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Volume 58 Number 26 | July 2, 2013

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Base leadership changes

Cpl Stuart MacNeil, MARPAC Imaging Services

A new leader has emerged during last week's change of command in the Naden Drill Shed. Capt(N) Luc Cassivi, right, signs the change of command certificate, officially making him the new Base Commander. Pictured above, Cmdre Bob Auchterlonie, left, signs over his watch while RAdm Bill Truelove, centre, officiates the change over. Read more on pages 2 and 3.

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PHARMASAVE



Submariner takes the helm of base

Shawn O'Hara
Staff Writer

A well attended ceremony under the lofty rafters of the Naden Drill Shed saw Cmdre Bob Auchterlonie pass on the post of Base Commander to Capt(N) Luc Cassivi last Tuesday.

Cmdre Auchterlonie received his promotion during the morning's proceedings, and conducted his first inspection to the thundering tune of famous composer John Williams' "Imperial March" performed by the Naden Band.

Following his sweep of the gathered companies, Cmdre Auchterlonie spoke about his short time as Base Commander to those assembled.

"I didn't know when I was coming in that I'd only be spending a year as Base Commander, but what a year it has been. I couldn't have done this job were it not for the amazing people I worked with every day, and I know that Luc will be in good hands as Base Commander."

RAdm Bill Truelove then took the stage, taking a moment to thank Cmdre Auchterlonie for his work.

"You've done a lot of good work in your time commanding the base Bob," said RAdm Truelove. "You've destroyed our roads, dug up our lawns, and wrecked our buildings [referencing the start of infrastructure

upgrades]. In all seriousness you had a huge task ahead of you and performed admirably. I look forward to working with you as the Pacific Fleet's new Commodore."

Following his speech, he joined Capt(N) Cassivi and Cmdre Auchterlonie in signing the change of command certificates. The Commodore's pennant was lowered and presented to him by Base Chief CPO1 Shawn Taylor, signifying the end of his tenure as Base Commander.

In a burst of applause, Capt(N) Cassivi then took to the podium for the first time as Base Commander of CFB Esquimalt, addressing the crowd and honouring his friend and predecessor.

"I just hope you left some buildings for me to wreck," he said, drawing a laugh from the crowd. "I just don't think I'd be getting the most out of the position if I couldn't tear something down."

Capt(N) Cassivi acknowledged he has assumed the post at a vital time for the base.

"The work Cmdre Auchterlonie has done in the last year will make the work I have to do easier, but there is still much to be done," he said. "With your help, and the help of our community leaders, we can serve the people of Canada in an effective and efficient way. I look forward to working with you all."

The work Cmdre Auchterlonie has done in the last year will make the work I have to do easier, but there is still much to be done.

-Capt(N) Luc Cassivi
CFB Esquimalt Base Commander



Cpl Stuart MacNeil, MARPAC Imaging Services

Above: Cmdre Bob Auchterlonie is promoted by RAdm Bill Truelove, Commander Maritime Forces Pacific. He is assisted by Mrs. Auchterlonie during the change of command parade.

Below: Cmdre Auchterlonie receives his pennant from Base Chief CPO1 Shawn Taylor.



Cmdre Auchterlonie, RAdm Truelove and Capt(N) Luc Cassivi sign the Change of Command certificates.

New Fleet Commander looks forward to sailing

Shelley Lipke
Staff Writer

Cmdre Bob Auchterlonie has moved eight times in 14 years.

So his new appointment as Commander Canadian Fleet Pacific is most likely his easiest move, packing up a box or two and heading a kilometre into dockyard from his old office in Naden where he spent a year as Base Commander.

He's one of those rare Islanders, raised in the Comox Valley. So he's thrilled to stay west a bit longer, and continue developing calluses from year round golf and navigating his boat in the Gulf Islands with his family.

"I know how lucky I am to do two of the best jobs out here, and I'm really looking forward to the next couple years," he says. "And I am pleased to stay in one spot for while."

His year in the Base Commander's seat has not been an easy one. He's had to contend with cutbacks and what that means to people on base.

"We are in an era where

we no longer have unlimited resources in money and personnel, but we continue to deliver as required," he says.

On the flip side, infrastructure on base is seeing an injection of money to prepare for the future, an estimated \$1.5 billion over 10 years.

"The message for the folks in the Formation is that the work will continue for the next 10 years. While it may seem inconvenient now with the construction, it will be good in the long run, and I have been pleased to be involved in these long term projects," he says.

These projects have now been passed to his successor, Capt(N) Luc Cassivi, whom he has known for 15 years when they completed the Operations Room Officer course together.

"It will be an easier transition for both of us, than coming from another base, as we are both in tune with the issues and we know each other," says Cmdre Auchterlonie.

On Wednesday he will officially become the head of the Pacific Fleet and begin his

work maintaining the operational capability of the ships and sailors.

"We are in the midst of rebirth of the fleet with HCM/FELEX and the Halifax-class modernization of the ships. Cmdre Bishop is leaving the fleet in a great state," he says.

Cmdre Auchterlonie's work is already laid out before him – develop sailing schedules for the ships, send *HMC Ships Protecteur* and *Algonquin* to South East Asia and Australia for their Fleet Review, and prepare the fleet for task group exercises and Rim of the Pacific 2014.

"I am anxious to get back to sea this summer, and am fortunate that I did most of my early sailing on the west coast, so I know many of the sailors on the ships. I am also looking forward to conducting operations as task group commander in command of all ships at sea," says the Commodore. "That is obviously a big responsibility and certainly marks a new milestone in my career and one I'm very much looking forward to."

"We are in an era where we no longer have unlimited resources in money and personnel, but we continue to deliver as required."



Base Commander post a new and exciting challenge



Shelley Lipke
Staff Writer

His work developing close-knit teams in submarines should benefit Capt(N) Luc Cassivi as he heads up the day-to-day operations of CFB Esquimalt as the newest Base Commander.

