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Kandahar Memorial prepares for tour

A memorial honouring Canadians killed during the decade long Afghanistan conflict will spend the summer on Parliament Hill before undertaking a two-year journey across North America.

The Afghanistan Memorial Vigil is composed of individual black granite plaques honouring those who died: 158 Canadian forces members, 40 U.S. troops operating under Canadian command, Canadian diplomat Glyn Berry, Post Media journalist Michelle Lang and a civilian contractor.

The memorial was mounted on a cenotaph at Kandahar Airfield and brought to Canada when Canada's combat mission ended in 2011.

After the planned two-year 16-city journey ends in Washington, D.C., the memorial will return to Ottawa, where the panels will be displayed permanently on a cenotaph at a location yet to be decided.

Defence Minister Peter MacKay told reporters the summer-long display is intended to capitalize on tourist traffic. "The intent is to give Canadians greater access to the story of Afghanistan," he said. "It tells an important story and takes Canadians on an important journey of understanding and appreciation."

Sgt Matthew McGregor, Canadian Forces Combat Camera
Commander Canadian Joint Operations Command, LGen Stuart Beare, views the plaques of the fallen during the unveiling of the Afghanistan Memorial Vigil on Parliament Hill in Ottawa July 8.

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thinking about life after the CAF. Your financial situation will certainly change when you leave. Whether you are embarking on a new career or enjoying extra time on your hands, it's a good occasion to revisit your budget and to get ready for your new life.

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July 17

1100hrs Coaches' and Captains' meeting at Naden Athletic Centre in PSP Conference Room
1200hrs Meet and Greet Luncheon at the Pacific Fleet Club Junior Ranks
1400hrs Opening Ceremonies
1430hrs Game #1 - Team 1 vs Team 2 (bye 3)
1900hrs Game #2 = Team 3 vs Team 1 (bye 2)

July 18

0830hrs Game #3 = Team 2 vs Team 3 (bye 1)
1900hrs Semi-Finals

July 19

1400hrs Championship Game, Award's ceremony to follow

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Shawn O'Hara, Lookout

Maurice Hundleby, 91, shows the 2013 CFB Esquimalt Nijmegen Marching Team photos from his time in the Netherlands as part of Canada Command Headquarters during the Second World War.

Nijmegen team gets a history lesson

Shawn O'Hara
Staff Writer

Two weeks ago, shouldering 30 pound rucksacks in 30 degree heat, the 11-member CFB Esquimalt Nijmegen March team trekked from the field at Work Point to the Lodge at Broadmead in full kit.

Waiting for them at the end of their journey was Maurice Hundleby, a 91-year-old veteran.

The team, on one of their final training marches before heading to The Netherlands for the rigorous annual four day march, was making a special visit to see Hundleby.

Hundleby, who was born in Victoria in 1922, joined the infantry before heading to Europe in 1944 to work as a clerk in the Canadian Command Headquarters in Nijmegen as Allied forces liberated the Netherlands from Nazi occupation.

Germany invaded the Netherlands in May 1940 and relinquished its stronghold in

1945, when it was liberated by Canadian Forces. The region was in rough shape as famine, forced upon the Dutch citizens by the Nazi government, had led to the deaths of about 20,000 people.

"I remember walking through the streets and seeing the kids there starving. Everyone was living on bread. We gave them whatever we could," he recalls sitting on the rooftop terrace at Broadmead Care, a Victoria retirement home for veterans, surrounded by young military members in CADPAT.

On Tuesday, July 16, the base marching team, dressed in combat uniform and carrying a 10kg rucksack, will begin their walk through the same territories Hundleby and other Canadian Forces member traversed 68 years ago.

"I wanted the team to get a first-hand account of what that time was like, and why we're doing what we do," says CPO2 Chris Koblun,

team leader for the Nijmegen March. "The march is about honouring the relationship Canada has with the Netherlands, a relationship that Mr. Hundleby had a direct hand in establishing."

Hundleby says Canadians are still loved by the Dutch, who continue to honor the sacrifices Canadian soldiers made to liberate their country.

"In Holland it's almost as if the Canadians are celebrities," he says. "I know they'll have a great time over there. Canadians are always treated very well."

To help give the team a clearer picture of Holland 68 years ago, Hundleby brought out a cherished album. The well-preserved black and white photos show buildings in ruins, the rebuilding operations, children looking for sweets, the beautiful Dutch countryside, and rows of crosses.

"When I realized that I would never be in the thick of it, it turned into a picture taking trip for me," says

Hundleby. "I was very affected by what I saw over there. I wanted to remember it and make sure that people later on saw it too."

CPO2 Koblun says visiting Hundleby was a way to remind them that the actions of others can have long-lasting consequences.

"It really drives home the struggle these people went through, and the bond our two countries formed in that struggle," says CPO2 Koblun. "We can never forget that as members of the Canadian Armed Forces our actions have weight, and could very well change the world some day. This is our way of remembering."

The Canadian Armed Forces have participated in the march since 1950. Fifteen teams from across the country are currently in Nijmegen, with the Esquimalt group representing the West Coast. They are marching 40 kilometres a day for four days, starting at 4:30 a.m. and finishing about 1 p.m.

Thanks to all the Formation Fun Day volunteers.



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WHAT SAY YOU

Modern day has seeped into Afghanistan

Lt(N) David Lewis
Contributor

Lt(N) David Lewis was Deputy Director of Social Media for NATO Training Mission – Afghanistan stationed at Camp Eggers, Kabul, 2011.

Canada and the coalition forces are scheduled to withdraw from Afghanistan in 2014. One of the most verbalized concerns of Afghans is the uncertainty of the aftermath of this withdrawal. There are many who fear a repeat of the era that followed the Soviet departure in 1989. The disengagement of the USSR and the abandonment by the West created a power vacuum that was eventually filled by radical elements.

Much has changed since the last Russian soldier walked back across the Friendship Bridge into Uzbekistan.

In 1989, they left behind an isolated and parochial Afghanistan that had changed little over a millennia. It was a land where information was dispersed almost exclusively through tribal leaders. Throughout its history Afghanistan has remained a warlord dictated information vacuum.

