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More info on Page 11

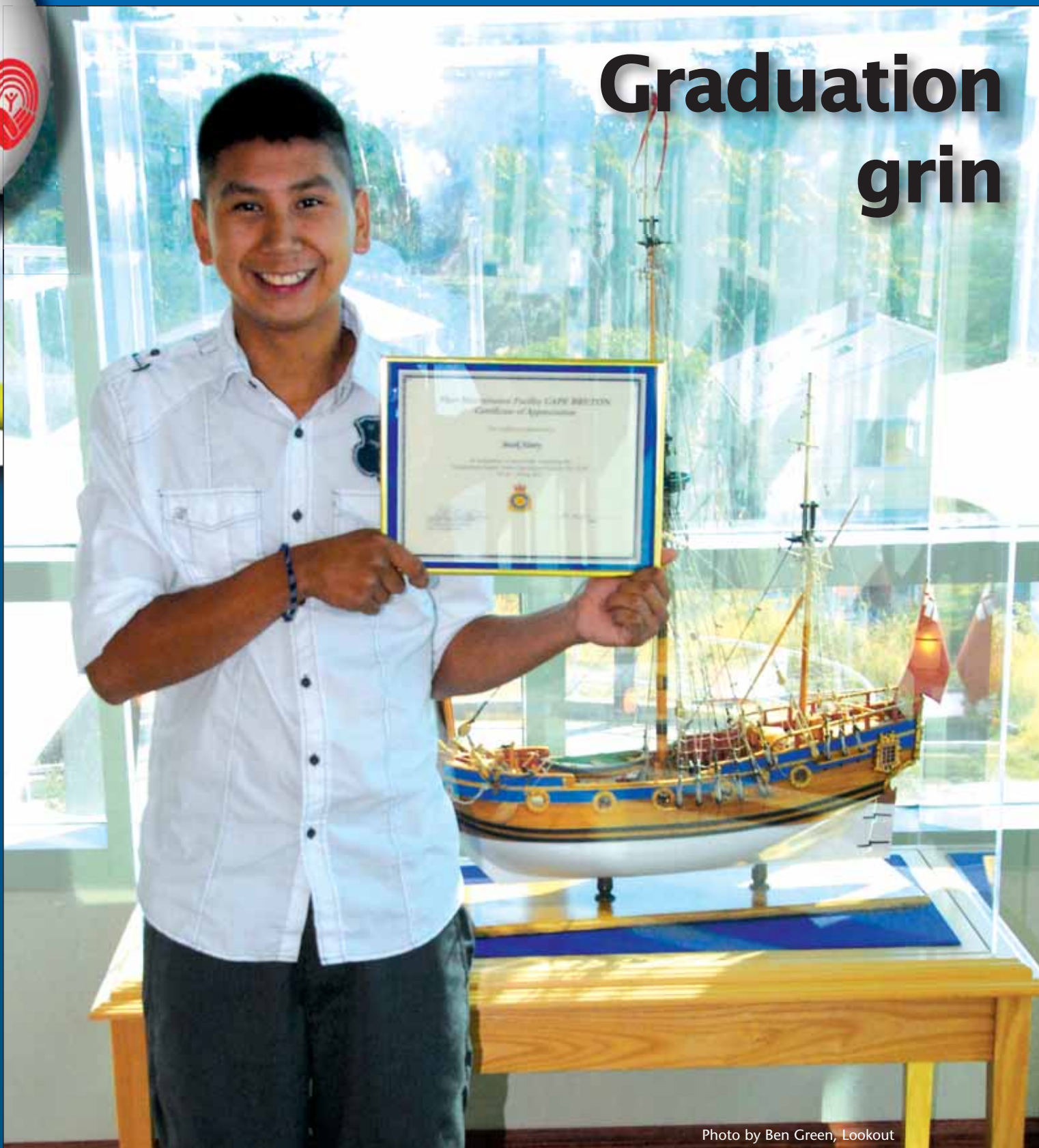


Photo by Ben Green, Lookout

Graduation grin

After spending the summer on base, Mark Henry proudly displays his graduation certificate from the Employment Equity Trades Orientation Program (EE TOP). On Friday, Sept. 2, 10 youth graduated from the program at a ceremony at the Chief and Petty Officers' Mess. The program took the students through nine weeks of hands-on trade training, and provided them a platform of knowledge in various fields.

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An event for CF members and their families.

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Photo courtesy of HMCS Ottawa

A Korean orphan hams it up for the camera, donning this HMCS Ottawa sailor's hat. Five sailors visited an orphanage during their WestPloy visit to Busan, South Korea.

Orphans taste HMCS Ottawa's good will

Lt(N) Jim Smith
HMCS Ottawa

One of the hallmarks of the Royal Canadian Navy is that no matter where in the world ships go, or how busy an alongside program becomes, there are always people willing to stop what they are doing and lend a hand.

The port stop at Busan, South Korea, was no different.

On very short notice host ship ROKS Dae Joyeong asked if HMCS Ottawa sailors would accompany a small group of their sailors to an orphanage located in the heart of the city. Lt(N) Calley Gray, SLt Charles Paterson, PO1 Edward Hartley, CPO2 Daniel Mason and myself were happy to join our ROK Navy counterparts. Only five sailors could go because the orphanage was so small.

The best part about the experience was the children; even though we spoke different languages, the language of food was universal.

We were met by 30 smiling and excited children and a few staff who were pleased to have help for the afternoon. After brief introductions, we were led in to the basement of the complex where there were several cooking stations set up. It appeared we were going to help prepare lunch.

The challenge was daunting at first, but after a few moments of nervous fidgeting we managed to

start. The best part about the experience was the children; even though we spoke different languages, the language of food was universal.

For a bunch of sailors from a Canadian warship the end result turned out to be better than expected. The children loved the food.

Following lunch, we ventured to the playroom, which had everything a child could wish for: a piano, ping pong tables, a Nintendo Wii, and enough musical instruments to make a band. The time went by much too quickly, and before we knew it the day was over and it was time for us to head back to the ship.

We were only at the orphanage for a brief time, but it will be a day that I and the others will keep in our memory for years to come - a sea of smiling faces standing on the stairs waving us farewell.

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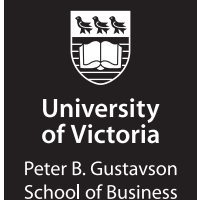
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People Talk

Lookout asked this question following the announcement of the new Royal designation: *What do you think about the resurrection of the royal designation?*



It means a lot. I think it's something that reflects the history that we had as the RCN. It's a symbol of proper tradition and, to me, a good thing.

Lt(N) Clayton Erickson



It harkens back to our war history which is good, but I always felt the modern names were more forward looking.

