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Shawn O'Hara, Lookout

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Book signing ends long journey

Shawn O'Hara
 Staff Writer

LCol Chris Linford is filling the shelves with his book *Warrior Rising: A Soldier's Journey to PTSD and Back*, a personal story about his struggles with the illness, and the tools he used to overcome it.

To honour his writing journey, there will be a book launch and signing next Thursday, Sept. 12, at the CFB Esquimalt CANEX.

"It's been a long, hard road and I'm glad to finally see the end," says LCol Linford, a former nursing officer. "I've put my heart and soul into this book and to get it out to the public is hugely gratifying."

From noon until 3 p.m. people can meet and talk with the military veteran and learn firsthand about his experience, and buy a copy of his book.

"This book is about what happened to me and how it affected my life and my family's lives," he says. "I think it's important to hear about these things directly from me. It affects way more people than a lot of people realize."

The soldier's struggle began with his deployment to the Gulf War, and continued through his time in Rwanda during the Genocide of 1994, and finally his seven months in Afghanistan at the NATO Role 3 Combat Hospital in Kandahar.

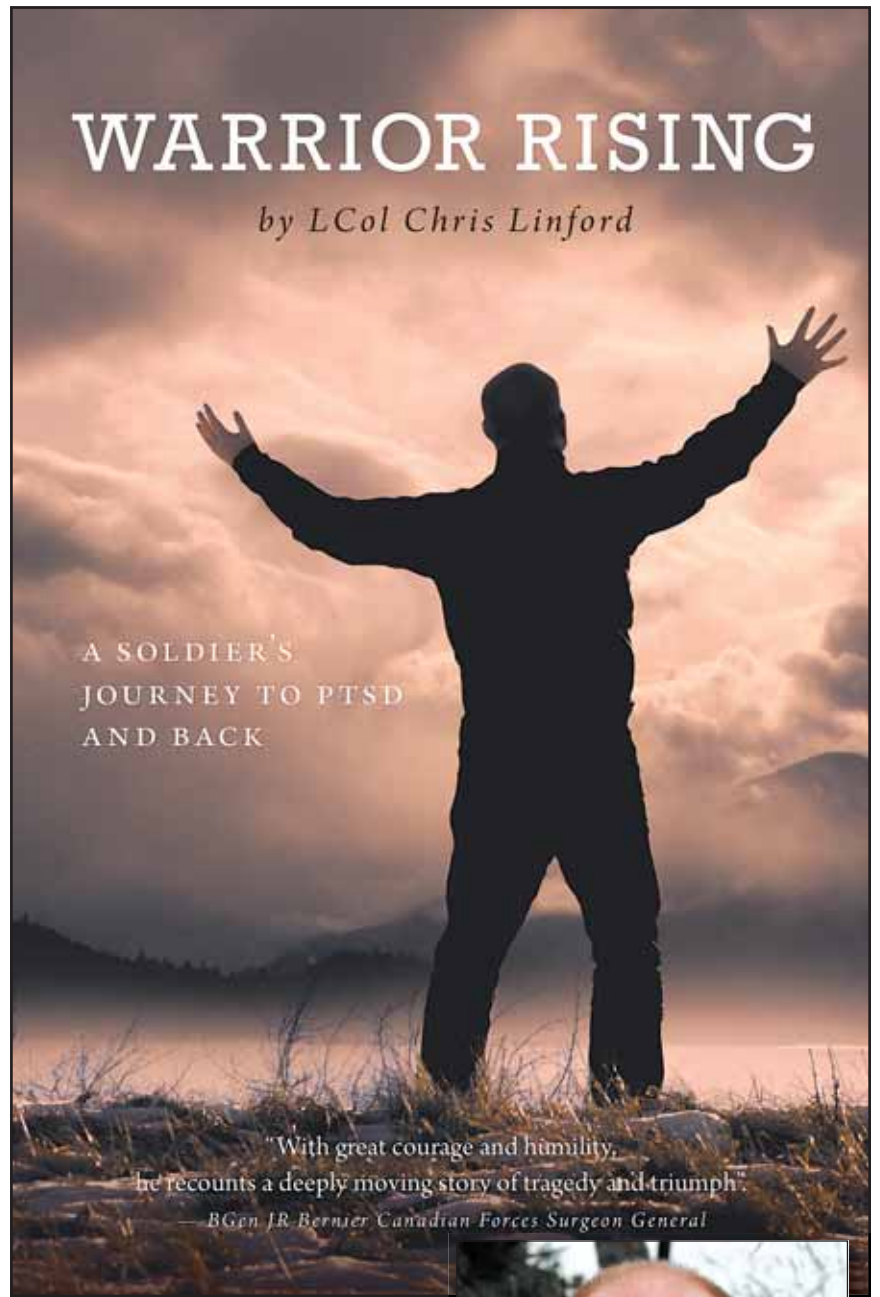
At the keyboard he had to re-live the memories that had afflicted so much pain.

