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Volume 57 Number 36 | September 4, 2012

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PO2 Tyler Cross gets hoisted up the main mast of HMCS Oriole in a boatswain's chair to un-foul rigging during a day sail celebrating the ship's Diamond Jubilee.

On August 28, HMCS Oriole commemorated her 91st birthday and record-breaking 60 years of RCN service.

More on page 3...

Photo by Corporal Justin D. Ancelin, MARPAC Imaging Services



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Photo by MCpl Marc-Andre Gaudreault, Canadian Forces Combat Camera  
**The Honourable Peter MacKay, Minister of National Defence, introduces Lieutenant-General Thomas J. Lawson as the next Chief of the Defence Staff during an event on Parliament Hill. LGen Lawson will assume command of the Canadian Forces in the coming weeks. The Chief of the Defence Staff has direct responsibility for the command, control and administration of the Canadian Forces, and is appointed by the Governor-in-Council, on the advice of the Prime Minister.**

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# 91 Years old with 60 years of service

**Shelley Lipke**  
Staff Writer

It was a double celebration for *HMCS Oriole* last week, as she celebrated 91 years since sliding into the water for the first time, and 60 years serving Queen and country.

Festivities unfolded at the Naden boatshed Aug. 28 with veterans, current serving members and past shipmates, friends of the navy and the media to hear stories and honour the 31-metre sailing ketch.

"This is a joyous, historic and important occasion," said the ship's Captain, LCdr Jeff Kibble to the crowd. "Today we celebrate the many junior officers and sailors who developed as professionals starting their career in *Oriole*. We also celebrate the ship's involvement with sail training, public relations, and the ship's value to the navy as an international ambassador."

To honour 60 years service to the Queen, a Diamond Jubilee coin was specially crafted from the

brass of an old stern light and features the Oriole bird. The special Diamond Jubilee coin can be purchased for \$25 through the ship's canteen or shore office.

In attendance were three great grandchildren of the ship's original builder and owner George Horace Gooderham.

"Our families are very proud that this wonderful sailing ship is healthy, busy and continues to serve with all her soul," said great granddaughter Tawny Maclachlan Capon, who travelled from Gabriola Island. "I remember my grandmother telling me they used to swim and fish off the deck in Lake Ontario, but if there was anything official like a sail past, all the women would have to go below. She would be happy to see the men and women of the Canadian Forces all stand together on deck today."

Modern day stories also surfaced like the ship's cook throwing up warm potatoes to the sailors on deck so they could warm their chilly hands while sailing off Port Townsend.

In an unexpected twist, marine artist and naval historian John Horton, who trav-



Images By Cpl C. Stephen, MARPAC Imaging

elled from Richmond to attend the celebration, stood up during the ceremony and presented a painting of *HMCS Oriole* to the ship's crew.

When the land event was over, special guests were invited on a three-hour sail in *Oriole* in which a stiff breeze allowed the tall ship to sail at 12 knots while crew hoisted the ship's red, white and blue 6,400 square foot gennaker.

"We stormed across the Victoria waterfront and we had Tawny steering the ship her great grandfather made," said LCdr Kibble. "It was a memorable

moment for me to see her at the helm. I am also very honoured by John Horton's painting of *Oriole*," he said.

The ship was first launched in June 1921 in Boston, Massachusetts, and to this day has proven to be a powerful and fast racing yacht, currently holding the title for the Victoria to Maui race in 2000. The oldest commissioned vessel in the Canadian Navy, *HMCS Oriole* is used primarily for sail training of junior officers and sailors, community outreach and public relations.

In May the ship completed a refit at Point Hope Shipyard in which the

lower eight feet of the ship was cut off and rebuilt.

"This work straightened her keel; she is faster, points higher in to the wind and has never been in better shape," said LCdr Kibble. "She is set for the next 91 years of service in the Royal Canadian Navy and definitely ready for the next Vic-Maui in 2014," he said.

Each year *Oriole* sails about 140 days in festivals, races, and charity day sails. Last year the ship hosted more than 20 Admirals and Generals and participated in the Portland Rose Festival, the Swiftsure Yacht Race, and the Seattle Sea Fair.



John Horton, an artist well known for his paintings of Royal Canadian Navy ships, takes the helm of *HMCS Oriole* alongside the ship's Commanding Officer, Lieutenant Commander Jeff Kibble, during a day sail celebrating the ship's Diamond Jubilee.

LCdr Kibble and Tawny Maclachlan Capon, the granddaughter of *Oriole*'s original owner George Horace Gooderham, unveil the limited edition coin that was cast with the ship's original brass during Diamond Jubilee celebrations.



# matters of OPINION

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## WHAT SAY YOU

# MOVIE *Review* Lawless, unbelievable true story

**Jennifer Fielding**  
Contributor

*Lawless* is based on the novel *The Wettest County in the World*, a true story set in Franklin County, Virginia, which was written by a descendant of the characters portrayed in the film.

As the title implies, although it is the age of Prohibition, everyone imbibes freely thanks to the Bondurant brothers who brew and sell their own moonshine. Local law enforcement happily turn a blind eye because they are customers themselves.

Then one day, Special Deputy Charley Rakes (Guy Pearce) comes to town and wants a piece of the action, but the Bondurants like things as they are and refuse to do business with Rakes.

The tagline for this film is, "When the law became corrupt, outlaws became heroes." Does all this sound like it would make a good story?

You bet.

Unfortunately, that's not what's in the film. Instead, three brothers and their assorted friends in the bootlegging business run afoul of the new deputy in town, who along with his men wages a campaign of brutal violence against each member of the group, including the weaker men and a woman. This is captured in scenes that are so incredibly sickening and graphic in their violence that I couldn't watch them.

Rakes as played by Pearce is an utterly despicable and sociopathic character who is simply unbelievable in his inhuman-

ity. Then, there are more story threads crisscrossing back and forth to confuse the action. The secondary stories involving Jack, the youngest brother, (Shia LaBeouf), who has never taken the initiative for anything in his life, are completely ridiculous and unnecessary to the main plot. One involves an unauthentic love story with a devoutly religious girl and his own bungling foray into the smuggling game which almost gets him killed, but then inexplicably works out.

I was not a fan of LaBeouf's acting before this and his performance in this film superbly reinforced my impression. The only redeeming parts of this movie are Tom Hardy and Jessica Chastain. Hardy turns in a fine understated performance as the outwardly

gruff, strong-and-silent type Forrest Bondurant, of whom it is said that he is indestructible and cannot die. References to this legend throughout the film were also good for some chuckles.