PO1 Jason Gauthier



I'm not really sure how I feel about it. I understand the history behind it but I've never been royal. It was the CN when I joined. Personally, I'm neutral.

CPO1 Peter Ford



I think it's great and a long time coming. It pays homage to our vets and reinforces our unique identity.

Lt(N) Brent Carney



I think it's great. We've been suffering for 40 years under the tri-forces boondoggle and it's about time we changed it back.

CPO2 Derek Hays

WHAT SAY YOU

Do you have the back-to-school blues?

Hugh Kruzel
Contributor

This week is the first day of school for many kids across the country.

For my two it marks the near completion of years of weighty backpacks, lunchboxes, drinks, mountains of running shoes, and homework. It always felt like launch date. It was as if I too was heading into a new year.

Hannah is now in Grade 10 and Niko is facing his last semester of high school. The pressure is on to do his personal best for scholarships and awards. What he will tackle after January has not been sorted out, but it may be a time of rich opportunities. Better now than at 40 (or 50).

August has seen newspapers chock full of colour inserts. They are now long gone to recycling. Back-to-school posters, up

since the end of July, have been replaced with Christmas ads.

There is also that change of weather. Mornings are dark just a smidge longer. Last week I wore long pants for the first time in months, and I carried an umbrella.

When I was a kid, a trip to Eaton's for corduroy and new shoes was the signal my life of leisure was at an end. It seemed such a surprise that school was just days away. The mad scramble to fit in dental appointments or haircuts was another feature of the loom of Labour Day.

And what about adjusting to an early rise? Especially teens who have set their own agenda since school's end.

Will I pack lunch for Hannah? I've done it for years. A dozen bagels from Mount Royale are in the freezer, and cold cuts, mixed greens and tomatoes are at the ready.

At some point I will stop doing their laundry, (they have had the folding task since they could toddle), and worrying if their homework is done.

The day I take the big calendar off the fridge will be a celebration I can assure you. Managing my own schedule is tough enough. Overlaying the commitments of the kids just adds enough complexity to make my head spin.

What will you do that first day they are gone?

I suggest calling a friend now and organizing a coffee date. The clean up mess of summer, and camps, and travel, can wait another day. It is time for parents to breathe deeply and get ready for the notes home, the field-trip forms, the writing of cheques, and another season of making nutritious and balanced breakfasts, lunches, and dinners.

WHAT SAY WE

Local sailors to participate in Tour de Force 2011

A contingent of sailors from the Royal Canadian Navy, including local sailors PO1 Andy Cordner and MS Matthew Schlauch, will participate in the second annual Tour de Force 2011 from September 12-18.

This seven-day bike tour is divided into seven 70-100 kilometre stages between Toronto and Montréal. Money raised will support the children of military families, providing funding for programs such as Camps for Kids of Deployed Soldiers and the Canada Company

Scholarship Fund. The fund helps cover the costs associated with obtaining post secondary school education for children who have lost a parent serving on active duty.

The event is staged by Canada Company, a charitable business group, and North American Moving Services Canada.

For more information on Tour de Force 2011, or to make a donation, visit www.canadacompany.ca

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HMCS OTTAWA: SOUTH KOREA VISIT

Marathon DMZ trek worth it

Lt(N) Jim Smith
HMCS Ottawa

Nearly 40 crew members from HMCS Ottawa spent their second day in South Korea travelling the entire length of the country in order to visit the Demilitarized Zone (DMZ) that separates the North from the South.

This trip was not for the weak because it involved taking a bus at 4:30 a.m., and travelling nearly seven hours before heading off on a three-and-a-half-hour tour.

Those who were up for the challenge saw a majestic countryside and a border that separates two countries that are still officially at war, and experienced a memorable bus ride.

Unfortunately, the start of the day was dreary, dark and very wet. Much of Korea had been experiencing heavy rains the week prior to our arrival and it looked like much of this day would become a wash out as well.

As the morning dawned and the rains persisted, it left an eerie mist shrouding the surrounding hills and rice fields that dotted the edges of the raised highway. For those who had never been to Korea before, the landscape was unexpected; as far as the eye could see were large hills with highways cut through them creating tunnel after tunnel.

Only one member of the group had the fortitude to taste the insects. AB Allison-Ryan could only eat one and said she would likely never have them again.

As the bus entered Seoul the rain subsided and the sun brighten up the gloomy day. Along the way to the DMZ many sailors were surprised to see armed guards posted strategically along the Han River just outside of the city, with several tanks in the area for added defense against a possible attack from the North.

This was just the start to what was to be an unforgettable day.

At noon the bus arrived at a gathering point near the DMZ, where sailors had a chance to grab lunch and souvenirs before continuing on. There was a traditional Korean restaurant where many experienced their first taste of authentic Korean food, including a variety of insects cooked near the entrance. Only one member of the group had the forti-

tude to taste the insects. AB Allison-Ryan could only eat one and said she would likely never have them again.

After a short trip down the road the group arrived at Camp Bonifas, the United Nations checkpoint, which all travellers are required to pass through before heading onto the DMZ. The group received a detailed briefing describing the DMZ, its history, and reaffirmed that no one was to interact with the guards on the North Korean side.

The tour included the Freedom House, built by the South Korean government as a place families from the South and North could meet; but unfortunately it has never been used. Across from the Freedom House is the border with North Korea, and on it sits a building where negotiations take place from time to time. It is the only place along the border where visitors can actually step on North Korean soil and safely return.

Also included in the tour was a visit to the bridge of no return, and a platform that overlooks the North Korean countryside with a clear view of the North Korean propaganda city of Kijong-dong.

The experience was truly a highlight of Ottawa's port visit to Busan, South Korea, and it more than made up for the marathon bus ride.



Photo courtesy of HMCS Ottawa

HMCS Ottawa exercises with one of South Korea's military ships prior to a port visit to Busan.

