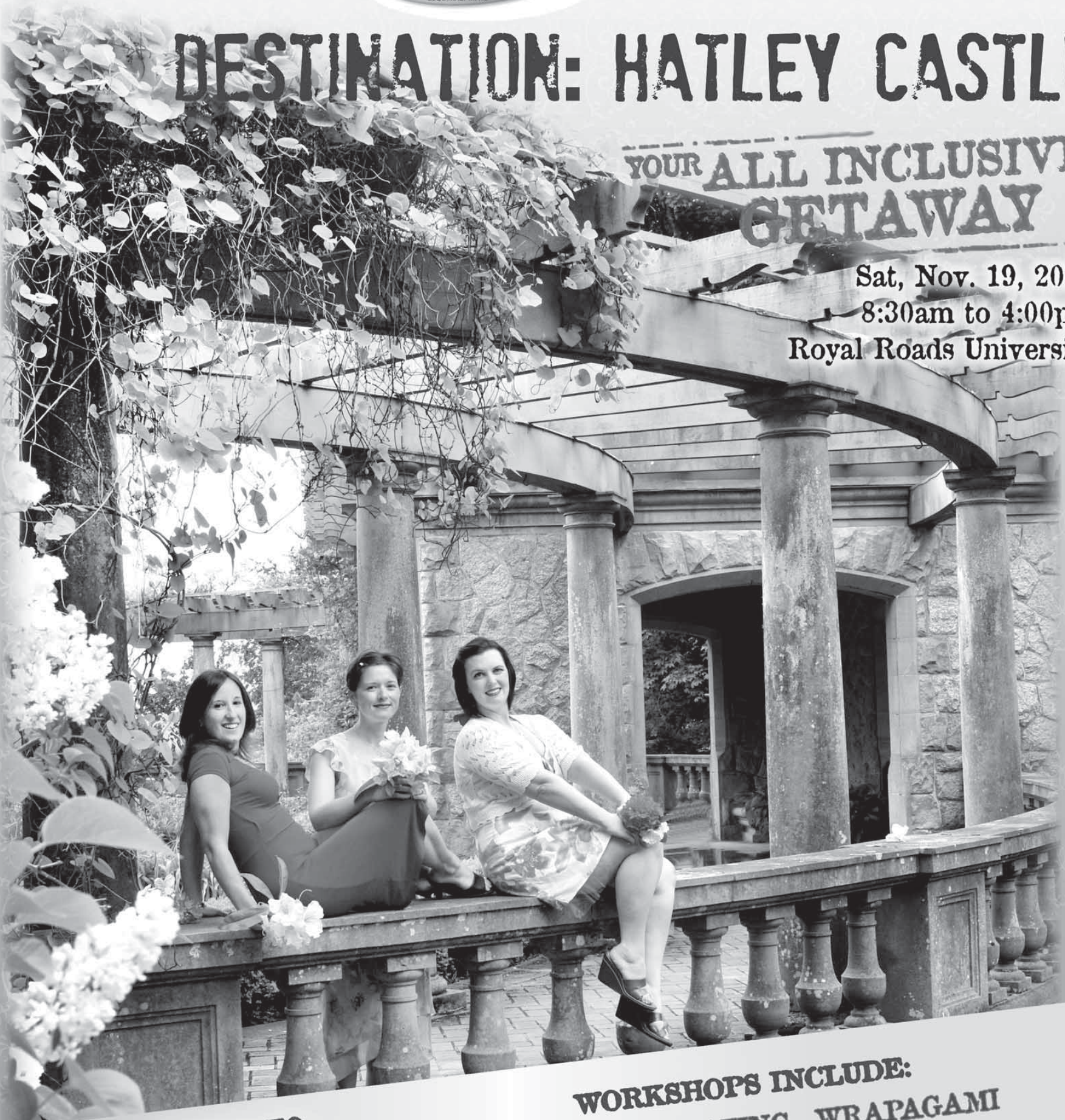


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HMCS Quadra's ceremonial Blue Boat flies the Lieutenant Governor's flag as LGov Steven Point is transported to the parade site.