In the 30 years since pledging his allegiance to Canada, the 46-year-old has commanded three Victoria-class submarines, which has meant spending days, and even weeks beneath the water on both coasts in a cigar-shaped tube. He also commanded *HMCS Ville de Québec*.

"Being in command of a sub is different than commanding a ship. You have a much smaller team, and the sheer capacity of the crew is different. When you dive, should something go wrong you can't get away from the danger, and the consequences can be dire," he says.

Survival and success both depend on the strength of the team.

As Base Commander, Capt(N) Cassivi's team has grown substantially from the average submarine crew of 48 to 1,300 military and

civilian

employees.

"I am really looking forward to the opportunity to work with a large non-military workforce," he says. "Most of my career has been operations, so this is something new and exciting."

At an age when most youth have little thought of the future or career ambition, Capt(N) Cassivi was joining the navy. He was 16, and had earned his sea legs at a sea cadet corps in his hometown of New Richmond on the Gaspé Peninsula. His career started as a logistics officer but early on he switched to Maritime Service and Subsurface (MARS) officer.

"I joined the navy for the ability to travel and see the world. It was a draw card that attracted me and I don't regret a moment of it," he says.

Whether on ships, submarines or ashore, he has logged plenty of miles over three decades. Highlights include an exchange position in the Australian Navy and serving with their submarine force, combat officer in HMAS Onslow, and instructor at the submarine warfare school.

As he moved up the ranks, his postings progressed as well. Before signing the change of command certificates, he was the Director of

the Canadian Submarine Force, and Chief of Staff Plans and Operations at Maritime Forces Pacific Headquarters/Joint Task Force Pacific. He is considered the expert of all things submarine.

"I think the highlight during this time was the ability to move the [submarine] program forward with the help of amazing people. The submariners and all who support the program put their heart and soul into the return to operations, and it was a great highlight to move it forward with them, and also a great challenge," he says.

"Preparing the sub force to transit from 14 years of single sub operations to grow, over a period of 18 months, to have three subs operational is a neat challenge from which I learned a lot."

Now he has his sights on external community relations and overseeing the development of base infrastructure, including the utilities corridor, jetty replacements and ship repair consolidation project.

"I am looking forward to interacting with the units and sub-units. My approach is really 'what can I do to help you and make your life better in your work environment?'" he says.



"I am really looking forward to the opportunity to work with a large non-military workforce."

matters of OPINION

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People Talk

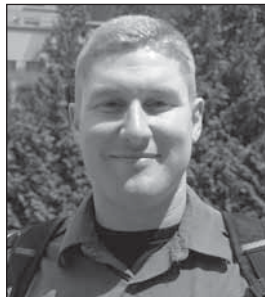
Lookout asked this question:

If you could decide the plot of the dream you will have tonight, what would you dream about and why?



I'd dream that I was completely set up for retirement. I just want to see what that's like.

Slt Craig Dalton



Driving to Vegas with a suitcase full of cash and a couple of girls in the back. It's super unrealistic but still, it'd be great.

AB William Ellis



I've been playing a lot of video games lately, so a post-apocalyptic dream would be cool. Just so I can prepare, you know?

LS Corey Pettipas



I'd dream of getting a good night's sleep. If that could help me feel rested in the morning I'd do it.

OS Tyler Chalifoux



I'd dream about winning the lottery. I know that will never happen in real life but it has to feel pretty great.

PO2 Quinton Combdon

Clarification on the wearing of uniforms by veterans

To the Editor:

I regret that a lack of clarity and misreporting of a recently released internal order related to the wearing of uniforms after release from active service has resulted in avoidable confusion and insult to veterans.

The Royal Canadian Navy holds veterans in the highest regard and has no intent or authority to limit the wearing of older orders of dress, such as wartime patterns. Historic headdress, medals, and uniforms that are no longer in use are explicitly exempt from our authority. Their use in celebrating previous service and sacrifice should continue and be encouraged.

The intent of the order was simply to inform serving members – and by extension those retired members still affiliated with the RCN through our messes and other organizations under our influence – of the protocols associated with a long-standing regulation about wearing current pattern uniforms, specifically Mess Dress (a formal evening uniform), after retirement. This specific pattern of uniform still exists and is worn by active serving members. It is important, therefore, to avoid any confusion in identity between those who are on active service and those who are retired and no longer subject to the same rules and expectations as their serving colleagues.

The desired outcome is to have a process that both respects the regulations, as well as honours those who are no longer serving.

Vice-Admiral Mark Norman,
Commander RCN

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

1. What team did Doug Flutie start his CFL career with?
2. How many balls are on the table at the start of a snooker game?
3. What city is home to the Arizona State Sun Devils?
4. Who were the Pittsburgh Pisces?
5. Who was nicknamed the Roadrunner while playing for the Habs?
6. What does the checkered flag indicate?
7. Who holds the record for the most assists in one NHL playoff game?
8. Jerry West & Elgin Baylor became the first two players of one team to reach this many points in a season?

- ANSWERS
1. He is out.
 1. BC Lions
 2. Twenty two; 15 red, 6 coloured and the white ball.
 3. Tempe.
 4. Basketball team from a movie called The Fish That Saved Pittsburgh.
 5. Yan Cournoyer.
 6. The checkered flag indicates that a race or qualifying is over.
 7. Gretzky and Mikko Leinonen with 6.
 8. Score 2000 points.

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1st Annual Base Commander's golf tournament

The first Base Commander's Golf Tournament was a resounding success with 114 golfers taking to the greens at Olympic View Golf Course. Golfers enjoyed a two person scramble, shot gun start, followed by a barbecue lunch and prize giveaways. The event was truly elevated because of the generous support of these sponsors: HCL Logistics, Lockheed Martin, Seaspan Victoria Shipyards, Chuck Palmer Investors Group, DRS Technologies, RTO BC, Industrial Marine Training & Applied Research Centre, and Acklands Grainger.