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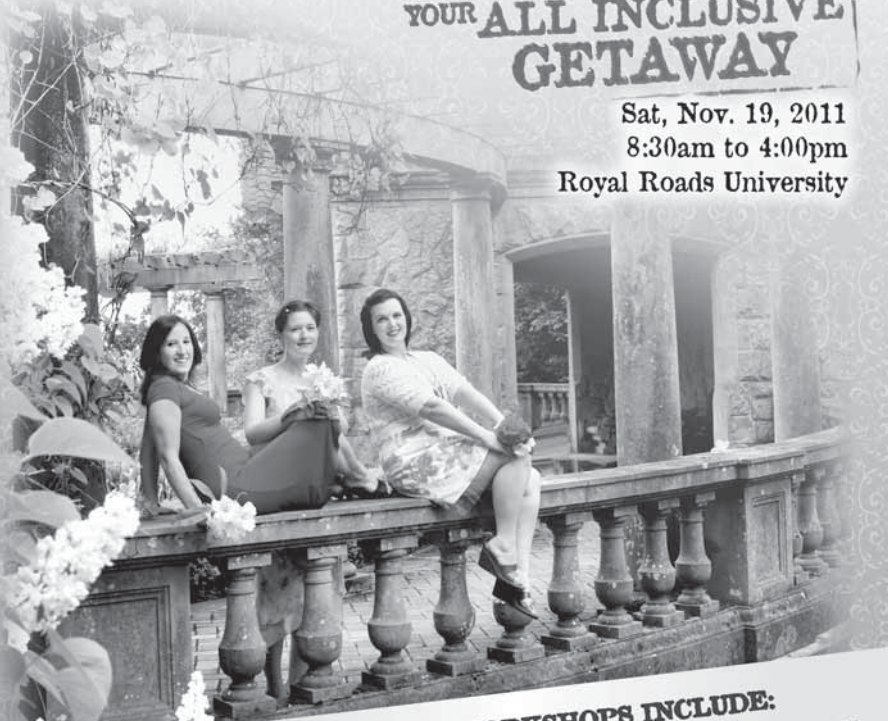


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Ben Green
Staff writer

Each year, the Canadian Forces conducts global and domestic exercises and operations. At the end of these events, experiences, lessons learned and information is gathered in an after-action report.

These reports are now accessible online in an internal system called the Knowledge Management System (KMS). Tactical, strategic, and observational information can be accessed by any CF member wishing to emulate or improve upon the outcomes of their predecessors.

The main tool used within the CF Lessons Learned community is LL KMS (Lessons Learned Knowledge Management System). After several years as a project, KMS is now under the Operational Authority of CFWC and maintained and supported by ADM IM as the Technical Authority. KMS is located within the baseline programming on DWAN and CSNI on the

KMS will become the CF one-stop-shopping site for all personnel to view and hopefully research whatever it is they are looking for.

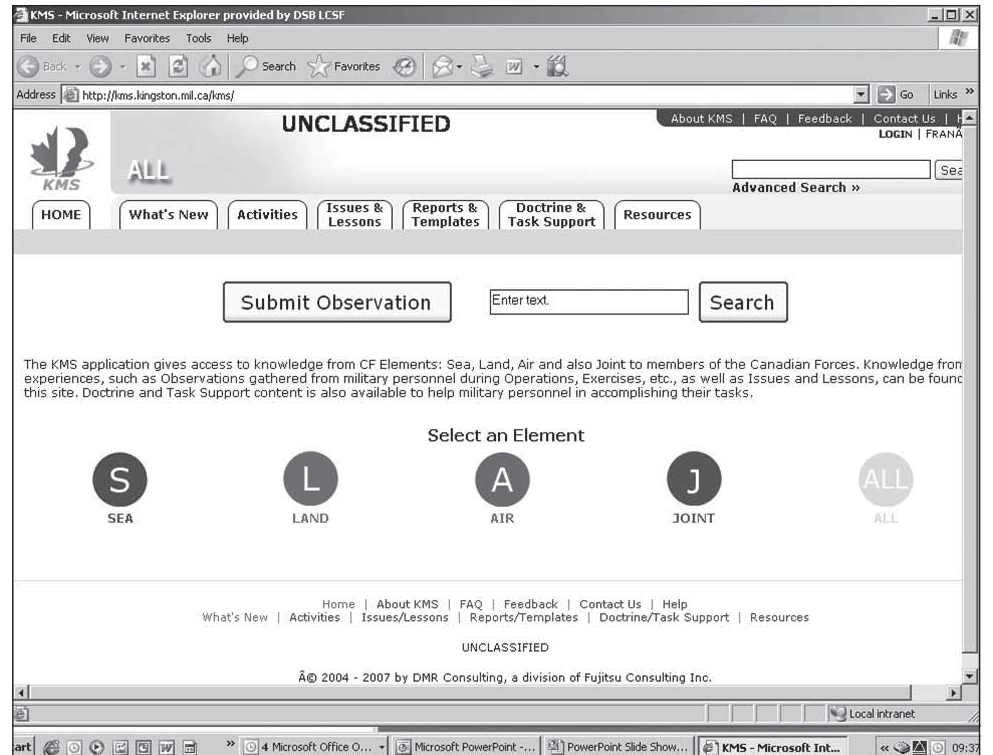
-PO1 Steve Marsh
Lessons Learned coordinator

start menu at most bases. The application was designed to provide CF members with access to knowledge gathered from experiences gained in operations and exercises and allows staff officers to identify lessons and apply the LL process in order to provide the CF with a lessons learned. "Mainly it's Classified and Unclassified Post Deployment Reports (PDR), After Action Reviews (AAR), Post Exercise Reports, etcetera, but it's certainly not limited to those," says PO1 Steve Marsh, Lessons Learned coordinator with

the CF Maritime Warfare Centre. "If it's information that can be useful, especially from a lessons observed to a lessons learned aspect, it could be and should be put up on KMS."

Classified data refers to documents that are available through the Consolidated Secret Network Infrastructure (CSNI), while Unclassified data refers to documents available through the Defence Wide Area network (DWAN). PO1 Marsh says they try to encourage the addition of mostly Unclassified documents since the vast majority of CF personnel can only access DWAN data.

"KMS will become the CF one-stop-shopping site for all personnel to view and hopefully research whatever it is they are looking for," he says. "Speaking on the naval side, we have engineering periodic letters from all the ships in there, and of course the post exercise/operation type information. There are many other items as well; keep in mind this is still in its infancy, so it will grow and



get better."

KMS encompasses information from all three services – land, sea, and air – and aims to ensure accountability through observation. Its mission is to take any questions raised from the observations, analyze them leading to subsequent changes, and disseminate the results to the appropriate audiences.

However, the site is not there for people to post personal grievances.

"We definitely do not want

KMS to be used as a gripe session database or dumping ground," adds PO1 Marsh. "Legitimate and useful information on a lesson learned-type vein is what we suggest and try to adhere to."

While anyone with a DWAN or CSNI account can access the KMS database, to upload information you must have a separate account administered by the CF Warfare Centre who currently oversee the site. The only uploading restriction is

the information should be worthwhile, pertinent, and have a lesson learned/identified concept. For those interested in viewing documents in KMS, visit <http://kms.kingston.mil.ca/kms/Default.aspx>, which is also available via the CMS, MARPAC, and MARLANT homepages.

For more information on the CF Maritime Warfare Centre Lessons Learned, visit <http://marcom-comar.mil.ca/cfmwc-cgnfc/lesl-lesl/default-eng.asp>.