# Lieutenant-Governor reviews sea cadet parade

**Lt Michelle Wilson**  
Cadet PAO

Sea Cadets at HMCS Quadra Sea Cadet Summer Training Centre in Comox recently had Steven Point, Lieutenant-Governor of B.C., aboard.

LGov Point, himself an Air Cadet in his youth, was the Reviewing Officer for the General Training Course Graduation parade and third Ceremonial Divisions at the Training Centre on Comox Goose Spit. This was his first visit to Quadra.

Sea Cadets of Quadra's Boats department brought LGov Point to the floats

in the Ceremonial Blue Boat, where he was met by a Guard of Honour and piped aboard by the ship's seamanship instructors. Once aboard, cadets undergoing drill and ceremonial training fired a 15-gun salute with naval saluting guns and LGov Point's flag was raised to the top of the ship's mast.

This parade marked the end of two weeks of introductory summer camp training for the 12 – 13-year-old cadets, many of whom have never been away from home before. Cadets spent two weeks taking part in cadet training activities that includ-

ed air rifle marksmanship, damage control training, sailing in cutters, whalers and dinghies, seamanship, running the confidence course, ceremonial drill, radio communication, as well as basic music theory and skills.

Graduating cadets were reviewed by the Lieutenant-Governor, with the remainder of the ship's company being inspected by dignitaries. After the parade, the cadets departed Comox, returning to communities across B.C., Alberta, Saskatchewan, Manitoba and North-Western Ontario.



Lieutenant Governor Steven L. Point (left), an Honourary Captain (Navy), chats with Cadet Sergio Novoa (right) from Brandon, MB, while Divisional PO1 Katriona Byard looks on.

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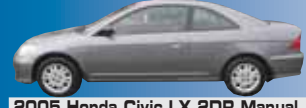


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# NAVY CFB ESQ 10K

photos by  
Dorion Dellabough, PSP



**More than 300 runners took advantage of the cool but clear weather to participate in the Navy 10K Run on Aug. 14.**

**Left:** Left to right: Frederick Jasklewicz, William Levesque and Hugh Judd easily beat the one hour mark as they storm across the finish line.  
**Below:** RAdm Nigel Greenwood, Commander Maritime Forces Pacific, crosses the finish line.







## 10K Top 10

1	Male	32:45	Ryan McKenzie	Victoria
2	Male	35:37	Name Unknown	Victoria
3	Male	35:46	Paul O'Callaghan	Victoria
4	Male	36:34	Jairus Sireight	Victoria
5	Male	36:49	Tim Hurley	Victoria
6	Male	37:32	Matthew Carlson	Victoria
7	Male	37:52	Felipe Edora	Victoria
8	Female	38:21	Claire Morgan	Victoria
9	Male	38:31	Kyle Weathery	Victoria
10	Female	38:43	Kate Scallion	Victoria

## 5K Top 10

1	Female	20:30	Michelle Gordon	Victoria
2	Female	22:54	Isabelle Malczynski	Victoria
3	Female	24:37	Marie Dupuis	Langford
4	Male	25:22	James Bradbury	Victoria
5	Female	25:58	Leslie Currie	Comox
6	Male	26:50	Taylor Holmwood	Victoria
7	Female	26:49	Elizabeth Sleen	Victoria
8	Male	27:05	Gene Fedderly	Victoria
9	Male	27:19	Dan Eddy	Sooke
10	Female	28:13	Maria Janicker	Victoria



RAdm Nigel Greenwood, Commander Maritime Forces Pacific, hands out medals to the top runners.



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Andrea Curran, Contributor

Above: MS Derek Fedoryshyn runs through Work Point with his son, Jet. Left: Kathleen Bevil and Laura Nicholson wrap up their 5 km walk.