The world today is much smaller than it was even two decades ago. International boundaries, cultural differences, and social barriers are all blurred by the onslaught of easily accessible new media. Afghanistan is no longer immune to this wide world. In

the past 10 years the dramatic advance of Facebook, Twitter, YouTube and other social media platforms have affected the country to Gutenberg proportions.

The Taliban forbade the use of the Internet. They deemed it a Western propaganda tool that broadcasted obscene, immoral, and anti-Islam material. Afghans only began to have internet access after the Karzai administration took office in 2002. Since then, there has been a phenomenal growth in wireless companies, internet providers, radio stations and television channels. The telecom sector leads economic reconstruction with four mobile service providers covering 75 per cent of the country with over 2,400 towers. As of 2012, about 85% of the country's population has access to communication services. There were over 18 million mobile phone users with 4G service launched in 2013.

Afghans are also using Twitter and Facebook to bring about social change. In 2012 there were over a half million facebook accounts registered within Afghanistan. The majority of Afghans online are between 18 and 35 years old. This is a prime demographic for change within their country.

As the last Roto of Operation Attention recently left for Afghanistan, I look back over the last 10 years and my own experience in-country. The Canadian Armed Forces have stood strong and paid an enormous price for helping to defeat the Taliban and assist in

“rebuilding” a country that was never “built” in the first place. We’ve done a lot of things right in Afghanistan. I think history might show that our greatest accomplishment, with the best residuals, was that for the first time in the country’s history we created a climate that allowed for other voices. These other voices influenced, awoke, inspired and challenged the Afghan people. They moved out of isolation into inclusion.

Some will see this as simplistic. There are no doubt a vast number of other factors that will affect a post-2014 Afghanistan. We must, however, recognize the country today is a vastly different country than at any other point in its isolated history. Walls that defended against external forces have crumbled as a result of an internal tide. Afghan eyes are wide open and they want more. Radical Islam will be defeated by the rise of the Muslim middle class.

As Afghans go online, on Ebay, on Amazon, on Autotrader, as they visit over 3,800 online television stations, and explore the world, they will refuse to be led back into the vacuum. Tribal leaders and Taliban will always have a voice, but they will be reduced to one voice amongst thousands.

A million Afghan girls wanting to listen to Justin Bieber on their iPhones might do more to ensure long-lasting change than all the coalition forces combined. Whatever 2014 brings, it cannot be 1989.

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

1. What is a daily double in horse racing?
2. What ball players have hit more than 600 home runs?
3. Where is Candlestick Park?
4. Who was the last player to score his 500th goal?
5. What were the Browns named for?
6. Who was nicknamed the Gas House Gang?
7. The CFL has 8 teams, which city will be the 9th team?
8. What defensive player in NFL played the most games?
9. Who was Ty Webb?
10. The book called 'Crossing the Line' is about which player?
11. Who assisted Bob Nystrom's overtime cup winning goal?
12. In curling, how many teams can score in one end?
13. Who led the NBA in scoring the most times?
14. What pitcher since 1900 has the most consecutive 20 win seasons?
15. What were the Schenley Awards?
16. Who is the leading Manitoba born scorer in the NHL?
17. What team did General Eisenhower play on at West Point?
18. Where did the Utah Jazz move from?
19. What NHL player has the highest point total who was drafted in the amateur draft?
20. What happened during the third lap of the Daytona 500 Race in 2011?

- ANSWERS
1. Bettors wager on winners of two races, pre-designated by the track for a particular race day.
 2. Bonds, Aaron, Ruth, Mays, Arod, Sosa, Thome & Griffey
 3. San Francisco on the bay
 4. Jarome Iginla scored his in 2012 against Nicklas Backstrom.
 5. First coach Paul Brown
 6. St Louis Cards 1934
 7. Ottawa's team in 2014 will be called the Redblacks
 8. Darrell Ray Green, comeback.
 9. Caddyshack golfer portrayed by Chevy Chase
 10. Derek Sanderson
 11. Bob Nystrom redirected a pass from John Tonelli
 12. Just one.
 13. Michael Jordan, ten times.
 14. Christy Mathewson 1903-14
 15. CFL annual awards sponsored by the Schenley 1953 to 1988.
 16. Bobby Clarke, 1210 points.
 17. Football
 18. New Orleans
 19. Mark Messier, 1887 points, Gretzky was never drafted into the NHL.
 20. Being a decade since Earnhardt's death, the commentators on FOX fell silent while fans each raised three fingers in a similar fashion to the tributes throughout 2001.

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Above: The Naden Band five-person corps of drums took to the streets during the Victoria Day Parade.

Below: The Corps practice on Museum Square.

Corps of drums return to band

A/SLt Ron MacDougall
BPAO Trainee

In April, there was an unusual sound coming from the museum parade square; a steady drum beat that echoed throughout Naden.

Making the rhythmic noise was a five-person corps of drums training under the watchful eye of Naden Band Chief, CPO2 Pierre Cayer.

The distinct staccato of the side drums, along with the military precision of the professional musicians, was impressive, and reminisced of times gone by.

“Out of respect for our proud navy heritage and to remember the days when military bands had such a huge importance, I was inspired to facilitate a comeback of the corps of drums here at Naden,” said Lt(N) Matthew Clark, Commanding Officer of the Naden Band.

With origins dating back as far as the mid 17th century, drummers were used by the Royal Marines to transmit signals on the battlefield by beatings, but eventually were replaced by buglers.

In 1902 at the Coronation Review for King Edward VII in England, Lt George Miller put 30 side drummers in the

My goal is to use the four-person drum line as much as possible, especially for large high profile events. I didn't know that this was going to take off like it has. The resonance has been unbelievable.

-Lt(N) Matthew Clark
Naden Band Commanding Officer

front ranks of massed Royal Marine bands. Since then, side drummers have always been in the front rank of Royal Marines Bands.

LCdr (Ret'd) David J Freeman, an avid historian and volunteer at the CFB Esquimalt Naval and Military Museum explained the historical development of the corps of drums in the Canadian Armed Forces.