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Photo courtesy of HMCS Ottawa

PO1 Corey Lange (front left), SLt Jackie Geiger (rear left), LS Rhodel Herminiano (front right) and Lt(N) Jim Smith (rear right) show their excitement at taking part in a live radio interview while HMCS Ottawa visited Busan, South Korea.

Sailors on talk radio in South Korea

Lt(N) Jim Smith
HMCS Ottawa

Four *HMCS Ottawa* sailors were given a rare opportunity to take part in a live radio interview in the southern city of Busan, South Korea.

After a busy transit from its last port visit in Singapore, *Ottawa* pulled into the fifth busiest container port in the world. On the minds of LS Rhodel Herminiano, PO1 Corey Lange, SLt Jackie Geiger and Lt(N) Jim Smith was the upcoming radio interview to be conducted later that evening, a first for each.

After a harrowing drive through the concrete maze that makes up the majority of Busan, the group arrived at English Busan Radio 90.5FM. A pre-interview from a very animated reporter helped ease the sailors' nerves.

Word quickly spread throughout the station that sailors from the Royal Canadian Navy had arrived and a small crowd of onlookers developed outside the doors. Host Tim Chatellier ushered the four sailors into a very compact studio during a commercial break and quickly put everyone at ease.

Chatellier is an American who was stationed in Busan with the United States Air Force. He grew to love the city and its people so much he decided not to leave.

The program "Inside Out Busan" is geared towards the English-speaking population and those in the process of learning English. Twenty minutes passed very quickly with a back and forth banter.

This was an experience not soon to be forgotten and just another way *Ottawa* is promoting Canada during its deployment on Westploy 2011.

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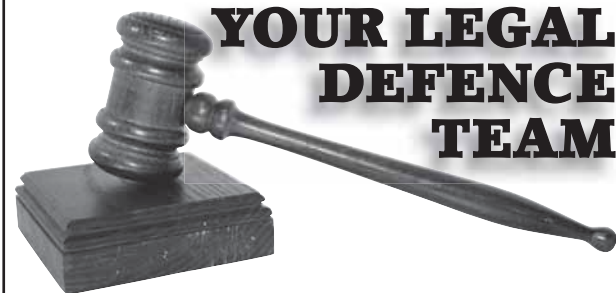
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OS Katrine Strand, HMCS Edmonton

HMCS Edmonton escorts Chilean training vessel BE Esmeralda to its berth at Ogden Point.

A full summer for HMCS Edmonton

SLt T.A. Robertson HMCS Edmonton

It has been a busy summer for the sailors of *HMCS Edmonton*. Beginning in May, the ship was brought out of extended readiness, and six weeks later it was ready to sail in support of Naval Reserve Force Generation.

Not only was *Edmonton* used as a training platform to qualify new reserve sailors, but it was also the first Maritime Coastal Defence Vessel on the West Coast to sail under the new blended crew concept, which saw

the core crew comprised of an equal amount of Regular and Reserve force sailors.

The crew quickly bonded in the weeks leading up to the ship's sailing schedule for the summer, as it was a whole ship's company effort to have *Edmonton* ready for the mission ahead.

Highlights from the summer included progressing the QL1 and QL2 packages of 20 reserve sailors, many of them leaving the ship with 100 per cent completion of their respective training,

and having the ship open for tours in downtown Victoria for Canada Day, where a number of junior sailors proved themselves to be excellent tour guides.

In July, *Edmonton* joined *HMC Ships Brandon, Whitehorse, and Nanaimo* in support of their MARS IV program, a trip that took the ship to Haida Gwaii, North Vancouver, and Nanaimo for the annual Bathub Races.

At the beginning of August *Edmonton* was presented with a unique opportunity. It sailed with BE Esmeralda, a training

vessel for the Chilean Navy and one of the largest tall ships in the world, for its port visit to Vancouver.

Once in Vancouver the crew of Esmeralda cordially hosted the sailors of Edmonton and provided tours of their impressive ship. *Edmonton* had the opportunity to return the favour by hosting a number of Esmeralda's sailors throughout the weekend.

The experience was well regarded by all aboard both ships, and a welcomed break for *Edmonton's* sailors for what has been a busy summer.

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Healthy challenge: Chow down on fruits and veggies

National Nutritional Wellness Working Group

It's that time again: time to embrace nature's miracle and "superfood" and take on the challenge of eating four or more servings of vegetables and three or more servings of fruit per day.

It's easy, inexpensive, and unlike what some people will have you believe, it does not require a visit to specialty stores.

In fact, you'll find superfood in the produce aisle of any grocery store in a variety of colour, taste, and texture. Vegetables and fruit are naturally low in calories and packed with vitamins, minerals and phytochemicals (pronounced fight-oh-chemicals). Any vegetable and fruit, particularly those bright in colour and high in flavour, help you power through and recover from workouts; fight off cold and flu; combat the effects of stress; naturally and safely cleanse your body; provide natural defence against diseases such as cancer, heart disease, obesity, and diabetes; and greatly enhance mental and physical performance.

Yet, with all these benefits and vast choices, more than 80 per cent of CF personnel are missing out by not eating the recommended seven to 10 combined servings, or more specif-

ically four or more servings of vegetables and three or more servings of fruit every day.

What's stopping you? Is it time, cost, having them spoil too quickly, taste, not knowing what to do with them, or getting sick of the same vegetables and fruit?

If it is, we have solutions: so why not take a stab at healthy eating and challenge yourself. Discover the new fast food of vegetables and fruit by signing up to the Strengthening the Forces Health Promotion Program 4 & 3 or more per day challenge.

By signing up, you will also have access to more tips on how to eat at least 4 servings of vegetables and 3 servings of fruit everyday. Remember, To Serve Daily, You Need Your Daily Servings: Stay Strong, Eat Your Vegetables and Fruit!

Tips to help you eat four and three or more per day

Time doesn't have to be a factor:

- Stock up on vegetables and fruit that are ready when you are, such as pre-cut, frozen, and low-salt canned vegetables or fresh or dried fruit, which offer quick add-ons to meals or grab-and-go snacks.
- Get equipped: Good qual-

What to do:

Sept. 14 - Sign up for challenge at www.forces.gc.ca/4-3 (INTRAnet access required)

Sept. 21 to Oct. 4 - follow the two week challenge



ity kitchen gadgets can be time- and effort-savers. Investing in a good set of knives, a peeler, chopping boards, a food processor, blender, microwave and a steamer or wok allow you to prepare meals in minutes without nutrient loss.

You don't need to empty your pockets or clean out a mess in your fridge:

- Bulk up your dishes by adding fresh, low-salt & low-sugar canned, frozen, diced, shredded,

or pureed vegetables and fruit to your casseroles, sauces, soups, meat patties, and baked goods. This not only leads to less meat intake (which most Canadians eat too much of) and more leftovers to stretch your food dollar, but adds flavour and moisture as well.