Top left: Ursula Mjolsness tees off. The Personnel Support Programs employee teamed up with her daughter for the tournament. Other participants might have thought they were seeing double as the pair wore matching outfits.

Top right: Event sponsor HCL Logistics representatives Tim Van Holst, Franco Barbon and David Green spent the day golfing with Commander Canadian Fleet Pacific, Cmdre Bob Auchterlonie.

Bottom left: Tournament champions Tim Howard and CPO2 Damien McCabe accept their trophy from Cmdre Auchterlonie during the wrap up party.





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GOODYEAR **DUNLOP**

A splash of fun in HMCS Protecteur

SLt Noelani Shore
 HMCS Protecteur

Members of *HMCS Protecteur* had a change in their daily routine on Thursday, June 20, when 18 Grade 7 students from St. Andrew's Elementary School toured the ship and spent the morning learning about the Royal Canadian Navy.

Students were split into three groups; they started out at different stations, including a Rigid Hull Inflatable Boat (RHIB) ride around the harbour, a tour of the bridge, demonstrations from a ship's team diver and member of the force protection team, and a hands-on lesson about fire fighting.

"The tour was a tremendous success," said SLt Adrian Smart, Maritime Surface and Sub-Surface (MARS) Officer, as well as the tour's organizer. "It not only highlighted some typical aspects of naval life and operations, but was also indicative of the strength of the divisional system and the interoperability of the



Bull's eye! Leading Seaman Philip Thorsteinson, a Hull Technician on HMCS Protecteur, helps a student from St. Andrew's Elementary School practice some fire fighting skills on the flight deck during a ship tour.

departments."

Working together with three MARS Officers designated as tour guides, each department provided a subject matter expert to explain what they are responsible for, and how their section contributes to the overall success of

the ship.

For most of the students, this was their first tour of an HMC Ship, but the friendly atmosphere and interesting demonstrations kept them involved and eager to ask questions.

The tour wound down with a luncheon in the

Commanding Officer's cabin, which, for some, along with the RHIB ride, was the highlight of the trip. Even exploring the West Coast's largest ship can't compete with chicken fingers for a class of hungry Grade 7 students.

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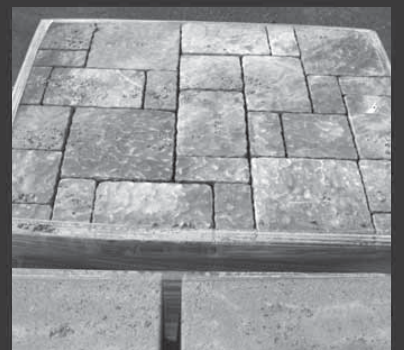
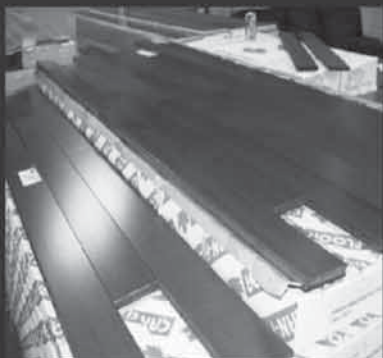
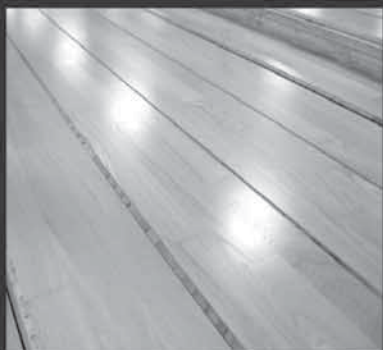
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Royal Canadian Air Force aircraft and crews are at airfields throughout the province and have already assisted civilian authorities in search and rescue and evacuation efforts, including the rescuing of 31 people during the initial evacuation.



Photos by MCpl Patrick Blanchard, Combat Camera
Above: Members of Lord Strathcona's Horse (Royal Canadians) help the search and rescue team evacuate people stranded in William Watson Lodge in Peter Lougheed Provincial Park.

Top: A CH-146 Griffon helicopter from 1 Wing in Kingston, Ontario, flies over Medicine Hat to assess the damage caused by the floods.

Left: Soldiers and citizens pile sandbags to create a retaining wall around the city's water treatment facility.



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Military family loses everything in fire

Shawn O'Hara
 Staff Writer

In the early hours of June 20, Wendy Goulding woke to the smell of smoke.

She quickly nudged her husband awake, and together they were able to save the lives of their two children and her parents before the entire house in Langford was consumed in flames.

"We looked in the backyard and all we could see was red," says CPO1 Dexter Goulding, Fleet Combat Systems Engineering Chief at CFB Esquimalt. "I ran out back to the garden hose to see if I could keep the fire down at all, but it was completely out of control by then."

Goulding and his wife got son Jefferey, 19, and daughter Taylor, 10, out of the house along with Wendy's parents May and John, who were living in their downstairs suite.

As the house glowed red with flames licking out the windows, all the family could do was watch and wait for help.

"The fire department told us the first truck arrived nine minutes after the 911 call was placed, and the second came 10 minutes after," says CPO1 Goulding.

"If that's true it was the longest nine minutes of my life."

The intensity and speed of the fire meant the Goudings could not retrieve anything from the house.

Lost forever are the in-laws' motor home, boat, computer that held all their electronic photos and important documents, photo albums, furniture, clothing, and even Wendy's wedding band and engagement ring.

"You can't replace that stuff," says CPO1 Goulding. "All you can do is accept that it's gone and move on."

As the loss sinks in and the family begins to map out their future, they're staying at the Westin Hotel on Bear Mountain. The provincial government covered the cost of the first three nights, but the Goudings are now paying out of their insurance claim.