“As far as can be determined, Royal Canadian Navy bands copied the Royal Marines front rank tradition for side drummers. A photo of King George VI presenting Colours to the Royal Canadian Navy in 1939 here in Victoria shows some 40 musicians with the side drummers in the front rank. This practice continued throughout the Second World War. In the late 1940s, the Naval

Band service and the School of Music in HMCS Naden were formed and this drum tradition continued.”

With the unification of all three CF elements in 1968, the corps of drums virtually disappeared as various CF bands were merged or closed. In the mid 1980s, there was a comeback of this tradition within Naval Reserve bands. Most recently, the five-person corps of drums of the Naden Band of the Royal Canadian Navy made its first public appearance at the Victoria Day Parade.

“My goal is to use the five-person corps of drums as much as possible, especially for large high profile events” said Lt(N) Clark. “I didn't know that this was going to take off like it has. The resonance has been unbelievable.”



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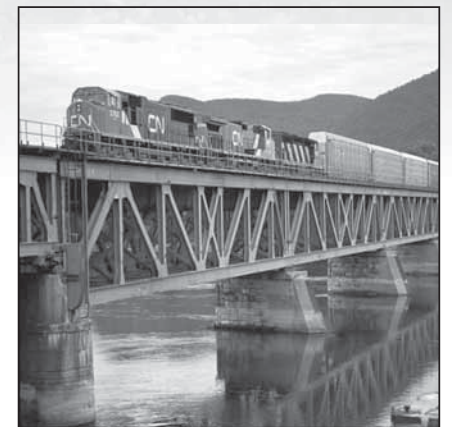


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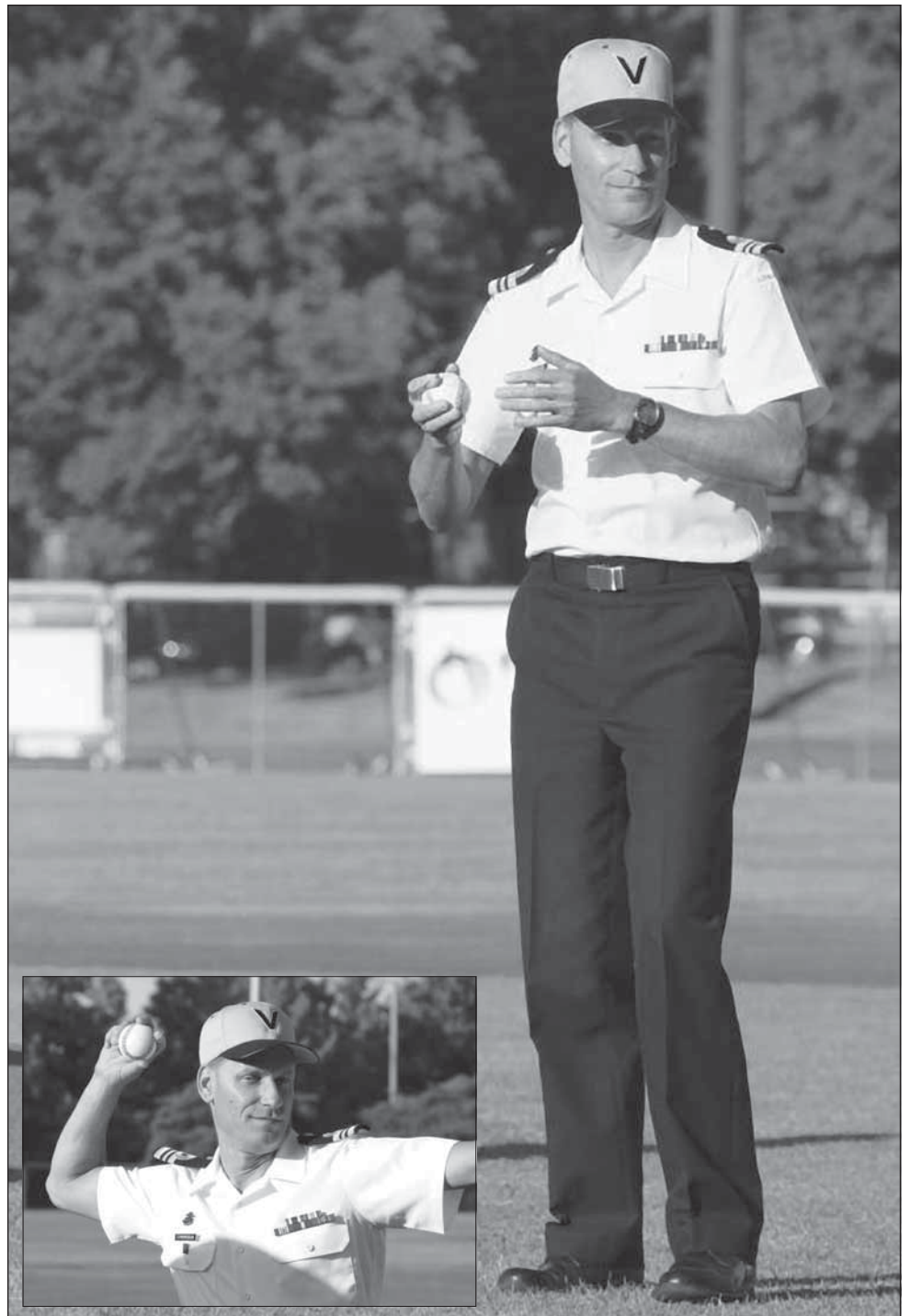
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- Prophet of Bones by Ted Kosmatka
- Walking Dead Vol 18 (Graphic Novel) by Robert Kirkman
- The Last Man in Russia: the Struggle to Save a Dying Nation

- The Last Viking: the Life of Roald Amundsen
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New manual puts a name to a fin

Shawn O'Hara
Staff Writer

The waters that make up the workplace of the Royal Canadian Navy (RCN) are home to countless forms of marine life.

Throughout the day, any number of these seafaring critters may be observed by ship's staff, and it's a sailor's duty to take notice.