"It wasn't easy reliving those memories," he says. "I had to stop and collect myself pretty often. I still remember those times like they were yesterday and it can be painful."

Following the book signing at CFB Esquimalt, LCol Linford and wife Kathryn will fly to St. John's, Newfoundland, for the Sept. 19 start to the book release and speaking tour.

From there they will travel to Halifax and Greenwood, Nova Scotia, and Gagetown, New Brunswick. The Military Family Resource Centres will host the Linford's for talks on how PTSD affected their family.

"It's not something that is really openly talked about," says LCol Linford. "PTSD really kicked our family's butt, and people have been really interested in hearing my wife's



LCol Chris Linford (right) will be at the CFB Esquimalt CANEX on Sept. 12 to sign his book, "Warrior Rising."



perspective on it."

Currently, LCol Linford is on transitional employment working for The Veteran's Transition Program out of UBC, which is a 10-day residential program for veterans with transitional issues.

After 25 years of full-time service and eight years as a reservist, his military time is nearly over as he will be medically released early next year.

He will continue to speak publicly, write, and help veterans suffering with PTSD through his work as a facilitator with the Veterans' Transition Program.

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Navy investigates collision, prepares to repair HMCS Algonquin damage

Shawn O'Hara
Staff Writer

Now that *HMC Ships Protecteur* and *Algonquin* are alongside HMC Dockyard after a collision at sea Aug. 30, two separate investigations have commenced: A technical survey and a Board of Inquiry.

Algonquin sustained significant damage to her port-side hangar during a towing exercise with *Protecteur*.

"A technical survey is being conducted to determine the extent of the damage to *Algonquin*," said Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific (CANFLTPAC). "On completion of that survey, a plan will be developed to repair *Algonquin* with the goal of returning her to sea as quickly as possible. *Protecteur*, however, suffered only cosmetic damage that has already been repaired and she is scheduled to return to sea this week."

While the exact cause of the collision is unclear at this time, a Board of Inquiry is being convened to investigate the incident.

There's no way around it, it was going to be a great trip for many of these sailors. But as professional sailors, they responded by taking on the new challenge of doing what it takes to get both ships back to sea.

-Cmdre Bob Auchterlonie
Commander Canadian Fleet Pacific

The Board will examine all the evidence and contributing factors that led to the incident, and make a determination as to the causes. The board will also make recommendations on how to prevent similar incidents in the future.

The collision cut short what was to be a four-month deployment to the Asia Pacific region. Disappointment rippled through the ships' crews when they realized there would be no trip to Sydney, Australia, for the International Fleet Review, and diplomatic visits to various Pacific Rim nations.

"There's no way around it, it was going to be a

great trip for many of these sailors," says Cmdre Auchterlonie. "But as professional sailors, they responded by taking on the new challenge of doing what it takes to get both ships back to sea."

Both ships stores were filled with supplies, including perishable food items that had to be removed.

"Both of these ships were fully stored for deployment including 21 days worth of fresh food for their crews of over 300 people, so we had to deal with that," says Cmdre Auchterlonie. "Fortunately, the men and women of the Logistics Departments within the ships have worked with

their counterparts to plan to distribute these stores across other Fleet units and within the Formation."

Immediately following the incident, sailors were given time to contact friends, family, and loved ones to let them know they were returning home.

"It's important that the crews were able to keep their families in the loop. We wanted them to know what had happened first, and that no one was hurt," says Cmdre Auchterlonie.

With *Algonquin* unable to sail until the damage is repaired, Cmdre Auchterlonie says work is being done to get things in order.

"We've got skilled men and women working to make sure the repairs are made as quickly as possible."

While the repairs take place, the Pacific Fleet continues preparations for Task Group Exercise (TGEX) in October, deploying six warships, including *HMCS Protecteur* to conduct joint exercises off the west coast of North America with the United States Navy.

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People Talk

While out and about, the base tour guides asked people:

What is your favourite part of working at CFB Esquimalt and why?



The people. I'm a trainer, I like training people.