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# The Last Post Fund, a history of service and dedication

**Éliane Francoeur**  
Last Post Fund

The Last Post Fund, a national organization established in Montreal, originates from an act of compassion, respect and patriotism.

December 1908, an unconscious homeless person was taken to the Montreal General Hospital by two police officers. Allegedly drunk, he was left in a room to sleep it off. Later on, the head orderly Arthur Hair – a veteran of the South African War – noticed an envelope sticking out of the man's coat pocket. It contained a certificate of honourable discharge and good conduct issued to Trooper James Daly by the Great Britain War Office.

Daly had served for 21 years under the British flag and this document was his sole possession. It turned out soldier Daly was not drunk, but suffering from malnutrition and hypothermia. He died two days later at age 53 without having regained consciousness. His unclaimed body would be turned over to science before disposal in a paupers' field, as was then customary.

Deeply shocked by the Empire's disregard for its veteran, Hair raised money from friends and colleagues to give the soldier a dignified burial worthy of his many years of service. This was the catalyst for the creation of the Last Post Fund



At the entrance to the National Field of Honour stands the Gate of Remembrance that serves a memorial to all those who made the supreme sacrifice for their country.

(LPF) in 1909.

The early work of the LPF was exclusively supported by private donations. Then, in 1921, it was federally incorporated and began receiving regular financial support from the Canadian Government.

Since its humble beginnings, the LPF has ensured that no eligible veteran is deprived of a dignified funeral, burial and headstone for lack of financial resources.

Its primary mandate is to deliver the Funeral and Burial Program on behalf of Veterans Affairs Canada. To date, close to 150,000 veterans have received financial assistance under this program.

In addition, the LPF owns and operates the National Field of Honour located in Pointe-Claire, Quebec. Established in 1930, this

beautiful military cemetery, the first of its kind in Canada, has become the final resting place for more than 20,000 veterans and their close ones. It is now a national historic site as designated by the Government of Canada.

In 1996, the LPF created a program aimed at placing a military headstone on all veterans unmarked graves, attesting to their service to the country. It is estimated that nearly 40,000 Canadian and allied veterans have been buried anonymously.

Consequently, the LPF SDS is now appealing to all in order to report any unidentified grave that may be found. Mandated by the Department of National Defence, the LPF also provides headstones for eligible members of the Canadian Forces.

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SPORT NEWS: RIO DE JANEIRO HOSTS MILITARY ATHLETES

# Military World Games a spectacular event

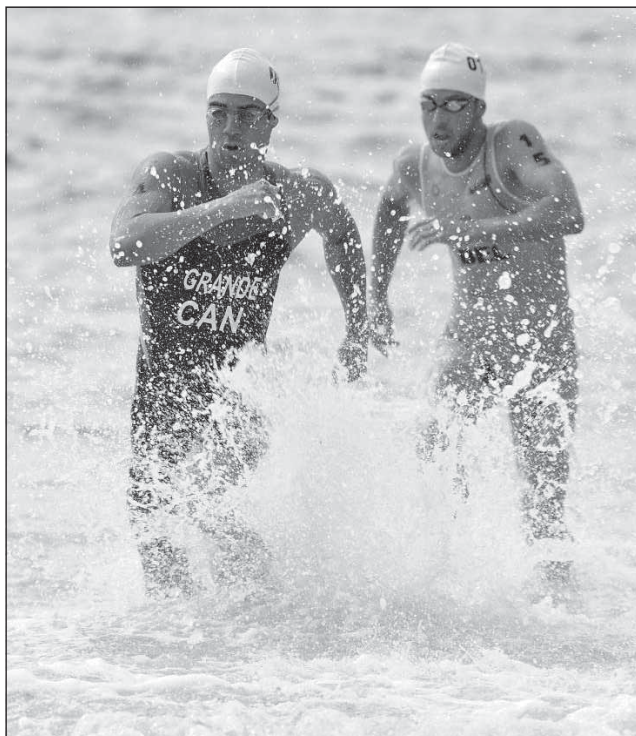
**Jen Dalziel**  
CISM

With 6,000 military athletes, 111 countries, 20 different sports, and eight days of competition, the recent 2011 Military World Games in Rio de Janeiro, Brazil, was a sports showcase unlike any other.