Through a voluntary program run by the Vancouver Aquarium, the Department of Fisheries and Oceans (DFO) receives marine mammal and reptile sightings data from a variety of sources, including lighthouse keepers, tugboat captains, B.C. Ferries, recreational boaters and private researchers. MARPAC vessels and staff are also an integral part of the sightings network, and ships' staff record and report all sightings and interactions with marine mammals, with location, bearing, species, number of individuals, and whether or not any young are present.

"It's important to the DFO and to organizations like the navy that we know where and when these animals are sighted," says Danielle Smith, an Environment Officer with Formation Safety and Environment. "Some ocean areas see very little vessel traffic, especially in the winter season, and the data provided by the navy may be the only observations available. Some of the records provided by ships' staff are of endangered or threatened species; these data points are extremely important to the DFO when making conservation and management decisions."

With the staggering vari-



A humpback whale's head. People often can't tell the difference between Humpback and Grey whales.

ety of marine life, it can sometimes be difficult to accurately record the type of marine mammal encountered, especially to someone unfamiliar with the many types of marine life in Canada's waters.

"Some of these species vary from one another in very subtle ways," says Smith. "The difference between a Grey whale and a Humpback, two species people often confuse, can be recognized by the presence or absence of a dorsal

With this type of information sailors will know what to look for, even if it's just the animal's back and tail.

-Danielle Smith
Environment Officer

fin, and the length of pectoral fins. The average sailor might not know that."

To help educate sailors and aid in report taking, the Environment Office is creating the Marine Mammal Identification Guide.

The guide provides a simple and easy to read layout of marine mammals most commonly encountered in the Pacific Ocean. Along with full body diagrams and distinguishing traits, the guide provides photos of the animals just cresting the water; the way sailors are most likely to see them.

"Animals rarely will be seen fully out of the water, unless they're breaching," says Smith. "With this type of information sailors will know what to look for, even if it's just the animal's back and tail."

The guide was created in conjunction with the Cetus Research and Conservation Society, who helped gather and organize information on the various marine

mammal species.

"Cetus has been hugely helpful and supportive," says Smith. "Without them we couldn't have gotten this guide done at all."

That being said, the guide is only half done. Diagrams and photos constitute only half of the information Smith and Formation Environment want to present.

The other side of the guide will include information on how to report observations of entangled marine mammals or reptiles, distance and approach guidelines, and how to effectively go about the recording process.

"The identification and reporting of marine mammals is secondary to our training and operations. The only way to run the program successfully is to make identification and reporting as straightforward as possible," says Smith.

Smith and Formation Environment offer marine mammal identification training to ships, sailors, and command. The guide will support and supplement this training with the goal of improving ease and accuracy of identification.

Training is available through Smith and only takes about an hour.

"I go through the common types of marine mammals, how to tell them a part, and what to do when you see them," she says. "The whole thing can be done in a ship's mess, so it is super convenient."

For those seeking more information on the Marine Mammal Identification Guide, or interested in marine mammal identification training, contact Smith at 250-363-2313.

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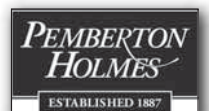
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Keeping the wheels of the HCM turning

Shawn O'Hara
Staff Writer

In a small ceremony, Glenn Gilmour, Fleet Maintenance Facility Cape Breton (FMF CB) Program Manager for the Halifax Class Modernization (HCM) project, was commended July 4 for keeping the wheels of the project moving.

Gilmour was presented with the 2013 Public Service Award for Collaborative Working Relationships.

This award reflects his, and his team's work maintaining the flow between the many different organizations involved in the HCM.

"This has been a big project, and a long process, and a complicated time for FMF," said Capt(N) Donald Smith, Commanding Officer of FMF CB. "Without the tireless dedication shown by Glenn and his team, this wouldn't have gone as smoothly as it has. These are the men and women that are getting things done."

Gilmour and his team were responsible for maintaining the working relationships of all stakeholders and managing the framework to enable three prime service providers to each execute their own work concurrently. Their work eased the interplay between Victoria Shipyards Ltd., who is responsible for a large amount of heavy industrial work; Lockheed Martin, who is tasked with upgrades to the Combat Systems Electronics Suite; and FMF, who is tasked with a huge amount of corrective

maintenance, engineering services, installations, removals, surveys, inspections, and overhauls.

The framework and process is called Strategic Partnering.

"Strategic Partnering is a framework of enablers, a series of policies and agreements that make sure people can work in each other's yards, so to speak," says Gilmour. "With that framework in place having Lockheed Martin Canada workers in DKYD, FMF CB workers at Victoria Shipyard's or Victoria Shipyard's workers in Dockyard would have been a real legal challenge."

While Gilmour personally accepted the award, he says it's important to realize Strategic Partnering has been the work of a whole team of people who deserve recognition as well.

"This has been a great show of teamwork from FMF CB, PWGSC, Lockheed Martin Canada, Federal Government Dockyard Trades and Labour Council, VSL labour reps and Victoria Shipyards Limited," he says. "We came together to get this framework in place prior to commencing work on the first West Coast HCM ship, *HMCS Calgary*, which has resulted in making this project mutually beneficial, and mutually efficient. The basis and concept of developing Strategic Partnering is to ensure enablers are in place as risk mitigation so that schedule can be maintained. That's what the team should be recognized for."

Sea Training dinner

Current and former Sea Trainers are invited to the 20th Annual Sea Training Dinner on Sept. 19 at the Royal Canadian Legion Trafalgar / Pro Patria Branch at 411 Gorge Road East. The event starts at

6:30 p.m. and supper will be served at 7 p.m.

Tickets are \$40 and available until Sept. 13. To purchase or for more information, contact PO1 Lange at 250-363-1264 or Corey.Lange@forces.gc.ca.

www.lookoutnewspaper.com

PUBLIC NOTICE

RECALL AND INITIATIVE ACT

This notice is published pursuant to section 4 of the *Recall and Initiative Act*.

Approval in principle has been granted on an application for an initiative petition. The petition will be issued to proponent Dana Larsen on Monday, September 9, 2013 and signature sheets must be submitted to the Chief Electoral Officer by Monday, December 9, 2013.

The Title of the Initiative is:

An initiative to amend the *Police Act*.