He has excellent chemistry and a very credible love story with Chastain, also quietly expressive and convincing in her role as Maggie, a former dance hall girl from the big city seeking a calmer existence, who has thrown in her lot with the Bondurants.

The film was nominated for a prize at Cannes, and I am at a loss to explain why, except to say that there are always people in the industry who seek to elevate grittiness and brutality, especially with historical overtones, to high art.

Rating: 6/10

## Sports Trivia

**Bill Sheridan**  
Contributor

1. What team won the Avco Cup the most times?
2. What was the pitch that Burleigh Grimes was the last player allowed to throw?
3. Who had the longest suspension for an on-court incident in NBA history?
4. What league did the Miami Screaming Eagles play in?
5. When was the last Triple Crown Thoroughbred Winner?
6. What stadium sits at 1600 West Addison Drive?
7. William Irving Neder won the naming contest for the Houston baseball team, what name did he come up with?
8. Who is the only father son NHL combo to appear on the cover of Sports Illustrated-during different decades?
9. What Expo was nicknamed "The Kid"?
10. Jim Abbott was a major league pitcher who won 87 and lost 107 games despite playing with what handicap?
11. What diminutive character is the mascot for the Fighting Irish?
12. On May 9<sup>th</sup> 1984, how did Tom Seaver manage to win two games?
13. Which active pitcher has the most wins?
14. Gheorghe Mureşan & Manute Bol were the tallest in the NBA at what height?
15. Dikembe Mutombo and Ben Wallace have each won this trophy four times.
16. What sport was Kirk Radomski associated with?
17. What were Flutie Flakes?
18. Who is the only Raptors coach to win coach of the year honours?
19. Traditionally what two sports are profitable in the NCAA?
20. What baseball star was a Phys Ed instructor while his parents were classified as enemy aliens during world war two?

### Trivia Answers

1. Winnipeg Jets
2. Spittle
3. Ron Artest
4. WHA
5. 1978 Affirmed
6. Wrigley Field
7. Originally they were called the Colt 45's
8. Bobby and Brett Hull
9. Gary Carter, who died earlier this year of brain cancer.
10. He only had one hand, he learned how to hold glove & move it to catch the ball.
11. The Leprechaun.
12. He won in relief on a delayed game as he pitched the 25<sup>th</sup> and last inning, followed by starting and winning the regular game that day.
13. Andy Pettitte, Jamie Moyer was recently released
14. Seven foot seven inches or 2.31 Metres
15. Defensive player of the year in the NBA.
16. Working for the Mets, he pled guilty to money laundering to and illegal distribution of steroids, HGH and other drugs to baseball players.
17. A brand of frosted corn flakes named for Quarterback Doug Flutie.
18. Sam Mitchell
19. Football and Mens Basketball make up most of the profit allowing schools to support other sporting teams.
20. Joe DiMaggio

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# Support a superhero in the Drop Zone

**Shelley Lipke**  
Staff Writer

Last week military spouse Crystal Maxwell stepped into her homemade Black Widow superhero costume and took the spotlight for a photo shoot with a towering building as backdrop – one that she will rappel down on Sept. 13.

The scene on the corner of Douglas and View Streets garnered attention as she struck similar poses to that of Scarlett Johansson, The Black Widow superhero in *Iron Man 2* and *The Avengers*.

Maxwell's incentive is to raise money for the Easter Seals Drop Zone, which sends more than 300 local children with disabilities to Easter Seals Camp Shawnigan each summer.

"I came across this and it sounded like a great idea," said Maxwell. "How many times in your life do you get to dress up as a superhero and jump off a building? It seemed like a great way to support B.C. kids," she said.

So far she has raised \$300, but in order to rappel from the building and be the superhero she wants to be, she must fund raise \$700 more.

Although she's not fond of heights, she says the kids matter most and she will face her fear as she scales down the 13-story CIBC building to a crowd of wellwishers and media.

The Drop Zone is held in locations across Canada and this year will be the 7th annual Victoria Drop Zone.

The charity destination, Camp Shawnigan, is unique from other summer camps.

"They have special climbing walls and special equipment suited for children with disabilities that other camps do not have. This is something that makes a lot of difference for the kids who get to go. A lot of focus is put on facing their fears and overcoming barriers," said Maxwell. "I have been facing a lot of fears and barriers since Devon [her husband deployed on *HMCS Regina*] left with



Photo by Shelley Lipke, Lookout

Military spouse Crystal Maxwell is dressed as The Black Widow, as portrayed by Scarlett Johansson in *Iron Man 2* and the *Avengers*. On Sept. 13 she will rappel off the CIBC tower to support children with disabilities who want to attend Easter Seal's Camp. Maxwell is looking for donations to help the kids.

the ship," she says. "He wanted me to do something nice for other people when he was deployed, and I thought this was a great thing to do."

To support Maxwell's fundraising initiatives and help B.C. kids attend camp donate through [www.thedrop-zone.ca/2009e/Victoria-drop-zone](http://www.thedrop-zone.ca/2009e/Victoria-drop-zone).

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# The life of MWO Byrnell as told by his grandson

**MS Erik Lindholm, grandson**  
HMCS Brandon

Master Warrant Officer (ret'd) Wesley Edward Byrnell, MMM, CD

It is with sadness that the Byrnell and Lindholm families announce the passing of MWO (ret'd) Wesley Edward Byrnell, MMM, CD to cancer at 12:30 p.m. Saturday, Aug. 18, 2012, in Victoria, BC. He was a day shy of his 87th birthday.

Orphan, jockey, gang-member, boxer, drummer, athlete, sports therapist, sailor, airman, veteran, father, husband – these are just some labels that Wes held.

Born in Vancouver, British Columbia, Wes was orphaned at an early age. Growing up in hard-scrabble times in the "East End", he made an early name for himself as a horse jockey at the age of 12. He later found camaraderie and safety as a teenager in the "Parker Street Gang", and there he gained his aptitude for fighting. With some mentorship from a concerned (and impressed) officer of the Vancouver Police Department and a local gym, this skill evolved into a successful boxing career. His career started in earnest at 14, when he knocked out Vancouver's Golden Gloves champion. His amateur record was undefeated; he had 136 wins and 110 KOs. He held civilian and military boxing titles too numerous to mention.

Wes started his military career early in 1944 at the age of 17, joining the Royal Canadian Naval Volunteer Reserve (RCNVR) at Her Majesty's Canadian Ship Discovery as a Gunner's Mate. After completing his initial training, he joined HMCS Sackville, where he sailed until "Victory in Europe" was declared. At this point, he volunteered for service with the United States Navy, and sailed for Guam to prepare for "Operation Downfall", the planned land invasion of Japan. The bombing of Nagasaki and Hiroshima signalled the start of the atomic age, and the consequent surrender of the Imperial Japanese Forces shortly thereafter cancelled the operation. During this period in the Pacific, he caught malaria, which would affect him throughout his life.