Friends and work colleagues were quick to aid the family by setting up an account with Island Savings Credit Union. Anyone interested in donating should quote the "Goulding Family Account."

"The help and care that has been shown to us has been, frankly, overwhelming," says CPO1 Goulding. "Wendy and I both work



The charred shell is all that remains of the Goulding family's home.



and will eventually be able to replace everything we lost. We're incredibly thankful for everyone's concern."

Even with the loss of everything they own, Chief Goulding's attitude

remains positive. "Sure, there are some things that we'll miss, but they're all just objects," he says. "Nothing in that house means more to me than seeing my family safe."

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Ideas wanted

Do you have innovative ideas that would make MARPAC more efficient?

Formation Review Business Process Renewal team wants to hear from you.

The purpose of renewal, as outlined in the Defence Renewal Paper, *Turning National Defence into a Lean and Efficient Organization* (January 2013), is "to generate savings that can be reinvested in the ready force and military capability."

Here in MARPAC, we want to tap into the great ideas that we know are percolating throughout the Formation. Together we would like to:

- reduce corporate, administrative and institutional overhead
- ensure that every dollar saved contributes to enhancing operational capabilities
- improve the efficiency of key business processes, including procurement
- support and sustain an integrated defence team

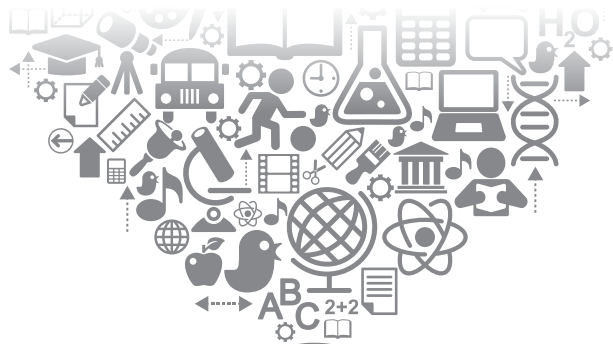
Renewal is not about cutting costs. It's about changing the culture, becoming more efficient and maximizing budget usage. Quite simply, we want to be the most effective organization in the DND/CF.

On a departmental level, the Defence Renewal Team was established in August 2012 with a three year mandate to drive spending reductions and business process reform. In May, the team visited Esquimalt and conducted a Town Hall meeting. They were impressed with what they heard, and will be using these and other ideas from throughout the department to identify 24 areas for further examination.

In the meantime, Formation Review (the local Business Process Renewal team) has been tasked by RAdm Truelove to identify and analyse local initiatives. Initial findings were presented to the Formation Council June 10, but all concerned realized there are more great ideas yet to be heard.

This is where you come in. We need to hear from you so that we can keep building on the momentum already gained.

If you know of ways that we can provide the greatest bang for our buck, then please contact the Business Process Renewal team leader, Conor McKee, by email at McKee.JC@forces.gc.ca or through your chain of command.



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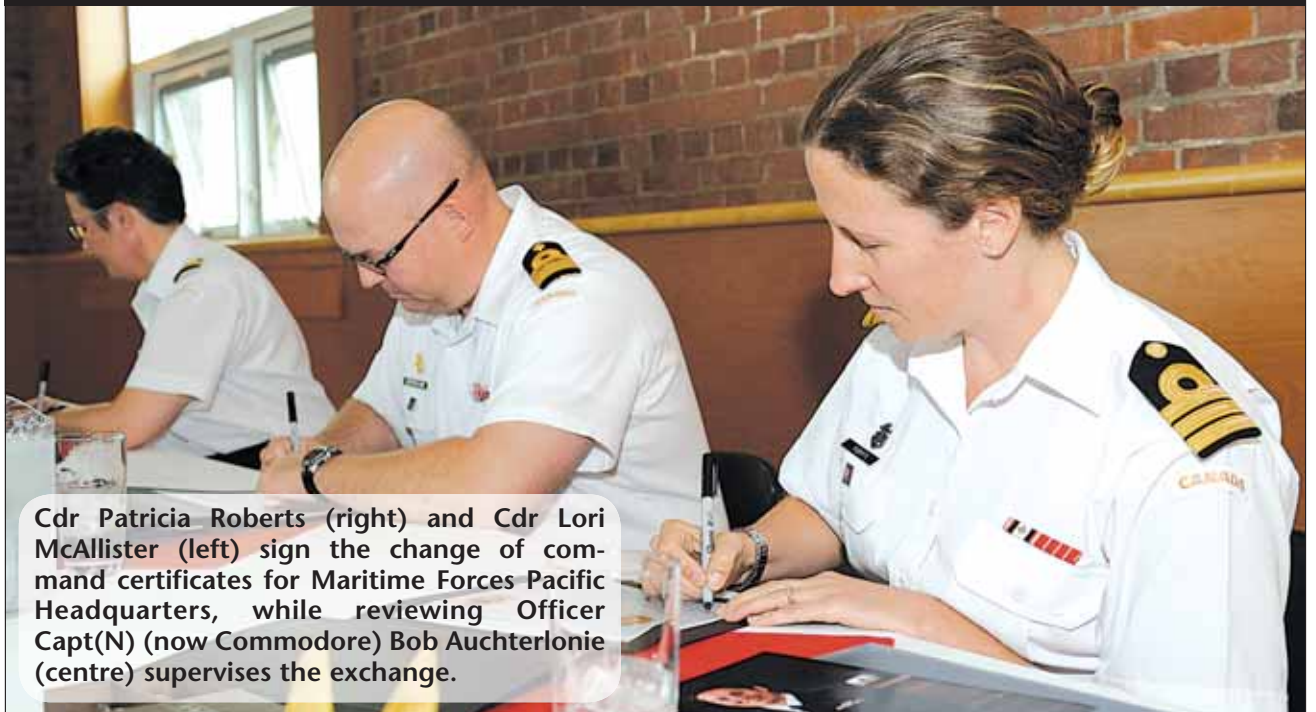


Incoming Base Logistics Commanding Officer, Cdr Patricia Roberts (left) and outgoing Commanding Officer, Cdr Lori McAllister (right) sign the Change of Command certificates, while reviewing Officer Capt(N) Mike Knippell (centre) supervises the exchange.