Summary of Initiative:

The initiative draft Bill entitled, "Sensible Policing Act" proposes to amend the *Police Act* to no longer use provincial police resources on the enforcement of current laws in relation to simple possession and use of cannabis by adults. The draft law would prohibit the use of provincial police resources for this purpose, would require police to report in detail to the Minister of Justice any actual use of resources for this purpose and why it was necessary, and require the Minister to publish that report. The Bill also proposes that the province would call upon the Federal Government to repeal the federal prohibition on cannabis, or give British Columbia an exemption, such that British Columbia is able to tax and regulate cannabis similar to the regulation of alcohol and tobacco. As well it proposes that British Columbia shall establish a Provincial Commission to study the means and requirements necessary for the province to establish a legal and regulated model for the production and use of cannabis by adults. Last, the Bill would make non-lawful possession and use of cannabis by minors an offence similar to possession and use of alcohol.

Opponent Registration:

Individuals or organizations who intend to incur expenses as opponents must apply for registration with the Chief Electoral Officer by Monday, August 12, 2013. Registration applications for opponents are available from Elections BC.

Initiative Advertising:

Individuals or organizations who sponsor initiative advertising, other than the proponent and registered opponents, must register with the Chief Electoral Officer before they conduct or publish initiative advertising. Registration applications are available from Elections BC.

Who May Sign the Petition:

Registered voters as of Monday, September 9, 2013 may sign the initiative petition. Individuals may only sign the petition once, and must sign the petition sheet for the electoral district in which they are registered at the time of signing. Signed petitions are available for public inspection.

For More Information:

The initiative application and draft Bill are available for public inspection on the Elections BC website and at the Elections BC office at the address below.

Location:

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Mailing Address:

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Toll-free: 1-800-661-8683
Fax: 250-387-3578
Email: electionsbc@elections.bc.ca
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July 6, 2013

Formation Fun Day



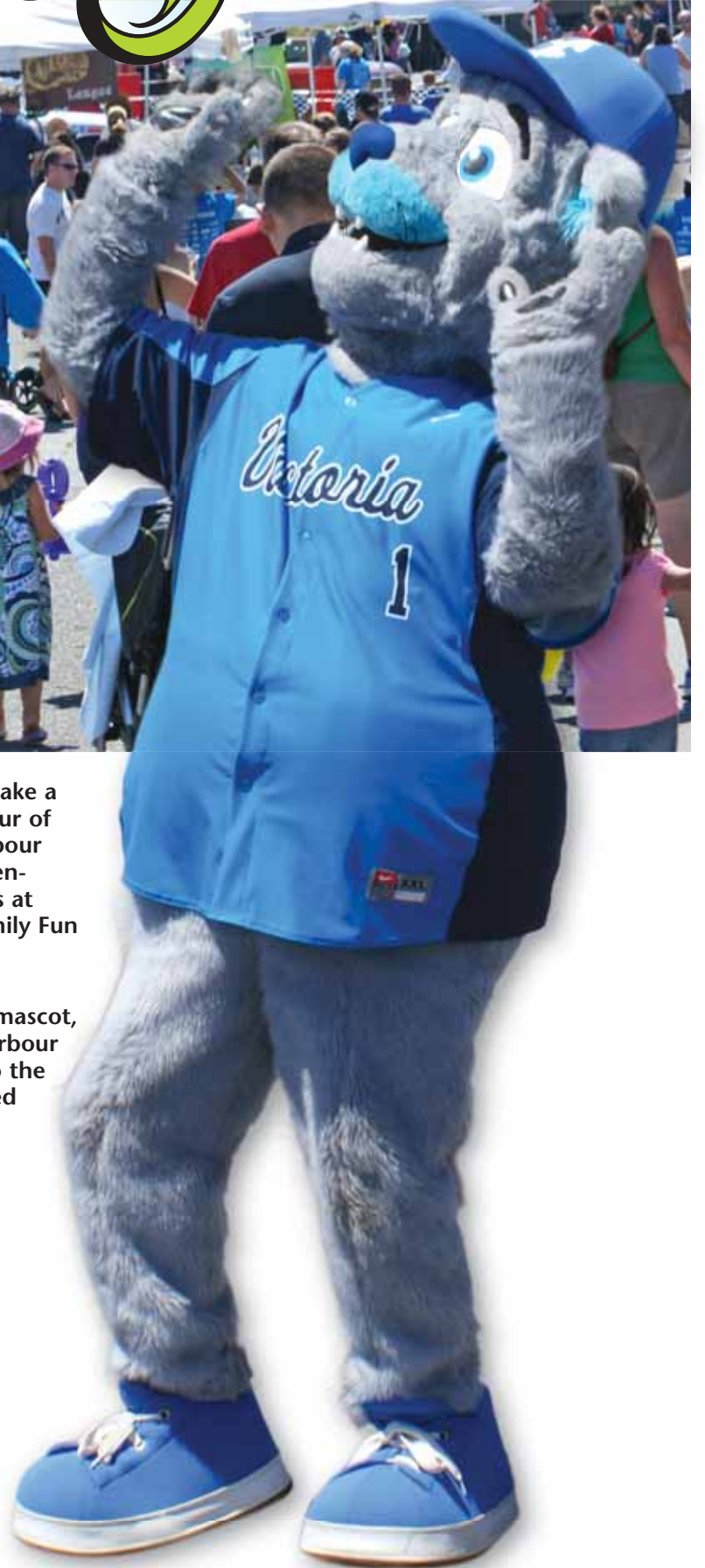
Mary Chan, Contributor



Shawn O'Hara, Lookout

Left: Families take a quick water tour of Esquimalt harbour with complimentary RHIB rides at Formation Family Fun Day.

Right: Victoria Harbour Cats mascot, Harvey the Harbour Cat grooves to the music that filled the air.