After the war, he abandoned his dream of being a pilot and left the service to pursue boxing professionally. He went on to fight in the United States eastern circuit as a light-welterweight, under a pseudonym. After many fighting suc-

cesses and much learning about the underworld of professional boxing, he returned to the Canadian Forces as a "Rec Spec", which evolved into Physical Fitness and Recreation Instructor (PERI) occupation in 1952. He spent his time on bases throughout Canada providing sports instruction and therapy. His last posting with the CF started in 1974 at Royal Roads Military College, instructing staff and officer cadets in sports and providing athletic therapy.

Wes was awarded the Member of Military Order of Merit in 1976. He retired from the CF in 1977, after 27 years service. He was the only enlisted member to ever take the salute of the graduating class at RRMC in his final year. He continued on as a civilian at RRMC until 1982.

In his civilian sports therapy career, he worked with notable professional teams such as the Montreal Canadiens, Toronto Maple Leafs, Los Angeles Kings, Vancouver Canucks, 1976 Montreal Canadian Olympic Team (men's soccer), 1980 World Cup, in addition to Victoria based hockey (Cougars, Salsa) and lacrosse teams (Shamrocks). Volunteering his time with high school basketball and soccer, and acting as a boxing referee, coach, and judge for local matches kept him involved in the community of young athletes.

In 1979, Wes was part of the dedicated team of medical and physiotherapy professionals who founded the Hillside Sports Clinic, the first dedicated sports injury clinic in Greater Victoria. While working with the clinic and at the Esquimalt Recreation Centre, Wes developed "pool reconditioning" – the use of water as a low-impact resistance medium for injury recovery. He was awarded Greater Victoria Sportsman of the Year in 1981, and inducted into the Greater Victoria Sports Hall of Fame in 2000.

As a long-time member of the Vancouver Navy Veterans band, his last big gig was playing in the Halifax parade to celebrate the 60th anniversary of "Victory in Europe" in 2005. It was undoubtedly more peaceful than during the riots that occurred in 1945, the first

time he was there.

Wes had the talent of derailing any family dinner or social occasion with his vast stockpile of daring stories. Some notable ones were punching out three Hell Angels' who hassled his bandmates in a Montreal big-band gig, back-alley and casino fights in East Vancouver, gunnery experiences on HMCS Sackville, Wayne Gretzky and the rest of the LA Kings dropping by the house for injury advice and to get "taped up" before starting training camp in Victoria.

Wes was an ardent supporter of the Naval Reserve and Canadian Forces, and always credited it with getting him off the streets, away from gangs, clothed, trained, paid up (to the tune of \$1.30 a day in wartime) and seeing the world. He always enjoyed visiting social functions at HMCS Malahat and hearing about the "stone frigate" and the RCN's new technologies, as well as the ones he was familiar with – the 40mm BOFORS gun and .50 calibre M2 machine guns. He loved sharing his stories, and was always impressed with the education and creativity of today's Naval Reserve sailor.

Wes is remembered as polite to a fault and a helpful man, providing medical advice on sports injuries to the very end. He was a fighter through and through.

In keeping with Wes' wishes, there will be no funeral or service.

"...keep your guard up, get inside, and work the body..." – Wes on boxing.



# Scientists honoured for work in Afghanistan

**Shawn O'Hara**  
Staff Writer

Two scientists were honoured in a medal ceremony Aug. 23 at CFB Esquimalt.

Dr. Elizabeth Speed and Heather Hrychuk were presented with bars by Commodore Scott Bishop, Commander Canadian Fleet Pacific.

"It is an extraordinary adventure to serve in Afghanistan," said Cmdre Bishop. "The work these two ladies have done on behalf of Canada and the Afghan people is nothing short of remarkable."

Hrychuk deployed to Kabul in 2011 to assess strategic partnering operations of Commander of the International Security Assistance Force (COMISAF) headquarters. Recommendations based on her research lead to significant changes in the way COMISAF operated. For her work she was awarded the General Service Medal, as well as a bar recognizing her year spent in Afghanistan.

Hrychuk's time there gave her a new perspective not just on herself, but on life. "Afghanistan is everything," she says. "There are challenges that you don't predict, but you overcome. I grew a lot."

As a civilian, Hrychuk is grateful for the recognition from the CF.

"I think the CF honours civilians in a way that shows they appreciate what people like me have done," she says. "We're not in the military, so deploying is quite a bit different

for our families. My husband didn't marry someone in the military. He married a civilian who decided she wanted to go to war."

Dr. Speed has spent two years in Afghanistan since 2005. From 2005 to 2006 she was the senior analyst for the Strategic Advisory Team (SAT) in Kabul during Operation Argus, for which she received the South-West Asia Service Medal (SWASM) with Afghanistan Bar. In August 2007 she returned to Afghanistan to work once more with the SAT, aiding various organizations in creating, streamlining, or modernizing programs and operations for the Afghan government. At the ceremony she was presented with three rotation bars to her SWASM, signifying her time spent in Afghanistan.

During her deployment, she lived in Wazir Akbar Khan in the embassy district adjacent to what is known as the "green zone." It was a separate compound best described as a "safe house."

There she developed a greater understanding for the culture, people and country of Afghanistan.

"I love Kabul. It's such an exciting place," she says. "It's four million people scrambling to make a living. It's really humbling to live in a country that's been through so much."

The work Dr. Speed and her team did helped the Afghan government develop their own plans and policies.

"We were there just to help them where



Photo by Shawn O'Hara, Lookout

**Dr. Elizabeth Speed and Heather Hrychuk were honoured in a medal ceremony Aug. 23 for their work as strategic analysts in Afghanistan.**

and how we could. I worked with a variety of organizations and individuals whilst in Afghanistan, but I essentially worked for the Afghan government - its ministries and central agencies," she said.

"We'll see if any of the work that we did takes. In a political climate like that you can never be sure, but I sincerely hope it does. Afghanistan deserves better. It deserves more."



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A



B



C

A - Diver, OS Nathan Broda prepares for a dive while alongside in Pearl Harbor, Hawaii.

B - Crewmembers participate in an actions stations drill.

C - MS Pierre Lacombe (foreground) and LS Matthew Denis loading CHAFF Launchers.



D

D - A Naval Boarding Party member stands guard during a training drill.