Job swap

During a rare ceremony, the Commanders of MARPAC HQ and Base Logistics exchanged command of their respected units.

Photos by Cpl Brandon O'Connell, MARPAC Imaging Services



Cdr Patricia Roberts (right) and Cdr Lori McAllister (left) sign the change of command certificates for Maritime Forces Pacific Headquarters, while reviewing Officer Capt(N) (now Commodore) Bob Auchterlonie (centre) supervises the exchange.

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Motocross lessons coming to Formation Fun Day

Shawn O'Hara
Staff Writer

Amidst the bouncy castles, marketplace and food vendors at Formation Fun Day, a unique, interactive display will take young and old on a ride.

On Saturday, July 6, kids and grown-ups can try motocross.

Westshore Motocross will create a safe and easy track on the parade square and hold lessons on how ride 50cc bikes for four to six year olds, and larger rides for adults.

"The rush you get from riding a dirt bike is unlike anything else I've found," says Jeff Everden, co-owner of Westshore Motocross. "We wanted to give anyone interested an opportunity to suit up and get on a bike in the safest and most fun way possible."

The activity comes with safety gear, experienced instructors and lots of fun.

"Motocross isn't just for adults, it's something that people of almost any age can try," says Everden. "I myself



got into it when I was five years old, and I loved every minute of it."

From his Langford-based riding facility, Everden and Westshore Motocross have been providing a place to ride and a way to learn with its Learn to Ride program since 2009.

"After I retired from professional motocross I wanted to pass something on to future riders," says Everden. "I thought Victoria could use a facility where people who didn't have their own gear could rent it and learn to ride at the same time. The barrier for entry is much lower, since

you don't have to own a bike and all the gear."

For families at Formation Fun Day, Westshore Motocross will also give away prizes including Learn to Ride passes and a Motocross Birthday Party, which includes gear and bike rentals, as well as riding lessons for up to five kids.

"The only thing better than learning to ride is learning to ride with your friends," says Everden. "We hope that with our lessons and parties we can give DND personnel and their families a way to try something new, and maybe find a new passion."



Photos courtesy of Westshore Motocross

Motocross is fun for the whole family.



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- DSR and game from Nintendo Canada, valued at \$125!
- Dinner at Nautical Nelles \$25!
- Dinner at the Keg \$50!
- HD Box from Shaw Cable \$180 value!
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- **The Zorb ball is back!** Rolling good fun – note there is a height restriction
- Don't miss Meet U at the Finish Giant Obstacle course
- Test your balance on the Mechanical Bull Ride

Hey teens, check out Vibe Street Hip Hop dancers as they show you how to 'break it down' hip hop style!
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Bring some cash and enjoy good eats from The Hungry Rooster, Puerto Vallarta Amigo's and L'Authentique food trucks. \$6 to \$9 options.

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- **Sherry Ewacha** Original acrylic painting, prints, cards, mini paintings
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- **Just Love Animals Society** Vitamin and herbal infused Lemonade
- **Valhalla Farm Herb's N Things** Jellys, herbs, rubs, seasonings
- **Langos by Louie - North Saanich** Hungarian fried bread dough (elephant ears)
- **Kettle Corn Canada** Kettle corn
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- **Dads West Coast Awesome Sauces** Hot sauces, meat rubs, all made with local ingredients.
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- **Steeped Tea** Tea
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Cdr Jeffrey Climenhaga, incoming Commanding Officer; Cmdre Scott Bishop, Commander Canadian Fleet Pacific, and the reviewing officer; and Cdr David Mazur, outgoing Commanding Officer, sign the change of command certificates for HMCS Vancouver on June 26.

Cpl Michael Bastien, MARPAC Imaging Services

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CAPREIT

Nanaimo, Saskatoon join U.S. led Exercise Dawn Blitz

LS Elijah Fraser
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HMCS Nanaimo

HMCS Saskatoon, HMCS Nanaimo, Fleet Diving Unit (Pacific), and staff from Canadian Fleet Pacific took part in Exercise Dawn Blitz 2013 during the month of June.

The exercise was a multi-national U.S. lead amphibious and mine counter measure (MCM) exercise off the coast of California.

The objective of the exercise was to clear a defensive minefield in the approaches to Port Hueneme, and a beach landing point at Camp Pendleton in preparation for a brigade-size amphibious landing in a medium threat environment.

Under the command of the U.S. Mine Counter Measures Squadron 3, the Canadian units were active in clearing the approaches. The mine clearance allowed for the anchorage of the American ship SS Curtis to load equipment, and the subsequent amphibious assault of beaches at Camp Pendleton by U.S. Marines and Japanese Defence Forces.

Canadian Fleet Pacific staff were employed in the Mine Counter Measures Control, in processing sonar data images of the sea bed, and tasking units with mine clearance missions.

Nanaimo, recently fitted with a new Launch and Recovery System for its Klein 5500 side scan sonar, produced bottom survey data for the route into Port Hueneme. By the end of the exercise, Nanaimo surveyed 18.5 square kilometres of ocean, located two



Above: HMCS Nanaimo recovers their side scan sonar towfish.

Below: HMCS Saskatoon launches their bottom object inspection vehicle.



exercise mines, one underwater improvised explosive device, and one airplane.

Data processed ashore was used by Saskatoon and other American units to investigate and identify the objects. Using two remote operated vehicles, a Bottom Object Inspection Vehicle (BOIV) and a smaller Seabotix ROV, piloted by Port Inspection divers, Saskatoon investigated 55 contacts over eight days and identified two Manta Mines, one Rockan Mine and one Underwater IED.