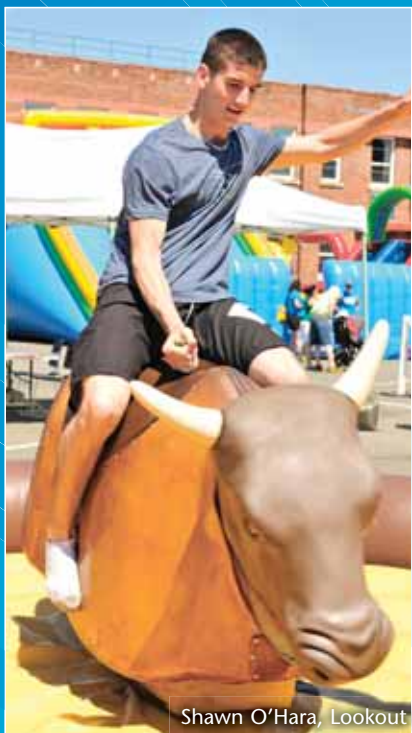
Dirt bikes, horses, street performers, obstacle



Mary Chan, Contributor



Mary Chan, Contributor



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Shawn O'Hara, Lookout

The crowd was thick with families during this year's Fort... Day on July 6, and all were beaming with smiles. The S... drew more than 2,000 people to Naden Square. The weat... only added to the festive mood. Two new additions were... static Sea King display and the interactive motocross cour... Motocross. This year's Marketplace was also successfu... vendors and shoppers who enjoyed colorful displays of... add in the free ice cream and the CANEX candy shop, h... games, face painting, and rides, no one was left disappoi... Big high five to the event volunteers from the base, PSP... MFRC.

Clockwise from top left:

- Pony rides were a hit again this year with a long line of children waiting for a turn.
- The Copper Cowgirl and Paul Kilshaw take a break from entertaining the crowd to strike a pose for the camera.
- Gavin Reich, 6, and father Brian check out the Sea King Helicopter on display.
- Left to Right: MS Tanya Ko, Steve Lewis, CPO1 Paul He... Bill Truelove, and LS Randy Ko head to a galaxy far, far aw... Legion recruitment tent.
- Spandy Andy worked up quite a sweat as he danced h... crowd carrying his "BoomCase."
- Tanner Campbell takes a spin on the Westshore Motocr...
- Emily Gingras, 6, meets Cinderella and Prince Charming
- OS Gabriel Tremblay tries his hand at playing cowboy.

...e courses! The fun never stopped!

FORMATION

FUN

DAY



Shawn O'Hara, Lookout

Formation Fun
 Saturday event
 ther was perfect, which
 big crowd pleasers: the
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NEWS Nuggets

CFB Comox aids stranded climber

The crew of a 442 Squadron Cormorant helicopter worked with Cowichan Ground Search and Rescue (GSAR) and B.C. Ambulance to evacuate an injured climber from an embankment near Shawnigan Lake on July 8.

Joint Rescue Coordination Centre Victoria received a call for assistance from climber who had fallen approximately 20 feet into a deep crevasse, sustaining injuries to his lower body.

SAR and B.C. Ambulance were able to successfully extract the man from the crevasse, but due to his injuries requested an airlift from the steep and remote terrain surrounding the deep ravine.

The two SAR Techs were hoisted almost 80 feet to the ground where they met first responders. Once safely on board, the crew flew the climber to hospital in Victoria where he was transferred in stable condition. His present condition is unknown.

Russians come to Ottawa to finalize Exercise Vigilant Eagle

Members of the North American Aerospace Defense Command (NORAD) and their Russian Federation Air Force counterparts met in Ottawa June 17-21 to finalize this year's live-fly exercise, Vigilant Eagle 2013.

This year's Vigilant Eagle exercise will take place August 27-28 in Anchorage, Alaska, and Anadyr, Russia, and involves Russian, Canadian and U.S. military personnel and aircraft operat-

ing from command centres in Russia and the U.S.

Working in partnership with the civilian Federal Aviation Agency and its Russian counterpart, this year's exercise focuses on procedures for monitoring the co-operative hand-off of a hijacked aircraft from one nation to the other, while exchanging air tracking information.

Gorge Swim

The Gorge Swim Fest will again celebrate the history of the waterway, emphasize its accessibility and host a fun day for friends and family.

Again this year, Swim Fest will offer music, barbecues, face-painting and prizes.

It all happens from noon to 4 p.m., Sunday, Aug. 11 in Banfield Park, Esquimalt Gorge Park and Saanich Gorge Park (Curtis Point).

Last year, in the inaugural Swim Fest revival, more than 2,000 people attended and more than 600 went for a swim. The Gorge has some fantastic places to spend the day - sandy beaches, pebble beaches, rocky cliffs and swim floats.

The 45th Photography Contest is here!

Since 1968, the annual Canadian Armed Forces Photography Contest has celebrated the many facets of military life through recognizing excellence in the art of photography. Honoring both the novice and advanced, photographers compete for top place finishes in nine categories, and distinguished titles such as Photographer of the Year. The photograph

that is chosen for the distinguished Deputy Minister Award will be the featured image on the front cover on Frontline Defence Magazine.

The program is organized by CAF Imaging Services and CF Morale and Welfare Services and made possible through the partnership with private industry.

This year's entries can be submitted between July 2 and Oct. 1.

For more information, including contest rules and entry guidelines, visit www.cafphotocontest.ca

Craigflower Bridge update

Due to the delayed acquisition of steel and complexities with steel fabrication required for the construction of the bridge, the schedule for the re-opening of Admirals Road, from Island Highway to Gorge Road, originally planned for December 2013, will be set back by approximately three to four months. This is despite efforts to keep the schedule on track, including changes in steel specification, improved shipping of steel, design changes and increased work schedules to six days per week and running double shifts for the steel fabrication.

The pedestrian/cyclist crossing will continue to remain open for the duration of the bridge closure. The completion date for the entire project is mid-May 2014.

Visit the bridge project website at www.craigflowerbridge.com for ongoing updates.

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Road safety applies to CFB Esquimalt streets

A/SLt Ron MacDougall
BPAO Trainee

With summer in full swing, many DND employees are commuting daily to work on their bicycles. With an observable increase of cyclists here on base, bicycle safety is an important issue to address. Moreover, motor vehicle operators, cyclists, and pedestrians all share responsibility to ensure safety on our base.