E

E - A CH-124 Sea King helicopter lands on the flight deck.



F

F - Regina conducts a refuelling at sea (RAS) with U.S. naval ship Washington Chambers in the South China Sea.



G

G - Commander Jason Boyd, Commanding Officer of HMCS Regina, discusses commonalities in sea training practices with Commodore Kapil Mohan Dhir, Chief of Staff, Flag Officer Sea Training (FOST), Indian Navy.



H

H - During a port visit to Singapore, Leading Seaman Jenigab Arte (foreground) and LS Rebecca Barnes from Her Majesty's Canadian Ship Regina provide a helping hand at the Jamiyah Children's Home.

# HMC S REGINA

I - Corporal Andrew Harton is hoisted from a CH-124 Sea King helicopter to the forecandle of HMCS Regina.



I

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On Monday Aug. 27, CFB Esquimalt had the grand opening of the Wurtele Arena. The arena was closed at the end of April for renovations. The boards have been replaced and now have eight foot glass and netting to protect spectators; change rooms have been upgraded; the stands have new benches; and new dehumidifiers have been placed in the arena to make the ice better than ever. When you walk into the arena it looks brand new, the walls have been painted and everything looks crisp. If you have not had a chance to check out the new arena stop by for the casual skate on Tuesday and Thursdays from 11:30 a.m. - 12:50 p.m. or drop in shinny on Monday, Wednesday and Friday's from 11:30 a.m. - 12:50 p.m.



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# MP trades four wheels for two

**Shawn O'Hara**  
Staff Writer

Military Police Officer Cpl Sheldon Crawford will remove his beret and strap on a bike helmet for this year's Tour de Rock.

Clipping into the pedals of a carbon fibre racing bike, the 25-year-old Central Saanich native will ride with a team of local police officers, media, and special guests on a 13-day, 927 kilometre bike ride down the length of Vancouver Island from Sept. 22 to Oct. 5.

The ride is in the name of the Canadian Cancer Society and Camp Good Times, a special summer camp at Loon Lake in Maple Ridge for kids with cancer.

"It's an opportunity for them to forget the illness and surgeries and just be kids," says Cpl Crawford. "These kids

are the real heroes. They're what this is all about."

For Cpl Crawford, the opportunity to take part in the Tour de Rock is a childhood dream come true.

"Every year there would be mass head shavings and the team would ride by the school. It was such a big event," he says. "I'm really honoured to be able to finally take part."

In preparation for the rigours of the ride, the team undergoes a lengthy training process, working on distance, speed, and endurance. Much of the route is through hilly and mountainous terrain, so training can be pretty demanding.

"We rode up Mt. Washington, right from the lights on the highway, all the way to the top. I'd never done anything like that before," says Cpl Crawford. "I figure if I can do that, I

should be ready for anything."

Every rider in the Tour de Rock is partnered with a Junior Rider that they represent for the duration of the trip. Cpl Crawford's partner is 14-year-old Matt Williams who is currently battling cancer.

"He has to deal with some pretty heavy stuff, and he's just a kid," says Cpl Crawford. "This is really what the ride is about for me; helping out these kids."

With his fundraising efforts underway, Cpl Crawford is about half-way to his goal of \$12,000. Fundraising events for the Tour de Rock take place all over the Island, with hundreds of thousands of dollars being raised for the Canadian Cancer Society and Camp Good Times each year. Donation can be made at any of these events, or on the Tour de Rock website, at [www.tourderock.ca](http://www.tourderock.ca).



Cpl Sheldon Crawford shows Junior Tour de Rock Rider Matt Williams around HMCS Vancouver during a tour of CFB Esquimalt.

Photo by Shawn O'Hara, Lookout

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# Determining hardship and risk allow

**Margaret Campbell**  
CEFCOM Headquarters

Deploying on a combat or peace-support mission usually comes with a heightened level of risk and uncomfortable living conditions. The Hardship Allowance (HA) and Risk Allowance (RA) are two monthly sums paid to deployed CF members in recognition of the dangers and discomforts associated with a specific post.

The amount paid is based on a rating assigned by the Departmental Hardship and Risk Committee (DHRC) and approved by the Commander of Canadian Expeditionary Force Command (CEFCOM).

"The higher the numbers are, the more money," says Major Kirk Millenor from CEFCOM J1. "It's meant to compensate for the conditions in theatre."

The HA has six levels ranging from one to six. In missions rated Level 1 — mildly uncomfortable — to Level 6 — very austere — deployed CF members receive an

additional \$170 to \$1,017 per month (this amount is updated yearly on April 1).

The RA has four levels ranging from one — no additional risk — to four — high and constant risk. At Level 4, a deployed member receives an extra \$678 per month (this amount is updated yearly on April 1).

Ratings are based on a range of factors. Factors considered in determining the level of hardship include whether personal protective equipment is required while on duty, and whether living quarters are heated, air-conditioned and equipped with appropriate security systems.

Risk factors include the presence and prevalence of mines and improvised explosive devices, and the likelihood of capture or detention.

"We have a lot [of missions] that are a risk Level 3, and we don't have many that are less than Level 3 for hardship," says Maj Millenor.

The CF's largest current expeditionary operation, Operation Attention in Kabul,

is rated 4 for both hardship and risk. Operations with an HA at 3 and RA at 3 include Operation Sculpture in Freetown, Sierra Leone and Operation Gladius on the Golan Heights between Israel and Syria.

Ship deployments have three sets of ratings: lower levels — typically 3 for hardship and 1 for risk — for periods when the ship is in transit to or from the area of operations, and higher levels based on the nature of the mission for periods when the ship is on station and conducting operations.

The third set of ratings is for members of the ship's crew — typically a team of about five personnel — who are deployed ashore at a forward logistics site.

"[Hardship and risk levels are] governed by the DHRC and, currently, they meet twice a year," says Maj Millenor. "The meeting is where we come to a decision on what [the level will be]."

Chaired by the Chief of Staff at CEFCOM Headquarters, the DHRC includes representatives from Treasury Board and the Chief

of Military Personnel (CMP) as well as organizations that deploy expeditionary task forces — CEFCOM, Canadian Operational Support Command, and other government institutions such as the Royal Canadian Mounted Police.

The DHRC bases its decisions about hardship and risk on information from the theatre of operations, which is reported by the deployed task force.

CEFCOM has recently created a guidance document for deployed task forces to ensure that deployed personnel focus on relevant criteria in their reports. Information from the theatre of operations is supported by analysis and advice from subject-matter experts on the staff of the headquarters mounting the operation, especially medical and intelligence advisors.