Matt Isingstone



The environment. Everyone is nice, it's sunny, it makes everyone happy.

AB Tylor Wagner



The people. Everyone is very accommodating and helpful, especially for a new employee like me that has no experience in the military world.

Lauren Bernard



The wildlife, because I like looking at the deer and the geese, especially in the spring when they have their babies.

MS Dan Milburn



That I get to live in Victoria. I like the weather and the active lifestyle.

LS Elaina Parsons

SPORTS trivia

by PO1 Bill Sheridan
Contributor



- Who did the Sabres trade Stephane Beauregard for?
- What team is nicknamed the 'brewcrew'?
- What NFL coach was nicknamed the 'Big Tuna'?
- What NBA team won the championship after the Celtics won their eighth straight?
- Gare Joyce wrote a book called 'When the lights went out', about what sporting event?
- What NFL team had the most consecutive '10 win' seasons?
- Maryland, My Maryland, is a song played before which Triple Crown race?
- Strawberries and cream is the traditional snack served at which tournament?
- What team has the most retired numbers in NA pro sports?
- Which World Cup sold the most tickets?
- Which league disbanded in order to have a hated owner removed?
- Who was the first Canadian to win an Olympic Gold Medal?
- What major league baseball manager had the longest consecutive tenure with one team?
- Which arenas did the Chicago Blackhawks play in?
- What is the Hardrock 100?
- Who competed in the most NASCAR races?
- What movie character was Ty Webb?
- What NCAA football coach had the longest tenure?
- What do the initials PIM stand for in hockey?
- Which junior team had the most players drafted to the NHL?

- ANSWERS
- Dominic Hašek, Chicago also got 'future considerations', which ended up being Eric Daze.
 - Milwaukee Brewers
 - Bill Parcells
 - Philadelphia 76ers beat the Celtics in the Semis, and then won it all over the SF Warriors.
 - World Junior Hockey Championships 1987.
 - 49ers at 16
 - Preakness Stakes: just after the horses are called to the post, the audience is invited to sing.
 - Wimbledon
 - Boston Celtics
 - US 1994
 - NHL, it was the Toronto owner that the others wanted to remove, the owners then formed the NHL.
 - George Orton, 1900 summer games in middle distance running.
 - Comie Mack
 - Chicago Coliseum, Chicago Stadium, and United Center, however in late 1929 they played some of their home games in Detroit and in Fort Erie, Ontario.
 - The Hardrock Hundred Mile Endurance Run is an ultramarathon 100.5 miles in length, with 33,000 feet of climb at an average elevation of over 11,000 feet.
 - Richard Petty
 - Playboy golfer in Caddyshack portrayed by Chevy Chase.
 - John Gagliardi; 64 years Head Coach Football Div III, 60 straight at St John's, (Minnesota)
 - Penalties in minutes.
 - Peterborough Petes.

Sea Training Reunion

All current and former Sea Trainers are invited to attend the 20th Annual Sea Training Dinner Thursday, Sept. 19 at Royal Canadian Legion Trafalgar/Pro Patria Branch No. 292 located at 411 Gorge Road East.

This year's event will kick off at 1830hrs with supper being served at 1900hrs.

Dress for both serving military members

and retired members is business attire.

The cost is \$40 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. 13.

For more information, please call PO1 Corey Lange at 250-363-1264 or email at Corey.Lange@forces.gc.ca.

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New card for morale services

A/SLt **Stephanie Flynn**
Contributor

There's a new card for current and former Canadian Armed Forces members and their families which aims to amalgamate the current CANEX Rewards card and the CF Appreciation program into a single entity.

The CFONE card is part of the Canadian Forces "One Community - One Million Strong" campaign from the Canadian Forces Morale and Welfare Services (CFMWS). Later plans involve incorporating Personnel Support Programs, which includes all recreation and fitness facility membership

cards, gyms and clubs, and a means for service providers to recognize members of the military community.

You can sign up for the new CFONE card early at the kiosk during the month of September. The kiosk will be open from noon until 4 p.m. on Wednesday to Saturday until the card goes live in October. During the month of October the kiosk will remain open for sign-ups and to answer any questions you may have about the new card.

For further information visit www.CF1FC.ca or swing by the kiosk to speak to the helpful CANEX staff or pick up a pamphlet.

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Training and education goes mobile

LCdr Remi Tremblay
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With over six billion mobile subscriptions worldwide, and with more people owning a mobile phone than a toothbrush, there is no denying that mobile technologies are shaping the way people communicate, connect and learn.