An Olympics-style multi-sport event, the Military World Games is organized by CISM, the Conseil International du Sport Militaire, an international organization that aims to promote peace and friendship through sport. The Games have been held every four years since 1995, always one year earlier than the Summer Olympic Games. This year's Military World Games was hosted by Brazil, a sunny, picturesque setting for the large-scale outdoor events.

The Military World Games marked the first in a series of international sports events to be hosted in Rio de Janeiro in the coming years – in 2014, the FIFA World Cup will be held there, and in 2016, Rio will host the Summer Olympic Games. Given these upcoming high profile events, the Military World Games provided a perfect opportunity for Rio to test its hosting skills. Thousands of staff members and volunteers tackled the challenge with energy and enthusiasm.

The Games kicked off in style with the opening ceremony July 16. Thousands



Triathletes begin the swim portion of their event this year's CISM Military World Games.

of sports supporters and local fans poured into Rio's newly-constructed Olympic Stadium to take part in the party. The ceremony featured military music and marching, lively dance performances, music from several Brazilian artists, as well as speeches from Brazilian President Dilma Rousseff and CISM President Colonel Hamad Kalkaba Malboum of Cameroon. The ceremony also gave the athletes the chance to join their peers in a Parade of Nations, marching behind their national flags in full military regalia.

After the torch was lit, eight days of non-stop sporting events began. The

Canadian Forces was well-represented at the Games, with teams competing in men's basketball, women's soccer, men's and women's volleyball, and men's sailing. Individual male and female athletes competed for Team Canada in fencing, taekwondo, swimming, track and field, marathon, shooting and triathlon.

Since many nations include their Olympic and world champion athletes among the ranks of their militaries, the Military World Games provided Canadian athletes with an unparalleled opportunity to push their limits while competing and learning from the best. Whether

by achieving a personal best time, placing in the top five or top 10 of an event, or simply by taking full advantage of the opportunity to connect with other top-tier athletes from around the world, all of Team Canada's athletes performed admirably throughout the Games.

Two Canadian athletes achieved exceptional success, rising above the ranks to win medals. MCpl Jean Lelion of Montréal was the first Canadian to reach the podium, winning a bronze medal in the Men's Épée fencing competition on July 20. Canada's winning streak continued on July 23 when OS Yvette Yong of Coquitlam won Canada's first gold medal in the taekwondo competition, besting Vietnam, Germany and China to win the Women's Under 46 kg category.

Sports competition aside, the spirit of the Military World Games was perhaps best embodied by the way it concluded. At the closing ceremony, rather than holding a formal Parade of Nations, all of the athletes marched into the stadium together. It was a joyful sight to behold: thousands of athletes from every corner of the globe rushing into the stadium in their national colours. For a while, everyone just blended together, a blur of laughs, high-fives and hugs, while everyone shared a sense of pride and accomplishment, and indeed, friendship through sport.



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# HMCS Ottawa joins 'sabre rattling' off Queensland Coast

**SLt Robert Kerr**  
HMCS Ottawa

On July 9, amidst the hustle and bustle of an early Saturday morning in Australia's capital, *HMCS Ottawa* quietly departed Sydney and set a course that would take her straight to the Coral Sea to take part in Exercise Talisman Sabre 2011 (TS11).

Talisman Sabre is a biennial military exercise whose primary purpose is to train allied forces in the planning and conducting of various task force operations.

This allows army, navy and air force personnel to improve combat readiness and interoperability on a variety of missions including conventional conflict, peacekeeping, and humanitarian assistance efforts.

This year, in addition to 14,000 American and 8,500 Australian personnel, *Ottawa* was fortunate enough to take part in this dynamic exercise. *Ottawa* was the only military asset outside of the U.S. and Australia to be invited to participate, and it proved to be an invaluable training



HMCS Ottawa operates in the Coral Sea in company with USS Fitzgerald (left) and USS McCampbell (right).

experience for the ship's company.