"The input from the other departments is critical because it gives that well rounded approach," says Maj Millenor.

Before the DHRC meets to approve the HA and RA levels for operations, an assess-



During a class at the Military Training Centre, a combat engineer WO MacCormac showed an Afghan soldier where to place the charge that will detonate an unexploded mortar shell. WO MacCormac's task force was deployed on Operation Attention, which is rated Level 4 for both hardship and risk.

Photo by MCpl Rory V. Canadian

# Advances for expeditionary operations

ment is done by a sub-committee chaired by the CEFCOM J1 and made up of representatives from deploying commands, supported by intelligence and medical advisors.

"The sub-committee reviews and analyzes all available information about risks and living conditions by comparing each mission against all the others," says Colonel Michael Rafter, the Assistant Chief of Staff for Support at CEFCOM. "A new scoring tool is being prepared for the DHRC to use with the guidance document that is already being provided to deployed task forces in preparation for the next DHRC meeting in September."

The analysis and comparison done by the sub-committee is summarized in recommendations that are then forwarded to the DHRC. The DHRC votes on the sub-committee's recommendations, and the CEFCOM Chief of Staff presents the decision to the Commander CEFCOM for approval.

Once the Commander CEFCOM approves the findings of the DHRC, the minutes of the DHRC meeting that set out the new hardship and risk ratings are then forwarded to the Directorate of Compensation and Benefits Administration (DCBA), a CMP organization. DCBA publishes hardship and risk ratings by official message and in its section of the CMP website on the Defence Information Network.

New hardship and risk ratings take effect on the first day of the month following publication of the DHRC minutes.

Hardship and risk allowances are not the only benefits deployed CF members receive.

The Operations Foreign Service Premium (OPS FSP) is paid in recognition of multiple deployments, and CF members deployed on operations with a risk rating at or above Level 2 may also be eligible for tax relief on their income

earned while deployed.

Tax relief was initiated by the federal government to compensate CF members deployed on high-risk operations, and it applies only to income tax and not to Employment Insurance or Canada Pension Plan premiums.

For example, if a CF member with an annual income of \$60,000 is deployed for six months of a given year on Operation Attention in Kabul, with a RA at Level 4, he or she would pay income tax on only \$30,000 — the income earned when not deployed.

"Any mission that's rated at a risk Level 3 automatically qualifies for tax relief," says Col Rafter. "But consideration of the tax relief process is not a responsibility of the DHRC. The DHRC doesn't determine tax relief — the DHRC determines Hardship and Risk Levels."

The DHRC has been mandated to develop a rigorous framework to identify Level 2 missions that warrant tax relief.

**Members of HMCS Iroquois' boarding party search a dhow for smuggled drugs and weapons. From May 29 to Sept. 26, 2008, the crew of HMCS Iroquois - then deployed on Operation Altair and patrolling the Arabian Sea with CTF-150 - received a Level 4 hardship allowance and a Level 3 risk allowance.**

Photo by MCpl Gaetan Racine



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## NEWS Nuggets

# Paper pay stubs to stop for Reg Force

### DND Corporate Communications Think green.

Regular Force personnel will no longer receive printed pay statements in the mail as of October 2012. Pay statements remain available on the DWAN through the Employee Member Access Application (EMAA). Statements can be viewed at the EMMA site or individuals can arrange to receive statements by email.

For military personnel who have an EMMA account and are already using the electronic version of the pay statement, no new action will be required.

See the VCDS DWAN site for more information. Complete details on how to obtain pay statements using EMMA are included in CANFORGEN 156/12 dated Aug. 16.

This change does not affect Reserve Force or civilian personnel, and Reserve units will continue to be responsible for delivering pay statements to members of the Reserve Force.

Civilian employees are encouraged to request electronic pay statements by using Public Works and Government Service Canada's Compensation Web Applications.

**Harper Goes North**  
Prime Minister Stephen

Harper's annual Arctic tour swung into Churchill Aug. 24 to participate in northern military exercises.

Harper and Defence Minister Peter MacKay joined Operation Nanook 2012, the country's annual northern sovereignty operation.

Operation Nanook is in its sixth year but is in Churchill for the first time. The exercises include preparing for a vessel of interest approaching the Port of Churchill.

Harper was the first sitting PM to visit Churchill and this visit marks his third trip to the Manitoba town since 2007.

### Russia Takes Part in Anti-Terror Exercise

Russia's servicemen will join their U.S. and Canadian colleagues during the Vigilant Eagle 2012 military drills to repel a hypothetical terrorist attack on a passenger airliner.

The drills will be held for the third time. They first were held in 2010.

The exercises involve Russian, U.S. and Canadian armed forces units. Exercise headquarters are stationed in Colorado Springs, Colorado, and Anchorage, Alaska, as well as in the cities of Khabarovsk and Petropavlovsk-Kamchatsky in the Russian Far East.