The RCN benefitted twofold from the exercise: in the planning and coordination of mine clearance operations by the

headquarters staff on the ground, and by utilizing the ship's and their payloads in an operational capacity in a medium tempo environment.

Concurrently during the exercise, MARS IV students were embarked in both Nanaimo and Saskatoon. The students were exposed to their first naval exercise and MCM operations, throughout which they were integrated into every organization onboard ship.

From the ships' perspective the exercise was a resounding success as integration into the multi-national MCM force went seamlessly.

NEWS Nuggets

Home for injured Canadian Armed Forces veterans opens in Winnipeg

Canadian Armed Forces (CAF) opened a new Barrier Free Transitional Accommodation unit June 20 to aid recovering CAF members in the Winnipeg region.

The program is part of the Legacy of Care funding initiative, announced on September 2010, as part of the Government's commitment to supporting CAF personnel who suffer physical and mental impairments.

Barrier Free Transitional Accommodations are provided at no personal cost. These facilities include utilities, Internet access, phone, cable, housekeeping, maintenance, and transportation services to places of treatment.

The unit is intended to accommodate seriously injured CAF members who are

receiving regular, specialized treatment in a geographical location other than that of their principal residence.

Exercise Maple Flag 46 comes to a close

The skies above 4 Wing in Cold Lake, Alberta, have been alive with aeronautic activity for the past four weeks as part of Exercise Maple Flag. The international exercise, which saw participation from several continents in a joint capacity, came to a close June 25.

This year's exercise saw participation from Canadian Armed Forces units from across the country, as well as participants from Belgium, Colombia, Germany, the Netherlands, the Republic of Singapore, the United Kingdom and the United States.



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And the winners of the Health and Wellness Challenge are...



Above: Prizes for the Health and Wellness Challenge were awarded to the three individuals who scored the highest points. Shown here (left to right): Krista Durand, Health Promotion Manager; third place winner Capt Isabelle Maleynski from RSCU (Pac), second place winner Cpl John Jamieson from 443 Squadron; and PO2 Dominic Lebal, who claimed first prize for LS Mary McGregor from MARPAC HQ. On the right are Wade Walters from SISIP and Iris Shiplack from CANEX who provided prizes for national winners.

Below: Shown here with Krista Durand, Health Promotion Manager, Catherine Waters, Health Challenge organizer, claims the Westshore Oak Bay Bikes prize for Mike St-Pierre.



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RAdm Bill Truelove, Commander Maritime Forces Pacific, presents the gold medal to Catharine Farnish who placed first for women in the 5k.



RAdm Truelove presents the gold medal to Andrew Patterson who placed first overall in the 5k, and first for men.



RAdm Truelove presents the gold medal to Kirsten Arensen who placed first for women in the 10k.



RAdm Truelove presents the gold medal to Jonathan Gendron who placed first overall in the 10k, and first for men.

For a complete list of timings go to navyrunesquimalt.com

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Above: LS Doug Jimmo (centre) is appointed to Master Seaman by LCdr Todd Bacon (left), Commanding Officer of Fleet Diving Unit (Pacific) and CPO1 Darrell Colwell, Coxswain FDU(P).

Left: MS Shawn Goodine is promoted to Petty Officer Second Class by LCdr Bacon.



Shelley Lipke, Lookout

2Lt Russ Vandeputte receives his commissioning scroll from Maj Justin Olsen, Commanding Officer of the Joint Rescue Coordination Centre. This scroll officially recognizes him as an officer and is a milestone in his journey to becoming a pilot.

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Cpl Brandon O'Connell, MARPAC Imaging Services
 Maj Jeff Byam (centre) accompanied by his wife Katherine Byam (right), receives the Queen's Diamond Jubilee Medal from Commander Maritime Forces Pacific, RAdm Bill Truelove (left)



Cpl Brandon O'Connell, MARPAC Imaging Services
 Maj Philip Redgrave (right) receives the Canadian Forces Decoration Second Clasp (CD2) from Commander Maritime Forces Pacific, RAdm Bill Truelove. The CD2 is awarded for 32 years of continued honourable service to the Canadian Forces.

NEWS Nuggets

Increased Canadian support of UN mission to Haiti announced

Peter MacKay, Minister of National Defence, Diane Ablonczy, Minister of State of Foreign Affairs (Americas and Consular Affairs) and General

Tom Lawson, the Chief of the Defence Staff, announced the deployment of Canadian Armed Forces (CAF) personnel as part of the United Nations Stabilization Mission in Haiti (MINUSTAH).

A CAF platoon from

Quebec departed to the island nation Friday, June 21 to operate within a Brazilian battalion in Haiti until December.

Their efforts will contribute to one of the CAF's core roles – supporting international peace and security for

greater stability in our hemisphere. This mission also demonstrates the Government of Canada's ongoing commitment to engaging in the Americas and deepening partnerships throughout the region.