TS11 lasted from July 11-26 and provided the ship's company with the opportunity to take part in a variety of operations including anti submarine warfare, air defence exercises, replenishments at sea (RAS) and multi-

national task group operations. Perhaps the most rewarding training was the chance for *Ottawa* to work in company with the Royal Australian Navy – something not often feasible given the great distance separating the two countries.

The units participat-

ing in TS11 included HMA Ships Perth, Ballarat, Sirius, Sydney and Newcastle. Among the American vessels contributing to the exercise were USS Fitzgerald and USS McCampbell, USNS John Ericsson, an Auxiliary Oil Replenishment Ship, and the dry cargo ship USNS

Richard E. Byrd. Also present was an American Los Angeles Class fast attack submarine – USS Albuquerque, which often acted as one of the formidable enemy forces throughout the operation, providing a measure of realism to the exercise, and allowing ships to rehearse tactics in

anti-submarine warfare.

Overall, TS11 was well organized, well executed, and presented numerous training opportunities for all sailors aboard *Ottawa*. This was the first time many of the crew had been to this area of the world and the adventure was both exciting and valuable.

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# Canadian Army cadet earns award of excellence abroad

**Capt Kimberley S. Banaszkiwicz**  
National Youth Public Affairs Officer

It is no secret that the Royal Canadian Army Cadets appeal to teenagers who crave exciting outdoor activities where their personal limits are tested, both as individuals and as team-members.

Recently, Sgt Wina Huang from 2947 12 (Vancouver) Service Battalion Royal Canadian Army Cadet Corps, located in Richmond, B.C., had the opportunity to do exactly that.

Sgt Huang, who was selected for the Maple Leaf Exchange to England, was one of 11 cadets – and the only Canadian cadet – to receive a Standard of Excellence award during the Cadet Leadership Course at Frimley Park, Surrey, England.

The Cadet Leadership Course challenges British and Canadian cadets aged 16 to 18 years in practical activities that develop leadership, initiative, self-reliance and team spirit. Each course of 120 cadets is organized into teams of 10 who compete throughout the seven-day program. Each cadet is given opportunities to lead their team in a series of leadership activities, skills events and sports competitions. A balance is struck between physical and mental challenges.

The activities include orienteering, volleyball, tug-of-war, a raft race, a three and a half mile march and shoot race, a log race, and two obstacle course events.

The cadet military skills events include practical map-reading and a tactical field exercise over three days and two nights. The field exercise incorporates setting up

a base camp and conducting patrols.

Apart from testing self-reliance, stamina and mental agility, each activity focuses on leadership skills. They are required to assimilate briefings, analyse the information, make a plan, brief their team and carry out a task.

Cadets invariably find the fast-paced routine demanding but enjoyable, and learn a great deal about themselves and team work. They leave with improved self-confidence, the ability to contribute more to their cadet organization, and the opportunity to improve their leadership and personal skills beyond the cadet environment.

If that was not enough, Sgt Huang also won the Ambassador Award at Connaught National Army Cadet Summer Training Centre located in Ottawa, ON. This award is presented to those cadets who have been exemplary representatives of Canada during their stay abroad, and who have demonstrated genuine interest in the host country's history and culture; enthusiastically adapted to that country's customs; demonstrated leadership throughout the course; was proactive and an example for his/her peers; and demonstrated the qualities of a true ambassador of the Royal Canadian Army Cadets.

Representing Canada well, achieving a standard of excellence and winning the Ambassador Award, Sgt Huang has certainly demonstrated exactly what the Cadet Program aims to do: preparing Canadian youth to become the leaders of tomorrow, and encouraging them to become active, responsible members of their communities.



**Top:** Sgt Wina Huang receives the 2011 Ambassador Award during the graduation parade at Connaught National Army Cadet Summer Training Centre in Ottawa, ON.