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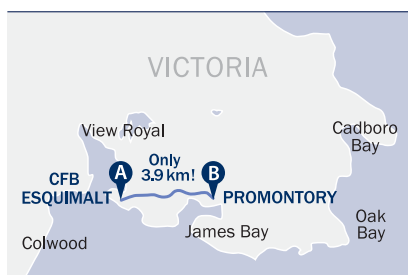
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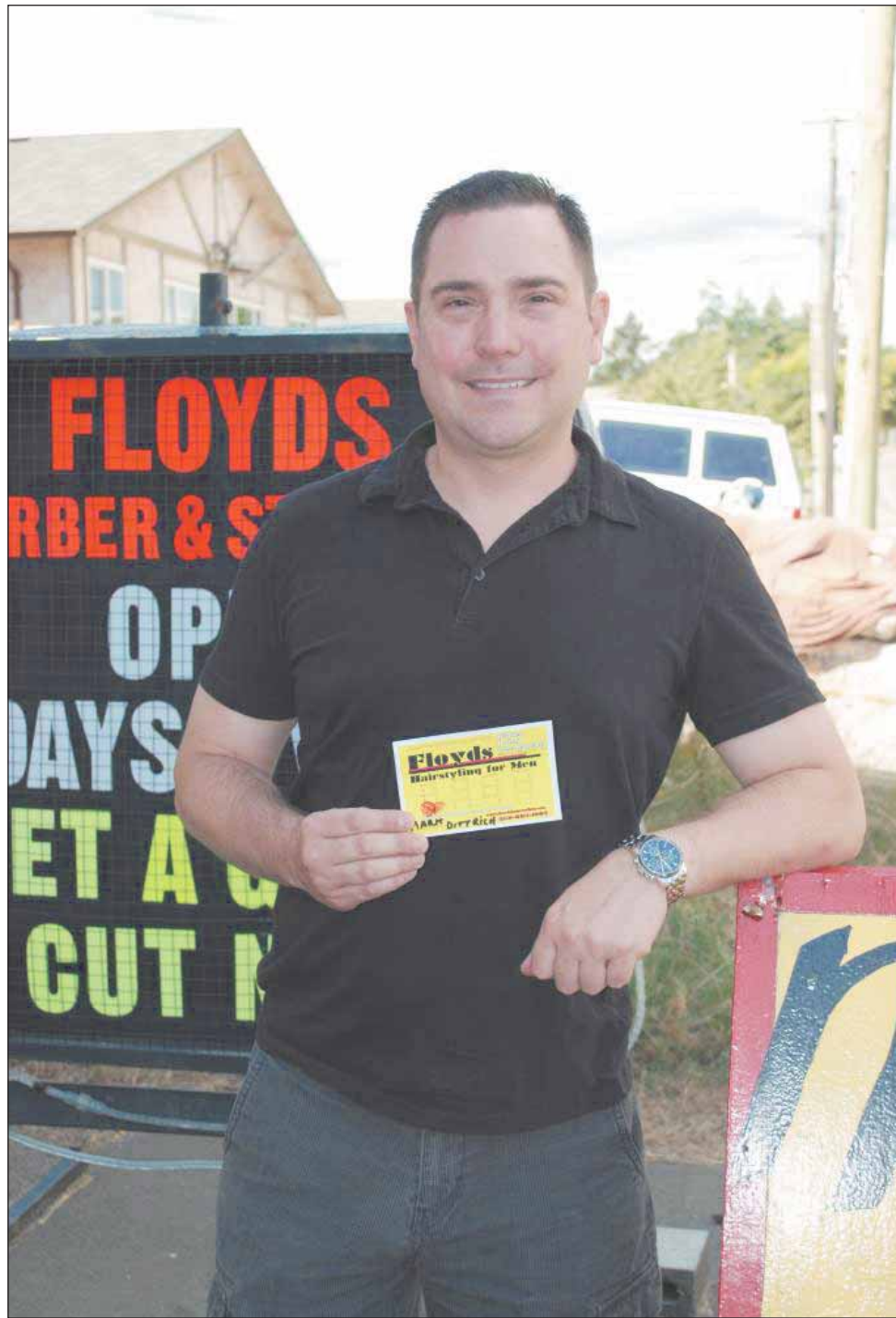
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## DND Corporate Communications

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If you are a former Canadian Forces (CF) member who now works for the core federal Public Service, you may now be entitled to a little more vacation time.

Any former service in the CF for a continuous period of six months or more, either as a member of the Regular Force or as a Reservist on a Class B or C contract will now be taken into account for the calculation of Public Service vacation entitlement, following an announcement in Budget 2012.

"This means that they could receive a similar amount of vacation time to what they had when they were in the CF," says Jim Diamond, the human resources national project leader for collective bargaining, in the Directorate of Civilian Labour Relations at ADM (HR-Civ).

Depending on the wording of their collective agreement, most civilians get approximately three weeks of annual leave during their first eight years of employment in the Public Service. However, by the time most CF members exit the military, they are entitled to more than three weeks of annual vacation – up to five weeks for those with more than five years of service. Until now, in order to accept a Public Service position, former CF members also had to revert to three weeks annual leave.

"This recognition is a step in the right direction to amplify that civilian and military are part of the same Defence Team," says Lieutenant-Colonel Benoit Pelletier, who gained a unique understanding of the relationship between the CF and the Public Service as the former comptroller for ADM (HR-Civ).

"This privilege goes a long way to facilitate the transition from a military to a civilian position by allowing those leave credits to be recognised and transferable, thus allowing a military member to accept a Public Service position knowing that he or she will be entitled to the same amount of leave credit," he says.

Diamond says that the "onus is on the former CF member to provide proof of relevant CF service to their respective compensation unit." As well, he notes that this new provision applies to vacation credits only, not to pension entitlements or other benefits.

"The majority of former CF members in the Public Service work for our department," says Diamond. "So this amendment really will have a positive affect on our workforce."

For more information, as well as directions on how to apply for this new benefit, visit the Policy and Programs/Leave section at: ADM (HR-Civ) - Policies & Programs - DLRPP.

Please consult your Civilian Human Resources Service Centre if you have any questions.



PO2 Darrell Sparkes is promoted to PO1 by Cdr Tim Allan and CPO2 Tim Gallinger on Aug. 28 at the Chief and Petty Officers' Mess.

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# From Flight Control to Flyboy

OCdt Russell Vandeputte is following his dream of becoming an Air Force pilot.

Photo by Shawn O'Hara, Lookout

**Shawn O'Hara**  
Staff Writer

The seeds of dreams aren't always planted at childhood. For OCdt Russell Vandeputte, the dream of becoming an Air Force pilot came much later in life.

The former Air Force Corporal and Aerospace Control Operator (AC Op) was recently selected for pilot training, moving from his current trade with the Joint Rescue Coordination Centre to someday an office in the sky.

"Initially I joined the AC Op trade because it gave me free time to pursue an education," says OCdt Vandeputte. "I found I wanted something more challenging so I started looking to get into a different trade."

While working as an Air Traffic Controller for NORAD in North Bay, ON, he came across a Canadian Forces General Message announcing a competition for the pilot program. The idea of flying awakened a desire he could not shake.

When he returned to

CFB Esquimalt he put in his application, completing an interview with the Base Personnel Selection Officer. He was then offered the chance to test for pilot.

He travelled from Vancouver Island to CFB Trenton for simulator training, where he tested in the Canadian Automated Pilot Selection System (CAPSS) as part of the Air Crew Selection Course. Getting this far was a pleasant surprise for the 30-year-old, with each stage of the process making his goal more in reach.

The CAPSS is an enclosed re-creation of a cockpit, complete with the tools found in fixed-wing aircraft. The simulator is on a mechanism that allows turns and pitches to simulate the movements of a real cockpit.

There was only one difference, says OCdt Vandeputte.

"You can't see anything at all. It's just the instruments and a basic map showing the course you're supposed to be following. It was kind of weird, but it was almost like a video game."

The simulator test lasted three days with flying a simple rectangular object and then taking off and landing it. On the last day there was a final exam.

Once a candidate completes the tests, the results are reviewed by the system and the candidate is told if they passed or failed.

"After all that, all the testing and simulators, the only feedback I got was a little slip of paper," OCdt Vandeputte says. "It said: Standards met for Pilot. Yes."