The Advanced Learning Technologies Working Group (ALT WG) recognized the potential of this mobile technology. So they challenged the Learning Technologies (LT) section of the Canadian Defence Academy (CDA), and Defence Research and Development Canada (DRDC) to research and build demonstration projects in mobile learning and performance support that could be used to enrich and accelerate Canadian Armed Forces (CAF) learning.

Within 12 months of the initial request in 2012, LT and DRDC were back demonstrating outstanding social collaboration and mobile learning products to the ALT WG in April 2013.

In support of the Individual Training and Education (IT&E) Modernization Initiative, the technology demonstration project includes a mobile application store and a mobile learning suite, delivered through

The Mobile Learning Suite can be used to support just-in-time learning, refresher training and information retrieval with the goal of enhancing individual readiness.

the Online Government Advanced Research and Development Environment (ONGARDE).

ONGARDE is a social network designed to foster communication and collaboration between security sector agencies and enhance the current capabilities of the Defence Learning Network. Together, these provide the CAF with an initial mobile device architecture to support IT&E.

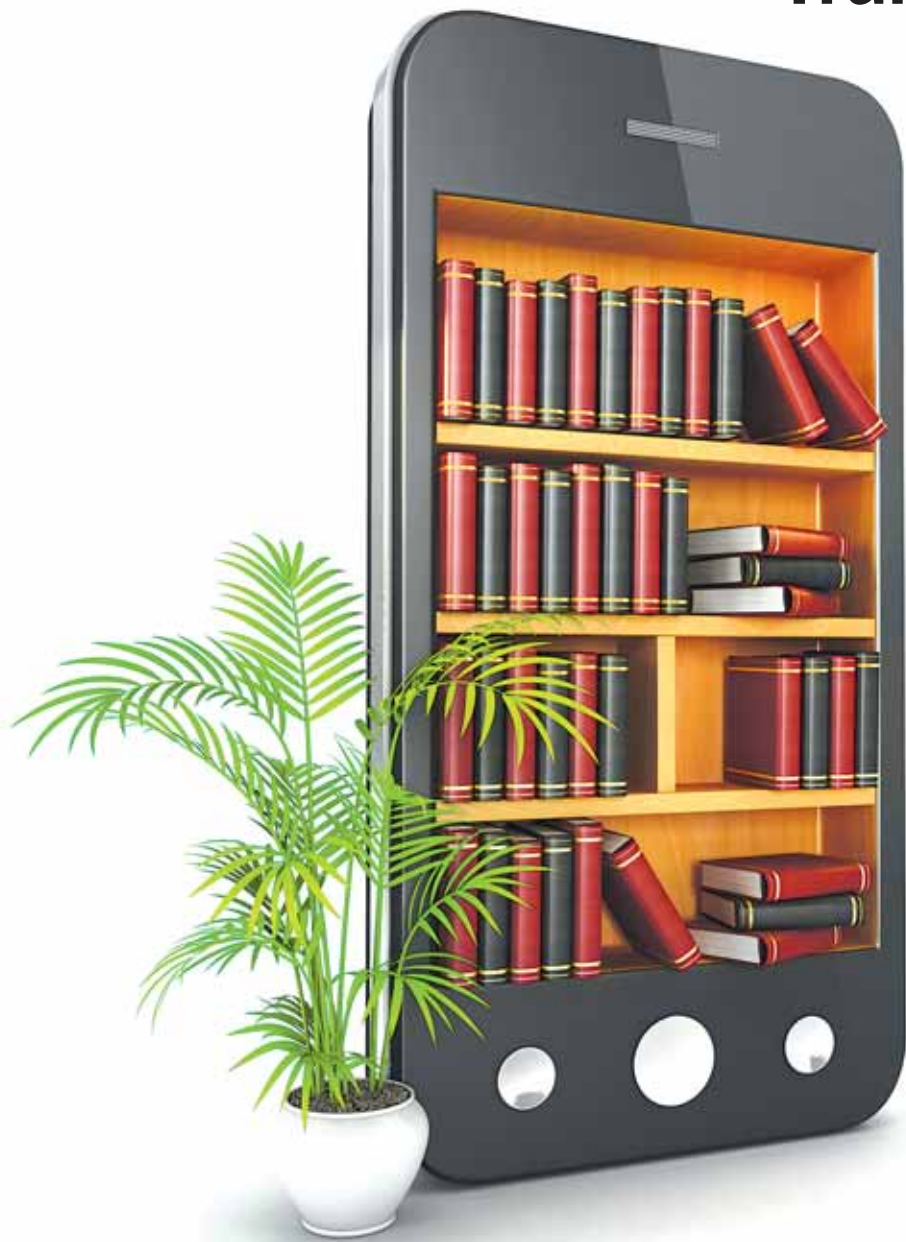
The CAF App Store allows training establishments and schools to host and distribute applications to members of the ONGARDE community without using an external service provider. Additionally, the CAF App Store can link to the commercial marketplace and provide access to recommended applications that have already been developed. For the CAF, the app store provides a secure, scalable and integrated platform