The British Columbia Bicycle Operator's Manual (Bike Sense) clearly states "cyclists have the same rights and duties as drivers of vehicles. With an increase in cycling there has been an increase in conflicts with other road users. Many of these conflicts stem from confusion about how cyclists are to behave in traffic."

Sgt Frank Dominix of the Military Police Detachment at CFB Esquimalt confirmed this problem explaining "many cyclists aren't aware they are to adhere to the same laws that car drivers are bound by, including signals and stop signs."

On the base this behaviour necessitated the relocation of the bike gate in Naden. Many cyclists refused to dismount, resulting in two pedestrians being clipped and many near misses with pedestrians and vehicles.

Clearly, cyclists have responsi-

bilities to adhere to when on the road. The B.C. Bicycle Operator's Manual outlines multiple points cyclists need to pay special attention to.

Firstly, regular bicycle maintenance and maintaining positive control over one's bike is a must at all times.

Additionally, optimal visibility in traffic should be strived for with the usage of lights, reflectors, and bright reflective clothing.

Most importantly, knowledge and obedience of rules of the road paired with predictability of movement (no sudden swerves or unnecessary movements) are imperative to traffic safety.

Lastly, helmets are mandatory for all cyclists in British Columbia.

As for motor vehicle operators, the Insurance Corporation of British Columbia (ICBC) outlines several important points in respect to road safety. While actively looking for cyclists and pedestrians in traffic, eye contact is often a key means of communication as the cyclists and pedestrians try to anticipate the vehicle operator's next move.

Additionally, knowledge of the hand signals used by cyclists and being cognisant of a cyclist's vulnerability on the road are important. For example, do not honk your horn unnecessarily as the loud sound could startle



the cyclists causing them to fall or to steer into another vehicle. Shoulder checking is extremely important, especially when making right-hand turns at intersections and before you open your door to get out of your vehicle. Vehicle operators should never drive, stop or park in a bike lane. Finally, vehicle operators should maintain at least three seconds of following distance as cyclists sometimes need to react very quickly.

Pedestrians should also show due diligence near our roads. Having a heightened sense of situational awareness when moving through traffic can be life saving. This means, however, the usage of electronic devices that take your eyes and ears off the road is not recommended. And watch for cars entering or exiting driveways, or backing up in parking lots as these situations can appear without warning.

Pedestrians should also use side-

walks whenever they are available and if there is no sidewalk, walk facing traffic on the extreme left hand side of the road. At night reflective clothing and a flashlight should be always be used. Essential for all those concerned is responsible, diligent and law abiding behaviour on the roads that will be bring us back home safely each day to our loved ones.

By working together, we can all strive for and achieve a safe environment at CFB Esquimalt.

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Virtual training brings Kingston Class ships inland

**SLt David Lewis and
NLSC(E) members**
Contributors

From his workstation at *HMCS Prevost*, in London, Ontario, OS George Young “virtually” crosses the brow and enters *HMCS Whitehorse*.

As part of his “Know Your Ship” training package, it is his mission to locate every fire extinguisher in a Kingston-Class ship. With so many fire extinguishers of various types and purposes, it is not a small undertaking.

For almost an hour, OS Young searches every corner of the immersive, 3D world that comprises one of the navy’s newest training tools, the Kingston-Class Virtual Ship, one of the vessels in the Canadian Virtual Naval Fleet (CVNF).

As he finds, recognizes and logs the Karboloy fire extinguisher in the galley, his task is completed. Not only has he vastly improved his situational awareness of critical on board safety equipment (extinguishers), he has also become much more familiar with the basic layout of the ship.

Quite a feat given the nearest “real” Kingston-Class ship is more than 2,000 kilometres away.

As OS Young can verify, using the CVNF as a virtual instructional platform allows for a content-rich and easily accessible learning environment for sailors. At present there are three “operational” virtual ships available for training:

the Victoria-class submarine, the Kingston-Class coastal defence vessel, and the Halifax-Class frigate. These platforms are available via the DWAN, as well as the internet for desktop/laptop use at the following link: www.navy.gc.ca/elearning/cvnf.asp

Development of a tablet-accessible version of the CVNF is underway.

“As Reservists we have limited time on any of the Royal Canadian Navy’s platforms,” says LCdr Iain Findlater, Commanding Officer of the Naval Reserve Division *HMCS Prevost*. “Any

familiarization training we can do prior to arriving on the coast gives us a great experiential edge once we’re on board. Being able to prepare at the home unit allows for better time management, more targeted training and a greater overall return on investment.”

As one of 24 NRDs across Canada, *HMCS Prevost’s* mission is to augment the Regular Force by generating trained individuals and teams for RCN/ Canadian Forces (CF) operations.

The CVNF is but one of many new training tools being created by learning specialists with-

in the navy’s newly established Navy Learning Support Centre (NLSC). The NLSC is a key component of the Directorate of Naval Training and Education’s efforts to transform the navy’s Naval Training System by providing high quality-designed, technologically leveraged training products and services that will better support RCN readiness over the next 20 years. With locations in Halifax, Quebec City and Esquimalt, the NLSC team will support all RCN Training Establishments and units in the production

and distribution of leading-edge training content, including a wide array of distributed learning products to immersive, 3D virtual ships. The NLSC will also assist in the RCN’s mass adoption of the Defence Learning Network, a DND-wide enterprise Learning Management Platform.

Based on existing CF and RCN return on investment data and Defence Research Development Canada research on the RCN’s virtual fleet as an immersive learning platform, the production of modernized content that actively promotes the concept of “anytime, anywhere” learning is also anticipated to improve overall training efficiency within the navy’s Naval Training System.

“For certain, within the current CF fiscal climate, managing to improve our sailor’s training while saving money is a win-win situation, and undoubtedly the way ahead,” says Cdr Karl Boucher, DNTE 3 and NLSC Officer in Charge.

Since completing his virtual ship package, OS Young has made his first trip to the dockyard at CFB Esquimalt.

His heart beat with excitement and anticipation when he walked down the jetty and crossed the brow of the “real” *HMCS Whitehorse*. Once inside, the first thing he noticed was a bright red fire extinguisher. He smiled because he already knew where the rest of them were.



Bravo ZULU

Cdr Christopher Ellis, former Commanding Officer of HMCS Victoria, recently promoted several members of his crew.