- Know what to look for: Few of us get a lesson on how to choose various vegetables and fruit at the grocery store. Check out www.fruitsandveggies.ca, click on "Fruit & Veggies Primer", then "Fruit or Veggies from A to Z" for a purchasing and preparation guide on various vegetables and fruit.

- Remember "in-sight, in-mind": Out of sight, out of mind works in reverse. Keeping your vegetables and fruit in sight on your countertops and refrigerator helps serve as a daily reminder.

- Stockpile appropriately. Fresh, frozen, dried, and low-sodium and low-sugar canned vegetables and fruit are all nutritious. Stock-up on frozen, dried, or canned, so you always have something on hand. Make your fresh vegetables and fruit last longer by storing them using the Canadian Produce Marketing Association storage guide for

information about storage times, temperatures, and special tips for a variety of vegetables and fruit. Find the guide at www.cpm.ca and search "storage guide".

No need to be tired of the same vegetables and fruit day after day. Get out of your rut and tantalize your taste buds:

- Go for variety: Did you know research shows people are likely to eat more food when they see a variety of shapes, sizes, and colours? Try adding two or three different colours of vegetables to your plate - not only will you boost your nutrient intake, but you may lead to eating more veggies without having to try.

- Spruce-up salads, sandwiches, and snacks: No need to get bored of apples, oranges, bananas, lettuce, and tomatoes. Try adding something new. Vary up your salad with carrots, beets, sweet peppers, corn, spinach, red cabbage, berries, or dried fruit. Hesitant to try new things? Start small. For example, vary the colour of your apples. The options are endless.

- Spice it up: Vary your dishes with different spices. Not sure of what spices go well? Check out the Canadian Produce Marketing Association website: www.cpm.ca and search "herb and spice guide", which offers a mix-and-match spice to vegetable guide.

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NEWS *Nuggets*

- On Aug. 27, personnel from 442 Transport and Rescue Squadron evacuated an injured climber who'd fallen down a waterfall at MacBeth Icefield, north of Kootenay Lake. The search and rescue technicians hiked about 500 metres before arriving at the patient who'd suffered extensive injuries in the 40-foot fall. Within 10 minutes, the crew was able to hoist the patient and a fellow climber into the helicopter and transfer them to Trail, B.C.

- The new Logistics Vehicle Modernization (LVM) project has been announced, which will replace 4,000 vehicles from military truck fleets starting in 2014. The expected cost of the project is around \$750 million. Two trucks will be replaced – 1,200 Heavy Logistic Vehicle Wheeled and 2,800 Logistic Support Vehicle Wheeled. The project will also modernize a fleet of Heavy Engineer Support Vehicles.

- Knappett Projects Inc. of Victoria has been awarded the contract to build the new facility for 443 Maritime Helicopter Squadron. The 20,000 square-metre building will take about two and a half years to build with a cost of almost \$104 million. The building will replace 443's current 60-year-old hanger and will house the Cyclone helicopters, which are in line to replace the aging Sea Kings.

- Wing Commander (Ret'd) Douglas Warren passed away in Comox. Born in Nanton, AB, in 1922, he was a Second World War Spitfire pilot who survived the horrors of

Dieppe in 1942. In 2007, Warren was bestowed with the Legion of Honour by French president-at-the-time Jacques Chirac. The award is France's most prestigious military honour.

- Sunday, Sept. 11, the 17th annual English Car Affair in the Park will take place at Fort Rodd Hill's open meadow. Sponsored by the Old English Car Club of B.C., more than 100 classic and vintage British cars will be on display starting at 10 a.m. For more information call 250-478-5849.

- Saturday, Sept. 24, the 10th annual Fort Rodd Hill Lantern Tour gets underway. These after-dark tours will take participants through the daily activities of garrison life from the period of 1897-1956. Tours leave every 15 minutes from 7-8:45 p.m. For more information call 250-478-6481.

- The Annual MARPAC Naval Engineering Seminar and Mess Dinner will take place Oct. 26-27 at NOTC's Collier theatre starting at 8 a.m., and will have a variety of informative presentations on topics surrounding the themes of operations, risk, and regulation. Questions and concerns can be forwarded to Lt(N) Stephanie Hartzell at 250-363-2833. The mess dinner will be hosted by the Wardroom on Oct. 27 at 6:30 p.m. All engineers (army, navy, and air force) serving in the area, visiting the coast, or are locally retired are encouraged to come. Interested participants are to RSVP no later than Oct. 7 to Lt(N) Steve McCormick at mccormick@forces.gc.ca or call 250-363-2688.

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Nijmegen a march to remember

Melissa Atkinson and Dawn Bennett
 Lookout

For the team of 12 marchers from Maritime Forces Pacific, July's Nijmegen march in Holland was more than putting one foot in front of the other for 160 kilometres over four days, carrying a standard CF rucksack loaded with 10 kg of sand.

It was a chance to connect with the Dutch, who hold Canada, and in particular, the Canadian military in high esteem. During the Second World War, Canadian soldiers were instrumental in liberating the area from the Germans. Hundreds of Canadian soldiers died in the process.

"The crowd would go ballistic every time we Canadians marched into a village and screamed 'Go Canada' at the top of their lungs," recalls team leader CPO2 Chris Koblun. "Much to the chagrin of the Dutch marchers right beside us who would look at us like, 'what's going on?'"

He vividly remembers a tight, lengthy hug from an

elderly Dutch woman, her eyes filled with tears. While no words were shared, the embrace spoke volumes to the sailor about a time long ago when lives were lost and saved.

As the mix of 45,000 military and civilian marchers from around the world meandered through the Dutch countryside in "Cloverdale" style loops back to the town each day, they'd pass throngs of people, many perched at kitchen tables or lounging on sofas hauled out of the homestead for the special occasion.

Sliced candy, cucumbers and drinks were traded for pins and key chains and other trinkets that represented a marcher's nation.

On the last day of the march, MARPAC team member 2Lt Lindsay Cox hoped to give away his Canadian flag, an item he had carried the entire time in his pocket.

"This will go to the right person," he said quietly to teammate Pte Danielle Patey.

As the flow of marchers walked the final five kilometres down St. Annastraat, dubbed Via Gladiola for the

The crowd would go ballistic every time we Canadians marched into a village and screamed 'Go Canada' at the top of their lungs.

-CPO2 Chris Koblun
 Team Leader

thousands of flowers thrown at marchers along the way, 2Lt Cox spotted an unusual site - a young girl on a gurney, her arm linked to an intravenous tube, an IV pole by her side.

"I just found her now," he declared to Pte Patey as he veered off the road to the white tent protecting the girl from the hot summer sun.