to comply with government security policies while being flexible enough to allow members to purchase recommended applications from third party sites.

The Mobile Learning Suite can be used to support just-in-time learning, refresher training and information retrieval with the goal of enhancing individual readiness through the use of individual mobile devices.

For demonstration purposes, LT and DRDC have provided access to a variety of existing courseware such as Virtual Cultural Awareness Training for Afghanistan, Operational Swahili, and Cross-Cultural Competence Trainer for Civilians, for review and trial. By the end of 2013, the mobile device architecture in ONGARDE is anticipated to support over 1000 mobile devices, provide access to 50 internally developed applications and provide free access to many CAF publications.

If you are interested in joining ONGARDE, please e-mail to request an account or visit us on the DWAN. If you have a project that involves using mobile learning or are looking to develop a mobile performance support application, we would also like to hear from you. Please contact Lieutenant-Commander Remi Tremblay or e-mail the Canadian Advanced Distributed Learning Lab.



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HMCS Toronto on patrol

Left: A crew member descends into a rigid hull inflatable boat that's moving with the warship as part of seamanship skills training conducted during Operation Artemis.

Top right: An air detachment pilot manipulates the throttle controls of his Sea King helicopter during a sortie in the Gulf of Oman.

Bottom right: A boarding party member provides security while his team handles the verification process of a cargo dhow.

MCpl David Singleton-Browne,
Combat Camera



Focus Group on the effects of yoga on PTSD

Seeking 12 serving military members & veterans

for a focus group on the effects of Hatha Yoga on Operational Stress Injury, specifically PTSD.

INNER WARRIORS was established by Meghan Kelly and Kim Miller who have worked in the military culture for 6 years in the field of fitness and health. Both have been on deployments and are certified Yoga Alliance Hatha Yoga Instructors, with training in yoga for trauma and mental health for the military population. For related research visit <http://ajot.aotapress.net/content/66/1/59.full>.

Inner Warriors focus group to run Oct. 1 to Nov. 7, 2013 at Metta in Motion Yoga Studio, Esquimalt Classes by donation

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No yoga experience is required.

The focus group:

- introduces the foundations of yoga
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For more information or to book your private consultation contact:
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Up in the air

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Below: Search and rescue technicians conduct a free fall jump from a Hercules aircraft over 14 Wing Greenwood, Nova Scotia, as part of parachute training.

Inset: Three search and rescue technicians depart on a static line jump from a CC-130 Hercules aircraft.

Photos by Cpl Don Kirkwood, 14 AMS Wing Imaging



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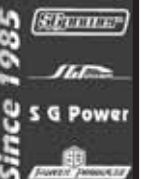
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New name, new look

Jennifer Seipp
CFWMS

This spring, Canadian Forces Morale and Welfare Services became the new name for Canadian Forces Personnel and Family Support Services. The organization officially stood up as Canadian Forces Morale and Welfare Services on April 15, 2013, and has rolled out its new, modern look throughout the summer.

With the new Canadian Forces Morale and Welfare Services logo and design, the organization aims to make it easier for CAF community members to identify with its diverse catalogue of services and programs.

Canadian Forces Morale and Welfare Services include everything from fitness classes to life insurance, online shopping to deployment support for families. Since what Canadian Forces Morale and Welfare Services do is so broad, the organization recognizes that in the past it's sometimes been difficult to recognize that all of these services are delivered by the same organization.

Though the name is new, the programs and services will remain of the same scope and high standard. The

five divisions of Canadian Forces Morale and Welfare Services –CANEX, SISIP Financial Services, Personnel Support Programs, Military Family Services and Casualty Support Management – continue to deliver the responsive, effective services that military personnel, former personnel and military families have come to know and trust. By rebranding the organization as Canadian Forces Morale and Welfare Services, the organization has strengthened its identity by getting to the heart of the services it delivers in Canadian Armed Forces (CAF) communities.