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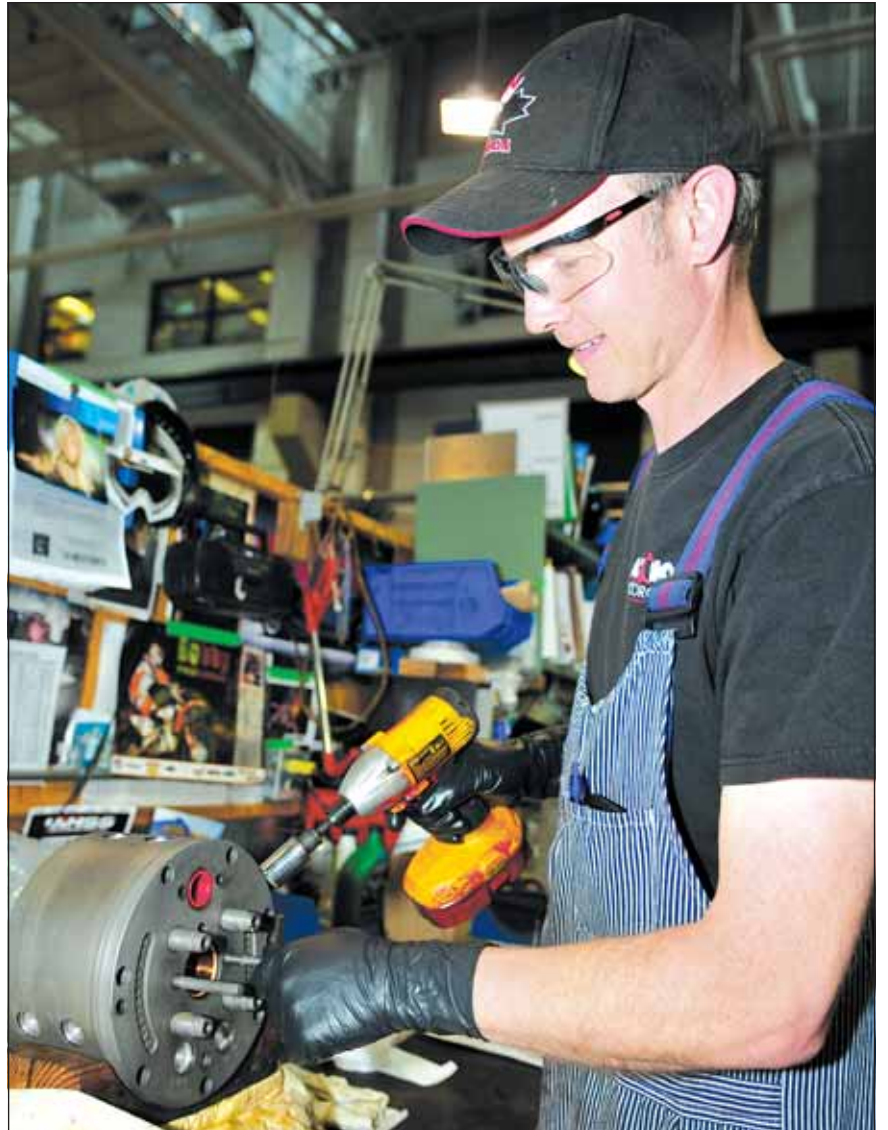
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New name for Grievance Board

DND

The name of the Canadian Forces Grievance Board, a federal tribunal mandated to review certain grievances submitted by members of the military, has been changed to Military Grievances External Review Committee.

"This is an important change we have been pursuing for several years to eliminate a common misconception that the Board is an organization internal to the Department of National Defence and the Canadian Forces," says Chairperson Bruno Hamel.

He said that shortly after its inception in 2000 the Board became aware that the inclusion of the words

The new name will lead to a better understanding of the specific and unique role for which this department was created.

-Bruno Hamel
 Committee Chairperson

"Canadian Forces" in its name was responsible for this impression, undermining its credibility as an independent and neutral organization.

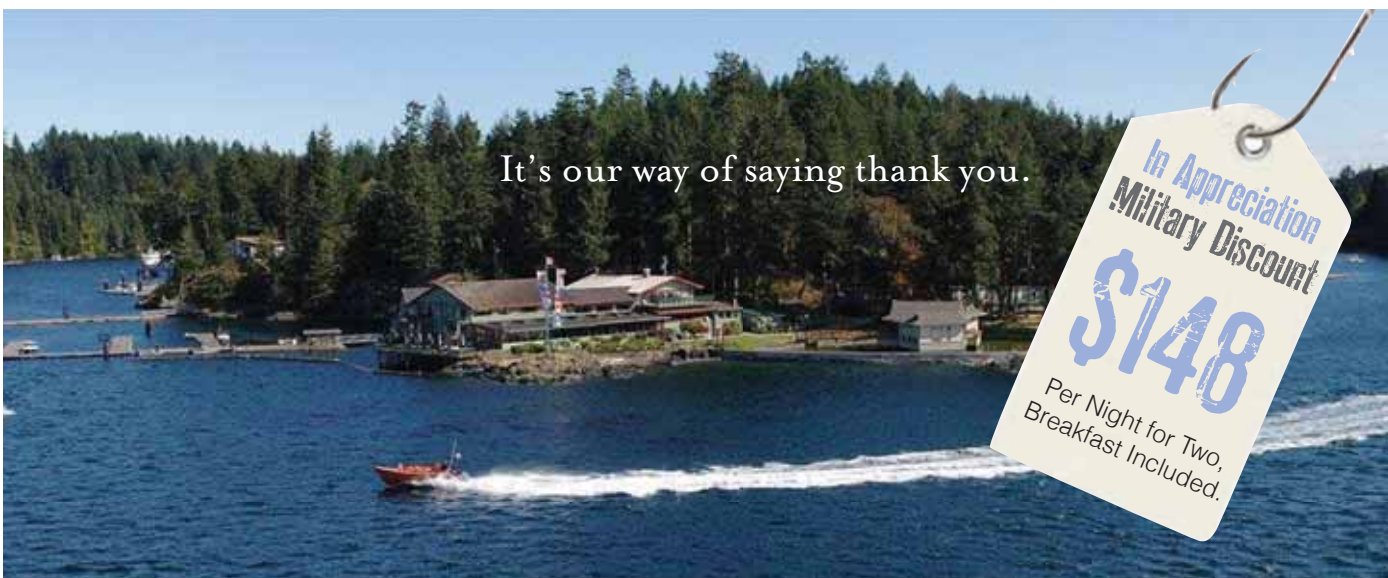
"The new name will lead to a better understanding of the specific and unique role for which this department was created - to be the external and independent component of the military grievance process,"

explained Hamel. "I am very pleased that, through the enactment of Bill C-15 (An Act to amend the National Defence Act and to make consequential amendments to other Acts), the new name which underlines the Committee's institutional independence is finally approved."