He opened up the crimson and white flag and draped it over her tiny frame.

"With every ounce of energy she had, the little girl lifted her head as best she could, so she could look at the flag," recalls Pte Patey. "Her face broke out in the biggest smile. You could see her entire persona light up."

Witnessing this moment between Canadian soldier and young Dutch national was almost not to be for Pte Patey.

The day before, she fainted from heat exhaustion during a ceremony at Groesbeek War Cemetery. She awoke to the words, "She's not breathing." As she was helped onto a stretcher by the team's medic, she thought, "I've got to go back. I have to pull it together for the team."

Sgt Kim Arnold and CPO1 Koblun convinced the doctor she was fit to march, and after being pulled away from the rest of the injured by 2Lt Cox, she made the trek back to Heumensoord, the military camp that is built every year just south of Nijmegen.

"Our leaders said that a lot wouldn't make it and that it would be one of the most difficult things we would ever do," said Pte Patey. "But the test was whether you could work through the pain or let it overcome you."

While all 12 marchers can boast of their accomplishment, they can also brag about being the top Canadian team as they were awarded the prestigious Woodhouse Award. It's given for teamwork and overall fitness as selected by the Canadian contingent command.

"Over there in uniform I stood a little straighter and felt a little taller," says Pte Patey. "But if it wasn't for my team, and the phenomenal amount of support they gave me, I wouldn't have made it. If you think you are physically capable, do it. Even with everything I know now, if they asked me again I'd say, 'Sign me up.'"



Cpl Darcy Lefebvre, Combat Camera

The Canadian Contingent from the Nijmegen marches come on to parade at Groesbeek cemetery, led by Brigadier-General Medower.

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Rehabilitation expertise aids road to recovery

Ben Green
Staff writer

For many injured military men and women, Lyndal Morrison is a gentle push and a supportive voice on their path back to full health.

Part motivator, part counsellor, and part trainer, she is a constant in a journey that can be plagued by uncertainties and setbacks.

As a Regional Adapted Fitness Specialist with the Joint Personnel Support Unit (JPSU), Morrison is tasked with overseeing the physical reconditioning of injured CF members within B.C. Along with CFB Esquimalt, her territory extends to Comox, Vancouver, and Chilliwack; locations she travels to every second week to follow up on the approximately 60 clients currently in the province.

"It's my responsibility to keep track of them, follow up with them, their trainers, and their unit," she says.

Through Personnel Support Programs' (PSP) reconditioning program, Morrison provides adapted fitness to each injured individual. After receiving permission from their physicians and rehabilitation physiotherapists, injured personnel are transferred to JPSU where Morrison and other trainers initiate their exercise rehabilitation.

Since every injury is unique, personnel are treated on a case-by-case basis. Workout routines and exercises are tailored to the injury, but mainly revolve around core con-

ditioning.

For severe cases (spine or brain injuries), Morrison meets twice per week with the individual for 45 minutes a session. For injuries that don't require as much hands-on attention, she performs progress checks instead.

"Motivation can be the most difficult thing," she says. "Some of them either don't want to train or say they will but won't."

Busy schedules and chronic pain can leave many clients impatient. With the desire to return to their trades, or perhaps a promotion being held up with their injury, personnel can view their months of recovery as an insurmountable feat.

"It's like their life is on hold until they're better," says Morrison. "That's why they want the quick fix."

Morrison, who previously completed a work study at PSP and eventually signed on as a fitness instructor with the department last November, says her transition to JPSU at the beginning of June has been exciting. Having earned a degree in Exercise Science Rehabilitation, she's now utilizing it to the fullest. However, with many of the cases she understands the fruits of her labour won't be seen over night.

"It's been a few months in, I haven't seen too many results yet, but it could be another four months before rewards for the clients are seen."

Morrison is one of eight Regional Adapted Fitness Specialist within JPSU spread across the country.

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Members of the Fleet Maintenance Facility Cape Breton (FMFCB) Weapons Shop pose with two of the C1 Howitzer Artillery guns they helped prepare as monuments for Glacier National Park. The Canadian Forces is donating several guns to Parks Canada in celebration of the federal department's 100th birthday, 125 years of Glacier National Park, and 50 years of support by the CF in the park in the form of avalanche control within Glacier National Park.

From left: Rob Harmon, Weapons Shop Supervisor; Larry Jervis, Lead Hand; Peter Rees, Weapons Fitter; Jack Petch, Service Preparation; Master Seaman Iain Fraser, Hull Technician; and Garnet Saunders, Service Preparation.

Not pictured but also involved in the project were: Wei Leung, Welder; Lloyd Matthews, Weapons Fitter; and Colin Ralph, Welder.

Cpl Malcolm Byers, MARPAC Imaging Services



Lt(N) Sean Hand receives the Canadian Forces decoration (1) from LCol Pat Quealey, J5 Maritime Forces Pacific Headquarters on Aug. 31.



Staff and Cadets of Albert Head Air Cadet Summer Training Centre present a cheque in support of Jenece Place to Denis and Angie Edroff (Centre) at the Training Centre's final Graduation Parade. Uniformed, left to right: Officer Cadet Elaine Chiang, Flight Sergeant Samantha Maliszewski, Flight Sergeant Devon Anderson, Sergeant Sarah Lumley and Course Cadet Ashlee Thompson.

Capt Jen Taylor, Contributor

Three commissionaires make rare move to sergeant

Dawn Bennett
Staff writer

Three Commissionaires received an unprecedented promotion to sergeant last week.

Commissionaires Joe Goden, booking clerk; Tom Beaton, Wardroom barrack warden; and Jim Sidel, Work Point barrack warden, were awarded the new rank from Cdr Tim Allan, Base Administration Officer, on behalf of Base Accommodations.

It was determined, after a review of their job descriptions and duties, that the three senior commissionaires were deserving of the new rank, and will differentiate them from their commissionaire colleagues who do not have the same level of responsibility, says Lt(N) Robert Cookson, Base Accommodations Officer.

"I think it's important to visibly recognize the important duties and responsibilities that these

commissionaires provide on a daily basis," said Lt(N) Cookson. "Just like a hotel, the barrack wardens and booking clerks are the first contact for personnel utilizing base accommodation services. The rank of Sergeant gives them the authority required to carry out their duties."

In the past, commissionaires mirrored the military rank structure and were paid accordingly. That changed several years ago when the Corps of Commissionaires moved to a classification system similar to that of the Public Service.

"Rank is of importance at DND because we are dealing with structured personnel who understand rank and what it means," explains Wiley Kemp, Officer in Charge of Commissionaires on base. "Although they've been doing the job for years, this reinforces their authority and the mutual respect between them and their clientele."