Not everyone was so fortunate and their pick slip really did mean the end of the runway.

"You spend three days with these people, and you get to know them. Then when the test is over you get a yes and they get a no. It can be hard."

Following a "yes", he had a full medical to ensure his body can withstand the rigors of flying; several weeks later he received an offer to begin basic flight training.

However, due to his former trade, OCdt Vandeputte has not yet

completed his Primary Leadership Qualification, a course usually taken at the rank of Master Corporal. As the course is required for pilots, OCdt Vandeputte will be taking Officer Basic Training, and hopes flight training will begin next year.

To make up for the lack of actual flight time, he's learning to fly through the Victoria Flight Club in Cessna 172s. "I'm paying for all of it with my own money, but it's really great experience to actually fly a plane," he says. "The pilots that I've talked to recommend I try and get at least 10 hours of flight time, just so I actually know what it's like to land an aircraft."

OCdt Vandeputte says the pilot program may be the first truly challenging endeavour he's attempted, and that all he can do is work as hard as possible.

"I don't believe in luck," he says. "When you start something, the best thing you can do is apply yourself 100 per cent. Whether you fail or not is completely on you. I live my life like that."

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# Optional term life insurance plans

**Joyce Sharp**  
Communications and Marketing Manager

SISIP Financial Services (SISIP FS) has increased the optional term life insurance maximum benefit from \$400,000 to \$600,000 for each of their plans. This may have you thinking that you need to increase your life insurance to the maximum, because you are of the view that you can afford to purchase additional coverage, or are facing the added risk associated with being deployed.

"No one wants to leave their loved ones unprepared for the future," says André Bouchard, President SISIP FS. "And when you purchase life insurance, it allows them to continue fulfilling their financial goals and obligations, guaranteeing them adequate financial protection should you die."

SISIP FS offers three types of optional term life

insurance plans, which have been specifically tailored to the unique needs of the Canadian Forces members and their families:

- Optional Group Term Insurance (serving members - Regular force)
- Reserve Term Insurance Plan (serving members - Reserve force)
- Insurance for Released Members (released members)

**Just how much protection does your family need?**

This can be determined by meeting with a SISIP FS licensed insurance representative, who will provide sound advice on the amount of financial protection required by conducting an in-depth Insurance Needs Analysis (INA). Specifically designed for SISIP FS, the INA tool considers factors such as whether you are single, married or common-law, with or without financial dependents and/or financial obligations,

such as childcare, mortgage, educational needs, personal debt or special medical needs. It also takes into account other financial benefits your survivors would receive, including those paid under the Canadian Forces Superannuation Act, Supplementary Death Benefits, and any lump sum payments as well as other sources of income.

**Why should you consider the purchase of SISIP FS optional term life insurance?**

The key features of these optional term life insurance plans are:

- Increments of \$10,000 to a maximum of \$600,000 are available for purchase;
- The payment of claims is guaranteed on approved insurance applications, even if you die while serving in a theatre of operations;
- No exclusions for dangerous occupations, hobbies, volunteer

activities or sports;

- Dependent children are automatically covered for \$10,000;
- Accidental dismemberment benefits for you, (for injuries non-attributable to military service) your insured spouse and dependent children; and
- Entitled to transfer your coverage within 60 days of release to the optional Insurance for Released Members.

Whatever your reasons for revisiting the amount of coverage you currently have or feel you need, a licensed SISIP FS insurance representative will always consider your personal situation in order to make the most informed assessment toward achieving Your financial protection for today... and tomorrow!

Visit [www.sisip.com](http://www.sisip.com) and/or contact your local SISIP FS office at 1-800-267-6681.



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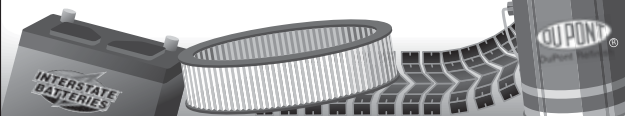
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| JB Body Shop Supplies        | 250-361-9136 |
| Salt Spring Auto Parts       | 250-537-5507 |
| JB's Ladysmith               | 250-245-9922 |



# United Way Raffle!

As we prepare to embark on the DND-wide GWCCC (United Way) campaign this fall, one of our BAdm Branch Officers (the new Pers Svcs Offr, LCdr Harlock) has so graciously decided to raffle off her assigned parking space (right by the side door of N30!) for three one week periods as follows: Sept. 3-9, Sept. 16-22, and Oct. 6-14.

You would not need a special decal on your car, rather just park your car and enjoy the time saved in your morning commute!

Tickets: \$2 each or 3 for \$5. All proceeds will go to the United Way.

Please see BPSvcsO AA, Karen Rajala (3- 4074) who will have them available.



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### ANNOUNCEMENTS

**LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS** has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

**CAREGIVING FOR SOMEONE with dementia?** The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

**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 Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

**VIEW ROYAL READING CENTRE.** Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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Photo by Chris Carnall  
Chief PO1 Clifford W. Ronneseth receives his CDS's certificate from Col Johnson at the Vernon Cadet Camp Aug. 25. He will be retiring from the service Sept. 5 after 41 years in the naval uniform. He enrolled into the RCN on Oct. 28, 1964, and served in HMC Ships Bonaventure, Margaree, Saskatchewan, Terra Nova and Mackenzie, and served at CFB Shearwater, CFB Esquimalt three times, CFS Bermuda, Baldy Hughes, and CFNA HQ Yellowknife. He retired from the Regular Force Nov. 5, 1992, and rolled over to the Reserve Force to work at the Vernon Army Cadet Summer Training Center April 1, 1999, as the CPO2 Reserve Storesman. This makes him the longest serving Naval Storesman (Supply Tech) in the Canadian Military; his first posting as a Storesman was on last aircraft carrier the Bonnie.

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# DND photo contest

**Ryan Cane**  
DPFSS

Lieutenant-Colonel Geoff Carter is passionate about photography and sharing his work with others.

The annual Department of National Defence Photography Contest provides him the perfect venue.

"This is my opportunity to be creative. I control the location, time of day, composition and each picture floats or sinks on what I have done," LCol Carter says. "It is a great feeling to have someone look at one of my creations and say 'Wow'."

Since 1968, the DND Photography Contest has celebrated the many facets of military life through recognizing excellence in the art of photography. It honours both the novice and advanced photographers, who compete for top place finishes in nine categories, and distinguished titles such as Photographer of the Year. Photography contributes in a valuable way to the CF community, both in operations and overall morale and welfare. Approximately 250 CF imagery technicians are trained to provide imaging services in support of military operations, public affairs and engineering activities. They document the events in the life and times of the CF. As a hobby, photography is an important part of the CF recre-

ation program.