**Right:** Along with several cadets from other countries, Sgt Huang (front) receives the Standard of Excellence Award during the Cadet Leadership Course at Frimley Park in Surrey, England.



**Left:** The Naval Communicators QL6B CISN Manager Course graduated on Aug. 15. (Left to right) Back row: PO2 Pat Goulet, PO2 Dave Sine, PO2 Chris Gervais, PO1 Rick Derkacz, PO2 Mike O'Brien, PO2 Pete Boechler. Front: PO1 Judith Hales (Senior Instructor), CPO2 Steeve Lesperance (Communications Training Chief), PO1 Chris Taylor (Lead Instructor).



**Right:** The JR CISN OP QL3 class graduated July 22. (Left to right) Back row: OS Meulblok, OS Williams, OS Toderan. (Middle row: LS Weston, OS Zettel, OS Lyons, OS Hirtle, OS Stone. Back row: PO1 Hales, CPO2 Lesperance, MS Attridge.



MS Robillard is promoted by Cdr Bolduc, of Maritime Forces Pacific Headquarters, and CPO2 Stauffer, PCC SO Military Personnel.



LS Luipasco receives his Operational Service Medal for Operation Hestia from Cdr Bolduc of Maritime Forces Pacific Headquarters.



CPO2 Barry Fisher is promoted to CPO1 by Cmdre Peter Ellis, Commander Canadian Fleet Pacific, and LCdr Brandice Blum.



MFRC NEWS: A DAY AT THE CASTLE

# Many reasons to attend Women's Day

**Jon Chabun**  
MFRC

There are many great reasons to attend this year's version of Pacific Women's Day. Some go to meet new people. Some go to spend a day at Hatley Castle. Some go to kick back and relax.

The yearly women's only event has doubled in capacity, from 75 to 150 attendees, by utilizing more rooms at Royal Roads University and adding more activities during the day. In 2010, it only took two weeks for the event to sell out those 75 spots.

This year, after two weeks, 86 tickets were snapped up for the Nov. 19 event.

A fantastic early bird prize is one incentive to get tickets early. When you buy a ticket by Saturday, Sept. 10 at 11 a.m., you are entered into a random draw for a makeover prize valued at \$800. The draw takes place near the end of West Coast Welcome, the MFRC's annual open house.

The 2010 early bird winner remembers what enticed her to register for the event last year:

"Hatley Castle was the

incentive (for me)," said Sgt April Levigne on attending Pacific Women's Day. "It's a good way to meet new people in the community, see some new stuff. All the sessions were great too."

Sgt Levigne will make a return trip to Pacific Women's Day again in November but this year she's bringing her 19-year-old daughter with her and says her daughter is really looking forward to it.

The annual MFRC women's conference takes place Saturday, Nov. 19 at Royal Roads University's Hatley Castle. The day

is a chance for military members, spouses, partners and DND civilians to make connections and take some time for themselves. Sessions are filling up quickly including Geocaching Adventure, Handwriting Tells More Than You Know, Tarot Reading, and 10 Easy Tips for Taking Better Photographs.

For more details on the workshops, the keynote speaker and the day's activities, visit [www.esquimalt-mfrc.com](http://www.esquimalt-mfrc.com) or call 250-363-2640 (toll free: 1-800-353-3329).

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# Cadets hone skills at summer camps

**Ben Green**  
Staff writer

For the past seven weeks, almost 1,000 cadets have trained on the scenic 220 acre spread at the Albert Head Air Cadet Summer Training Centre (AHACSTC).

Located between Parry Bay and Royal Roads, overlooking the vast blue of the Strait of Juan de Fuca, the camp hosts a variety of two, three, and six week courses that improve cadets' knowledge in skills such as wilderness survival, aviation technology, and leadership training.

The cadets, who come from squadrons all over B.C., are joined by approximately 150 staff cadets, civilian staff, and Cadet Instructor Cadre officers that run the courses.