Above: Commissionaire Tom Beaton receives his new rank from Base Administration Officer Cdr Tim Allen (right) and Wiley Kemp, Officer in Charge of Commissionaires on base (left).



Top right: Commissionaire Joe Goden receives his new rank from Cdr Allen (right) and Wiley Kemp (left).



Bottom right: Commissionaire Jim Sidel receives his new rank from Cdr Allen (right) and Wiley Kemp (left).

Dawn Bennett, Lookout

Bravo ZULU



Cdr Rod Hughes (left), Commanding Officer of the Regional Cadet Support Unit, congratulates SLT Kord Rainczak during his commissioning ceremony.

New "royal" officer

Ben Green
Staff writer

When Kord Rainczak joined the regular force almost 22 years ago, the green Ordinary Seaman from London, Ontario's reserve unit thought bars on his shoulders was a horizon he'd never reach.

Over two decades, the electrician spent 1,068 days-at-sea as a non-commissioned officer, rising to the rank of Petty Officer Second Class, tinkering in the tankers of the Pacific Fleet. But last year he took his expertise in-land, and contributed to the Joint Task Force Games (JTFG) headquarters as a force protection officer for the Vancouver Olympics – a position that has carved a new direction in his naval career.

"They thought I showed officer potential," says the newly commissioned SLT Rainczak, sporting new shoulder-slips atop a perfectly pressed white shirt.

In fact, his commanding officer and supervisor at JTFG were so confident of his leadership abilities they decided to nominate him for commissioning from ranks (CFR), a process that would see the PO2 transition to an officer.

"You've got to be nominated by your commanding officer," he says. "After that, the commanding officer and the supervisor do a write-up and lots of paperwork."

Along with the write-ups from his superiors, SLT Rainczak had to undergo five months of rigorous tests and interviews by the Base Personnel Selection Officer. From there, a committee

graded his tests, interviews, and write-ups against the multitude of other CFR applicants nationwide.

"The interviews are very hard, there's definitely a lot involved," he says. "It's a big competition right across CFR applicants, only a few get selected."

It was just after the New Year when SLT Rainczak, now the area cadet advisor (sea) at the Regional Cadet Support Unit (RCSU), received the phone call.

Sometime before Sept. 1, he would be an officer in the Royal Canadian Navy.

What makes his commissioning all the more unique was the timing. When SLT Rainczak was formally recognized as an officer in mid-August, it came a week after the Canadian Navy and Air Force re-instated the "Royal" designation. In RCSU, he was their first commissioning under the re-instated title, and perhaps in the entire CF.

"My commanding officer was pretty proud he was commissioning someone under the RCN [title]," he says smiling.

The immediate future for SLT Rainczak will see him stick around CFB Esquimalt until the end of the year. In January, he'll head east to Halifax to complete a few engineering officer courses, and following that he'll pack his bags for four months of engineering school at HMS Sultan in England.

For one of the newest Royal Canadian Naval officers, the bars on his shoulders still mean business as usual – for the most part.

"Nothing's really changed, except everyone calls you 'sir'."

EAST COAST NEWS: JAPANESE NAVY VISITS

Cdr Yves Germain (left), Commanding Officer of HMCS Ville de Quebec welcomes RAdm Umio Otsuka (right), Commander of the visiting Japan Training Squadron. Ville De Quebec played host to the Japan Maritime Self-Defence Force (JMSDF) Training Squadron alongside at CFB Halifax from Aug. 10 to 14. The Training Squadron was visiting Halifax as part of a four month-continental tour. During their stay, the squadron's three JS ships, Kashima, Mineyuki, Asagiri, and approximately 700 sailors welcomed visitors and offered performances by both their brass and taiko drum bands.

MCpl Leona Chaisson,
Formation Imaging Services
Halifax



Capt Debbie Middleton, VACSTC

Cadet Liam Hood of Victoria receives a plaque recognizing him as the best cadet in 21 Platoon of the Basic Expedition Course at Vernon Army Cadet Summer Training Centre, from Reviewing Officer Col Bryan Gagne, Brigade Commander, 39 Canadian Brigade Group.



Wayne Emde, VACSTC

2Lt James Miskulin (centre) receives the Sword of Excellence from Leslie Kinloch, right, and Al Saunders, Vernon Air Cadet Summer Training Camp alumni.



Wayne Emde, VACSTC

Cadet Denby Nelson-Crossey of Nanaimo was recognized as the top Pipes and Drums musician during six weeks of training at Vernon Army Cadet Summer Training Centre. Presenting the award is Reviewing Officer LCol (retired) Jim Skinner, Pipe Major of the Shuswap Pipes 'n Drums based in Salmon Arm.



Wayne Emde, VACSTC

Cadet Andy Yin of Victoria was recognized as the top Intermediate Military Band Course Cadet during six weeks of training at Vernon Army Cadet Summer Training Centre. Presenting the award is Al Saunders of the Army Cadet League of Canada.

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MFRC NEWS: WEST COAST WELCOME

Great family fun this Saturday

Jon Chabun
MFRC

If you have been posted to CFB Esquimalt in the past year or just want to learn more about the resources available to you in Greater Victoria and the local military community, West Coast Welcome is an open house dedicated to you.

On Saturday, Sept. 10 from 9:30 to 11:30 a.m. at the Colwood Pacific Activity Centre, the sixth annual West Coast Welcome features a free pancake breakfast courtesy of Save On Foods, plus entertainment for CF members and their families.

The open house is an opportunity to learn about groups and clubs at CFB Esquimalt, the programs and services available from the Military Family Resource Centre (MFRC), and meet with key Greater Victoria community organizations.

Displays and booths will help new residents transition into CFB Esquimalt's military community and the Greater Victoria area.

Base clubs such as the Work Point Garden Club, Model Railway Club and

the Aquarius Dive Club will be signing up new members and the Shotokan Karate Club will be on hand to give demonstrations.

Other groups associated with CFB Esquimalt include Personnel Support Programs, Base Orderly Room, Health Promotion, CANEX, Base Library, Military Family Business Group, Employee Assistance Program (EAP) and the Military Police.

Community organizations such as CRD Recycling, the Francophone Society, the Compost Education Centre, Welcome Wagon, the Lower Island Soccer Association and the local recreation centres will also be on site.

For military members with children, the cadets, boy scouts and girl guides will be there with a few activities and to sign up new recruits.

Entertainment includes inflatable games, the Imagination Market art project, face painting, and a soccer shootout. The 11 Field Ambulance will host their popular teddy bear clinic, and children are encouraged to bring a stuffed animal to get a check-up. CFB Esquimalt Fire Rescue will

bring Sparky the Fire Dog, a fun fire house for kids, fire extinguisher demonstration, fire safety information and – of course – a fire truck.