The program is organized by CF Imagery Services and CF Personnel and Family Support Services and made possible through the sponsorship of BMO Bank of Montreal, the official partner of Canadian Defence Community Banking (CDCB), and the BMO Support our Troops MasterCard Program.

"We at BMO are proud to support this initiative," says Nick Mastromarco, BMO's Director, Acquisition & New Business Development. "We're always looking for opportunities through the CDCB Program to recognize and support our military community."

LCol Carter is grateful for the sponsors and the chance to participate. He encourages others to do the same. He says winning photos are a combination of planning and lots of luck. His best advice to capture a winning photo is to look for the dramatically different.

"If a thousand monkeys with a thousand cameras could take this picture you just took then you need to try again."

And that 1,001 picture might be the one to walk away with a grand prize. All photographers who enter a submission to the DND photo contest will be entered to win a vacation package to Whistler, B.C.

For information and how to enter, go to [www.dnd-photocontest.ca](http://www.dnd-photocontest.ca)

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- Umbrella - 1
- Knife and Case - 1
- Cell phone Apple - 1
- Case Cell Phone - 1
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# CALLING ALL SEA TRAINERS

**19th Annual Sea Training Dinner**  
**Friday, September 28, 2012 • 1800hrs**  
**CFB Esquimalt Wardroom**  
**1586 Esquimalt Road, Esquimalt**

All current and former Sea Trainers are invited to attend the 19th Annual Sea Training Mess Dinner taking place Friday Sept. 28 at the CFB Esquimalt Wardroom, located at 1586 Esquimalt Road, Esquimalt B.C. V9A 7N2.

This year's event will kick off at 1800hrs with supper being served at 1845hrs. Dress for serving military members will be N2's and for retired members a suit or sports coat and slacks.

Cost is \$35 and may be paid by cheque or cash to PO1 Corey Lange at Sea Training Pacific, PO Box 17000 Station Forces, Victoria, B.C. V9A 7N2 until Sept. 14. For more information, please call PO1 Corey Lange at 250-363-1264 or via email at corey.lange@forces.gc.ca.



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<p><b>VALUED PRICED</b>  <b>\$20,988</b></p>  <p>Only 54,799 km, power sunroof, last key, remainder of 10-yr Factory Warranty, 7 passenger.</p> <p><b>2008 Mitsubishi Outlander LS 4WD</b>                  #20V4073A</p>	<p><b>VALUED PRICED</b>  <b>\$24,988</b></p>  <p>Only 30,100 km, 4 cyl, 4WD, fantastic condition, remainder of 10-yr Factory Warranty. Must be seen to compare.</p> <p><b>2011 Mitsubishi Outlander ES 4WD</b>                  #B0V1462</p>	<p><b>VALUED PRICED</b>  <b>\$19,988</b></p>  <p>Only 51,000 km, one owner, local vehicle, 4 new tires, remainder of 10-yr Factory Warranty. Must be seen to compare.</p> <p><b>2009 Mitsubishi Outlander ES 4WD</b>                  #B0V6961A</p>	<p><b>VALUED PRICED</b>  <b>\$24,988</b></p>  <p>Only 19,995 km, rare bronze metallic, 4 cyl, save thousands from new, remainder of Mitsubishi 10-yr warranty. A must see.</p> <p><b>2011 Mitsubishi Outlander ES 4WD</b>                  #B0V1236</p>	<p><b>VALUED PRICED</b>  <b>\$23,988</b></p>  <p>Only 26,200 km, like new condition, heated seats, fog light, alloy wheels &amp; much more. Remainder of 10-yr Factory Warranty.</p> <p><b>2011 Mitsubishi RVR SE 4WD</b>                  #BRV4061</p>
<p><b>VALUED PRICED</b>  <b>\$24,988</b></p>  <p>Only 21,500 km, loaded, leather, power sunroof</p> <p><b>2010 Dodge Challenger SXT</b>                  #22V2557A</p>	<p><b>VALUED PRICED</b>  <b>\$12,998</b></p>  <p>Auto, low kms, local car.</p> <p><b>2005 Nissan XTrail 4x4 XE</b>                  #PM11095</p>	<p><b>VALUED PRICED</b>  <b>\$9,888</b></p>  <p>Only 33,000 km, power sunroof, alloy wheels, A/C, power group.</p> <p><b>2006 Kia Spectra 5</b>                  #21M2947A</p>	<p><b>VALUED PRICED at only</b>  <b>\$23,988</b></p>  <p>Only 21,000 km, All Wheel Drive, HID lights, Recaro Sports seats, 18" alloy wheels, Paddle Shift transmission, 237 HP-265 Ft-LBS-Torque. Remainder of factory warranty and much more.</p> <p><b>2010 Mitsubishi Lancer Ralliart AWC</b>                  #PM14670</p>	<p><b>VALUED PRICED</b>  <b>\$21,988</b></p>  <p>Only 26,028 km, great condition, remainder of 10-year warranty, 4WD. A must see.</p> <p><b>2011 Mitsubishi RVR SE 4WD</b>                  #B1M5468</p>
<p><b>VALUED PRICED</b>  <b>\$21,988</b></p>  <p>Only 13,800 km, leather heated seats, power sunroof, manual transmission, 710 watts Rockford Fosgate sound system, remainder of 10-year warranty.</p> <p><b>2010 Mitsubishi Lancer GTS</b>                  #B1M5334</p>	<p><b>VALUED PRICED</b>  <b>\$23,988</b></p>  <p>Very rare XLS, low km, leather heated seats, power sunroof, 18" Alloy wheels, 4WD, remainder of Factory 10-year warranty and much more.</p> <p><b>2009 Mitsubishi Outlander XLS</b>                  #B0U0655</p>	<p><b>VALUED PRICED</b>  <b>\$18,988</b></p>  <p>Auto., heated seats, remainder of factory 10-year warranty, low km., save thousands from new.</p> <p><b>2011 Mitsubishi Lancer SE</b>                  #B1a1153</p>	<p><b>VALUED PRICED</b>  <b>\$15,988</b></p>  <p>Low km, automatic, rear spoiler, privacy glass, remainder of 10-year warranty.</p> <p><b>2009 Mitsubishi Lancer</b>                  #21M9360A</p>	<p><b>VALUED PRICED</b>  <b>\$24,988</b></p>  <p>Auto, only 16,000 kms, remainder of 10-year warranty.</p> <p><b>2009 Mitsubishi Spyder</b></p>



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