With material condensed into a few weeks, cadets receive very specific training in a short amount of time.

While the popular two-week General Training Course sees younger cadets enhance their self-confidence and communication skills through regular squadron activities, the three-week courses offer a greater range in breadth and intensity to participants.

Basic survival, leadership, fitness and sports, and aviation technology and aerospace courses also look to reinforce training cadets receive during the September to June squadron programs. However, each of the AHACSTC courses provides cadets with further qualification they can use in advanced squadron positions.

"Our staff are tough for drill, it's helped improve me by a large margin," says Cadet Danny Chen from Victoria's 89 Pacific Squadron. "You get to meet a lot of people, especially at summer camp, and it teaches you leadership skills and how to communicate better."

Cadet Joey Forrest, from 89 Pacific Squadron, was in the same Basic Leadership course as Cadet Chen and echoed his thoughts.

"[The best part about the summer camps] is making friends, getting away from home and doing activities during the summer," he says slightly winded after completing a morning biathlon competition.

Cadet Connor Twa, from 89 Pacific Squadron, highly recommends the basic survival course, even if it meant stomaching a few crickets for breakfast now and again.

"I've been having lots of fun, I like being out in the bush I do a lot of camping," he says. "It's a lot of fun, you learn useful things, life skills; a lot of leadership is involved. I'd definitely recommend it."

Two new six-week courses were added to the summer training curriculum this year, Military Band – Intermediate Musician Course, and a Leadership and Ceremonial Instructor Course. Cadets who are selected for the Military Band course participate in several community parades, and perform various shows at Beacon Hill Park and the Isabelle Reader Theatre. The Leadership and Ceremonial Instructor Course stress the importance of professionalism in various parade positions and qualifies cadets for drill instructor roles within their home squadrons.

"The [Leadership and Ceremonial Instructor] course is a lot of fun and hard work," says Cadet Hannah Kruzel, from 89 Pacific Squadron. "It's a lot of drills, not as many in-the-class things, I'm enjoying it."

Cadet Kruzel, who hopes to move on to the Royal Military College as a flight engineer when she graduates, says cadets offers a little something for everyone.

"You can do lots of sports, drill good physical fitness,



Ben Green, Lookout

**Cadet Connor Twa, from Victoria's 89 Pacific Squadron, uses his compass during a navigation exercise in the Basic Survival course.**

meet a different variety of people, enjoy new experiences, and learn discipline," she adds. "You actually have to earn your ranks, I'm really glad I joined cadets."

With the Royal Canadian Air, Sea, and Army Cadet program only for youths 12-18, many decide to return to Albert Head as Advanced Training Staff Cadets to give something back to the program that gave them so much. For Staff Cadet Sarah Gravett-Cameron from 676 Squadron in Sidney, her six years in the program has put things into perspective as she prepares to leave.

"You get to be outside, in combats all day," she smiles. "The kids are brilliant; you're with likeminded people all day."

She adds the cadet program prepares youths to succeed, whether they eventually join the military or not.

"[Cadets] certainly offers leadership, you're put in positions where you have to adapt and overcome," she says. "I've used the organizational skills I've learned here and it's really good experience for working in a professional setting."

AHACSTC's final graduation ceremony for this summer's courses was on Aug. 19. All courses and activities are due to a joint partnership between the Canadian Forces and the civilian Air Cadet League of Canada. There is no cost to cadets to attend AHACSTC.

There are currently over 3,000 air cadets enrolled in 57 squadrons across the province with the program building confidence, self-esteem, and lasting friendships in a safe and secure environment.

For more information visit [www.cadets.ca](http://www.cadets.ca).



**Above:** Advanced Training Staff Cadet Sarah Gravett-Cameron, from 676 Squadron in Sidney, ties down a makeshift covering for part of the Basic Survival course held at the Albert Head Air Cadet Summer Training Centre.

**Left:** Cadets go through exercises for their Drill Team competition in one of Albert Head's parade squares.



Photos by Ben Green, Lookout



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