Photos by MS Yevrag Evans, HMCS Victoria



OS Chartier was reclassified to Able Seaman by Cdr Ellis and PO1 Gallant.



LS Davis promoted to Master Seaman by Cdr Ellis and PO1 Gallant.



LS Langley was promoted to Master Seaman by Cdr Ellis and CPO2 Laforge.



LS Mihalcheon was promoted to Master Seaman by Cdr Ellis and PO1 Gallant.



LS Pelchat was promoted to Master Seaman by Cdr Ellis and PO1 Gallant.



LS Colbourne was promoted to Master Seaman by Cdr Ellis and PO1 Gallant.



MS Newdick was promoted to Petty Officer Second Class by Cdr Ellis and PO1 Underwood.



MS Sharpe was promoted to Petty Officer Second Class by Cdr Ellis and CPO2 Laforge.



Lt(N) Furry (Ret'd) receives a presentation for 35 years of service to the Government of Canada from Base Commander Capt(N) Luc Cassivi.



PO2 Harvey was promoted to PO1 by Cdr Ellis and PO1 Gallant.



PO2 Loveless was promoted to Petty Officer First Class by Cdr Ellis and CPO2 Laforge.

LCdr Mark Cunningham, Acting Base Administration Officer, promoted three military members within Base Administration.



Cpl Dawn Gillet was appointed to the rank of Master Corporal.



Cpl Travis MacDonald was appointed to the rank of Master Corporal.



LS Kwantes was appointed to Master Seaman.

Fleet School QL6A students graduate

Canadian Forces Fleet School Esquimalt's Deputy Commandant LCdr Auger made several presentations to QL6A students.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



PO2 Migneault receives his graduation certificate.



PO2 Edmonds receives his graduation certificate.



PO2 Kendall receives his graduation certificate.



PO2 Woods receives his graduation certificate.



PO2 Mann receives his graduation certificate.



In addition to successfully completing his QL6A course, PO2 Smith was promoted to Petty Officer First Class and received a coin for achieving the top student award.



PO2 Kihn is appointed to Naval Cadet by LCdr Auger and LCdr Vander Byl following his acceptance into the University Training Plan Non-Commissioned Members.



PO2 Jones is promoted to Petty Officer First Class by LCdr Vander Byl and LCdr Auger.



PO2 J.R. Schouwstra receives his CD1.



MS Crocker is promoted to Petty Officer Second Class by Lt(N) Kang and PO1 Dixon.



MS Moore is promoted to PO2 Moore by LCdr Vander Byl and PO1 Johnson.



James Mohns is presented his 25 years Long Service Award.



Nicki Durand-Hutchinson is presented her Apprenticeship Certificate as a Machinist.



Air Cadet Thilina Ratnayake of Richmond receives his Warrant Officer 1st Class rank slip-ons from LCdr Carrie Johnston and CWO Mike Turcotte during a Ranks Parade at Albert Head CSTC on July 3 in Victoria.

Lt(N) Peggy Kulmala, Contributor



Richard Wilson is presented a Bravo Zulu for his flexibility in adapting to HMCS Victoria's dynamic scheduling to progress their trials.



Keith Bruhm is presented a Bravo Zulu for his flexibility in adapting to HMCS Victoria's dynamic scheduling to progress their trials.

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ANNOUNCEMENTS

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.

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. Naniamo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

CALLING UNDEREMPLOYED WOMEN! Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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MISC. FOR SALE

NAVY MESS KIT C/W TUNIC SIZE 46-48, CPO1 Badges, Trousers size 38, w/Gold Stripe. Cumberbund, suspenders, winged-collar shirt, bowtie & white vest: \$650.00 High-Collar white tunic w/new white CPO1 badges, w/matching trousers size 38 & white belt: \$120.00 Summer-Dress white dinner jacket: \$120.00 All or separate. Info/photos contact: sfe@shaw.ca.

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REAL ESTATE • FOR RENT

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3 BDRM BASEMENT SUITE for rent \$1575 incl. utils, 1200 sq ft, own laundry, NS/NP, fenced backyard, Tillicum & Gorge area, bus routes 26, 14, 11, close to shopping, park and pub. Looking for responsible, quiet tenants. E-mail: corey@cairmview.com.

2 BEDROOM UNIT 800 SQ FT. wood & tile throughout. On Admirals. Short walk to base. Parking space & heat included. No pets. No smoking in unit. Coin laundry. \$1060/mo Call: 250-516-3508.

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POSTED TO OTTAWA? 3 BDRM 2.5 bath townhome for sale. New flooring, lots of light, 3 appliances, attached garage, family room. New furnace in 2013. 2 large decks, hot tub, landscaped fenced yard. Close to amenities, on bus route. 10 minutes to new DND complex. Flexible closing date. \$292,500 Call: 613-435-1726 Cell: 613-853-0918.

OWN A PIECE OF PARADISE 54 ACRES, 22K OBO. East Coast N.S., South Shore. Great for hunting and fishing! Listing #: B-B977, newly surveyed Call Monica toll free: 1-877-637-2553, or 1-902-637-2553 or fax: 1-902-637-3797.

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HMCS Victoria welcomes new leader



Cpl Michael Bastien, MARPAC Imaging Services

Above: Cdr Christopher Ellis, outgoing Commanding Officer; Capt(N) Bradley Peats, Commander Maritime Operations Group Four and the reviewing officer; and Cdr Alex Kooiman, incoming Commanding Officer, sign the change of command certificates for HMCS Victoria.

Right: Cdr Christopher Ellis is presented with a plate by CPO2 Andrew Moulton on behalf of HMCS Victoria's crew.



Sea Training Pacific changes hands



LS Alex Croskery, MARPAC Imaging Services

Above: Outgoing Sea Training Pacific Commander, Cdr Richard Dowker; Cmdre Scott Bishop, Commander Canadian Forces Pacific; and incoming Commander, Cdr David Mazur sign the official certificates during the Sea Training Pacific Change of Command ceremony.

Right: Cdr Mazur speaks to the staff of Sea Training Pacific during his Change of Command ceremony.



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