103.1 Jack FM will be on site to provide music outdoors and Fernando's Music Service will spin the tunes in the CPAC gym.

This year's door prize for adults is a night at the Delta Ocean Pointe Resort and Spa. Kids will have the opportunity to win one of two bikes – one for a youth and one for a child.

The Langford Trolley will provide free transportation to the Colwood Pacific Activity Centre (located at 2610 Rosebank Road, off Ocean Boulevard) from various locations on the West Shore. Pick-up locations every 20 minutes from 9 a.m. to noon will include the CANEX ExpressMart, the Youth Activity Centre, the Ranger Station in Belmont Park, the Royal Roads University gate on College Road and the Colwood Pacific Activity Centre.

To learn more information about West Coast Welcome, visit www.esquimaltmfrc.com or call the MFRC at 250-363-2640 (1-800-353-3329).

New design for service pin

Maple Leaf

Beginning April 1, CF personnel with the Canadian Decoration (CD) who are leaving the Forces will be among the first to receive the newly re-designed Canadian Forces (CF) Service Pin.

The service pin's update gives it a more contemporary look, and a more hardy construction. The need for the pin's redesign was decided following a broader review of the overall acknowledgement of the service package.

The pin's fresh look is based on the badge of the CF. The anchor, the crusader's swords and the eagle represent the maritime, land and air environments of the Canadian Forces. The word "service" and the finishes of gold (32 years), silver (22 years) and bronze (12 years), represent the years of honourable service given as a member. The maple leaves represent service to Canada, and the Crown, service to the Sovereign.

The awarding of service pins has been a

tradition since 1985. It serves as a tangible acknowledgement of the years of hard work and dedication retiring CF members have given to their country. The pin's distinctive look also makes it easier for former members to identify themselves when among peers and the public.

Though the look may have changed for the pin, the eligibility requirements for it have not changed. Upon their release, retiring members will be eligible for one of three finishes, depending on their level of CD: bronze (CD), silver (CD1) or gold (CD2). For the complete details of what the eligibility rules are, members may read the CANFORGEN on the topic, posted at http://vcds.dwan.dnd.ca/vcds-exec/pubs/canforgen/2011/049-11_e.asp.

Additionally, former members of the CF who hold the older version of the service pin have an opportunity to replace it with the new design for \$10. The application form for ordering a replacement pin is in the Defence Forms Catalogue online at <http://imgapp.mil.ca/dfc2/> (form 2380).

Hear a story, Share a laugh, Sing a song...

The Veterans Health Centre at The Lodge at Broadmead needs **volunteers to socialize** with elderly veterans on:

- Wednesday afternoons
- Thursday mornings or afternoons
- Friday mornings, afternoons or evenings
- Saturday & Sunday mornings

For information contact Kelly Sprckett Coordinator of Volunteer Services at **658-3205** or **Kelly.Sprckett@broadmeadcare.com**.



Cpl Mathieu St-Amour, Canadian Forces Joint Imagery Centre

Task Force Libeccio Air Weapon System Technicians remove a GBU-10 bomb off a trailer as part of their loading procedures of a CF-18 Hornet aircraft during Operation Mobile in Trapani, Italy. Operation Mobile is the Canadian Forces participation in Operation Unified Protector, the NATO-led effort, as authorized in U.N. Security Council Resolution 1973, to impose upon Libya an arms embargo, a no-fly zone and to protect civilians and civilian-populated areas in Libya. In addition to the support furnished to Operation Mobile by Task Force Libeccio, HMCS Vancouver is currently conducting presence and surveillance patrols as part of the Standing NATO Reaction Force Maritime Group 1 (SNMG 1) deployed in the Mediterranean.

Hatha/Flow Yoga



Nixon Gym (Work Point)
Sept 7-Oct 26
4:15-5:30 pm

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 Kim Miller @ 363-4412



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UPSTAIRS

Senior leadership urges civilian employees to take the Public Service Employee Survey

At the Department of National Defence, the 2011 Public Service Employee Survey (PSES) is an important opportunity for all DND civilian employees (indeterminate, term, casual, seasonal, students) to express their views on the workplace and what matters to them.

As your senior leaders, we strongly encourage you to participate in the 2011 PSES. Together, as a unified team, we can make a meaningful effort towards workplace improvements by aligning employee and organizational needs. This is particularly relevant to our Department in a time of significant transformational change, a point in time when employee opinions and

views are needed to help shape our future. More than ever, it is a time to act, a time to revitalize our culture.

Scheduled to start Aug. 29 and continue until Sept. 30, PSES is a government-wide initiative. Rest assured that your responses are anonymous and are protected under the Statistics Act. Survey results will be compiled by Statistics Canada and made available in early 2012 to federal departments and agencies.

The survey will be administered electronically by Statistics Canada. Employees, who have limited computer access or use, will equally be able to participate in the survey by using hard copies provided by their manager.

We recognize there are challenges in reaching a workforce as geographically dispersed as ours, but nevertheless we are counting on each organization to generate a high rate of response.

For more information on the survey and to view our frequently asked questions section, we invite you to go to: http://hr.ottawa-hull.mil.ca/hrciv/cos/communications/en/home_e.asp?reference=110410067.

We look forward to all employees participating and making the 2011 PSES successful for the Department.

Robert Fonberg, Deputy Minister
Gen Walter Natynczyk, Chief of the Defence Staff

Automotive & Industrial

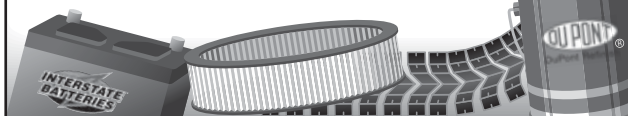
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LEARN ABOUT DEMENTIA, practical coping strategies and early planning by attending the Family Caregiver Series at Gordon Head Recreation Centre Sept 13 - 27 from 7- 9 pm. For information and to register, please call 250-382-2052 .

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Markmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

EXPERIENCING THE EARLY SYMPTOMS of dementia? Would you like information and support? Contact the Alzheimer Resource Centre at 250-382-2052 about education, support groups, and information.

VOLUNTEER

RECREATION INTERGRATION VICTORIA is looking for volunteers of all ages to assist individuals with disabilities to get out and be active! Time commitments are as little as 1 hour a week. No experience necessary as orientation, disability specific information and support is provided when matched. Planning on running in one of the Good Life Fitness Victoria Marathon events? Join the RIV "Equalizers" to help fundraise for our Inclusion Service for Children & Youth and our Volunteer Services! For more info or to volunteer please call the Leisure Assistance Coordinator at 250-477-6314 or volunteers@rivonline.org

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	Cardio Development	Push Up/Sit Up Development	Cardio Development	Push Up/Sit Up Development	Cardio Development
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