The Military Grievances External Review Committee, formerly the

Canadian Forces Grievance Board, is an independent administrative tribunal reporting to Parliament through the Minister of National Defence. The Committee reviews military grievances referred to it pursuant to s. 29 of the National Defence Act and provides findings and recommendations to the Chief of the Defence Staff and the Canadian Forces member who submitted the grievance. The Committee consists of Governor in Council appointees supported in reviewing grievances by analysts and legal counsel.

For additional information regarding the Committee, please visit our Web site at www.cfgb.gc.ca.



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Ethical warriors subject at Kingston conference

Ryan Ferrara
Army Public Affairs

The changing nature of war is raising new ethical challenges and considerations that were explored at this year's Kingston Conference on International Security, June 10 to 12 at Fort Frontenac.

The considerations, which evolved from over a decade of war in the 21st century, included the notion of a "just war" in the context of operations marked by targeted killings, drone strikes and asymmetrical warfare.

"Coming from over a decade of war in extremely difficult circumstances in different theatres has raised significant ethical questions on how war is conducted. The conference provides a venue to bring together a diverse array of people to talk freely about these challenges," says Maureen Bartram, the main conference organizer from Queen's University.

One of the main points of

Coming from over a decade of war in extremely difficult circumstances in different theatres has raised significant ethical questions on how war is conducted.

-Maureen Bartram,
Conference Organizer

discussion for the researchers, academics, military, and government personnel who gathered at Fort Frontenac is the future security environment. Conflicting humanitarian, legal, political, and operational agendas are expected to shape future conflicts.

"As we move beyond Afghanistan, with increased emphasis on major areas of the world such as the Americas and Asia-Pacific, while at the same time continuing to support missions and operations in the Middle East, Africa and Europe, our contemporary ethical warrior faces challenges of a truly global perspective,"

says LGen Peter Devlin, Commander of the Canadian Army.

"We know that the future security environment will be complex, volatile, and unpredictable, and it is within that uncertain context that our ethical warriors of tomorrow will have to operate," he adds.

LGen Devlin explains his notion of the "ethical warrior" as driven by the values of integrity, courage, loyalty, stewardship and excellence.

"In the finest traditions of the Canadian Army, we as ethical warriors will reflect the best of Canadian values and the highest standards of individual conduct in doing the right thing - at the right time - for the right reason."

LCol Scott Morrison, a conference organizer from the Canadian Army, describes the challenge as "really a combination of a variety of issues within the modern operating environment. I know the Canadian Armed Forces are looking at the whole topic of ethical decision-making, and operating ethically. This is something we are taking seriously both at the conference and in our day-to-day activities."



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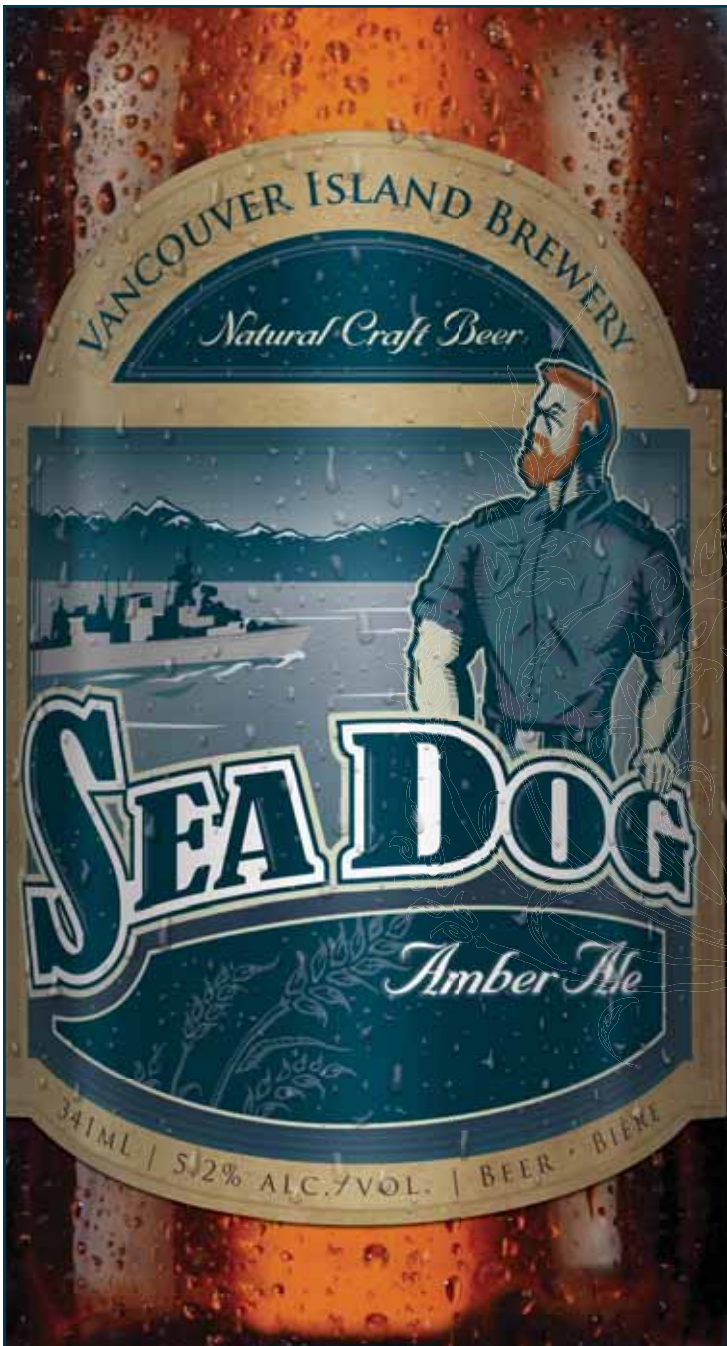
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