By identifying more clearly programs and activities as Canadian Forces Morale and Welfare Services, the organization aims to make it apparent that investments are made in the community. When CAF members invest in Canadian Forces Morale and Welfare Services programs, services and products, those funds are re-invested into morale and welfare programs and activities that help members from coast to coast.

Canadian Forces Morale and Welfare Services look forward to continuing to serve those who serve with its new name and identity.



Canadian Forces Morale and Welfare Services Imaging Services Gen Tom Lawson, Chief of the Defence Staff, and Cmdre Mark Watson, Director General Morale and Welfare Services, officially unveil the new logo for Canadian Forces Morale and Welfare Service.

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Shawn O'Hara, Lookout

Amanda Kaluza clears trays and washes dishes at Nelles Block along with Alexandra Lambeck. Kaluza is on the Federal Student Work Experience Program (FSWEP).

Unique student work program

Shawn O'Hara
Staff Writer

There is a unique résumé bank available for government employers that unites full-time students with short-term or part-time jobs.

The Federal Student Work Experience Program (FSWEP), established in 1990, is administered by the Public Service Commission of Canada. The program is open to full-time secondary or post-secondary students in an accredited institution. Applications are added to an e-recruitment inventory, and when a government department needs extra help, possible applicants are pulled from the database.

For Amanda Kaluza, a fourth year anthropology major at the University of

Victoria, her application was drawn from the pool, and eventually scored her a job with Base Foods for the summer. This drew a sigh of relief as regular job hunting had garnered no paid employment.

"A lot of places weren't willing to hire me since I'd be continuing school at the end of the summer," she says.

For the last two months she has donned an apron and helped out in Nelles Block, washing dishes, boxing lunches, and replenishing the salad bar. While it is not the most glamorous work, for a university student with a full work load it's the best kind of job around - a flexible one.

"Base Foods has been very understanding and aware that I'm going back to school," she

says. "They know that it's a priority for me, so they're working with my schedule."

She re-applied to work at Base Foods during the fall semester and was granted another few months employment.

"Once you're in the program it's a lot easier to re-apply," she says. "The people I work with are so positive and helpful that I wouldn't want to go anywhere else."

Having such a rewarding experience, Kaluza says she's telling her friends about it.

"It's such a helpful program, I'm amazed more people don't use it," she says. "For anyone looking to balance work and school it's a no brainer."

More information on the FSWEP program can be found at www.psc-cfp.gc.ca.

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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.

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.

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.

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.

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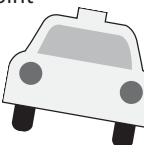
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Back to school safety

Returning to school is an exciting and hectic time for children and parents.

The Military Police Unit (Esquimalt) wants to remind motorists to be extra cautious and to drive safely. With the return to school comes heavier traffic on our streets and highways, and an increase in small children walking independently to their school or bus stop. Children by nature are very impulsive and often do things before they have a chance to think about it which puts them at a greater risk of being involved in a serious accident.

Motorists need to be aware of the increased risks and adjust their driving habits accordingly. The speed limit in school zones is 30 km/h between 8 a.m. and 5 p.m. when students are in school and 30 km/h in playground zones from dawn to dusk.

Children often forget to check for oncoming vehicles prior to crossing the street or simply misjudge the speed of oncoming vehicles. It's the driver's responsibility to use extra caution in these areas to prevent a tragedy from occurring.

Safety Tips for Drivers

- Always come to a complete stop at posted stop signs; this will enable you to see more potential hazards.

- Pay extra attention for children walking on medians, streets and curbs.

- Refrain from using cellular phones or handheld devices while driving.

- Obey the posted speed limit; it's there for everyone's safety.

- Always stop for school buses when their flashing lights are activated.

- When dropping your children off in school zones, stop and allow them to exit the vehicle on the side closest to the sidewalk. Never allow a child to cross mid-block.

- Pay attention in school zones and playgrounds — observe carefully when driving in school and playground zones. Smaller children are harder to see than adults and are less predictable

- As you approach a school zone when children may be arriving, leaving or taking their lunch hour, look ahead for school patrols or crossing supervisors — you

must obey them at all times.

- When you see a school zone sign with a 30 km/h posted speed, slow down to that speed. The speed limit is in effect between 8 a.m. and 5 p.m. on school days, or the hours shown on the sign. When you reach the back of the school zone sign on the other side of the street, you'll know you have reached the end of the 30 km/h zone.

Safety Tips for Students

- Refrain from using headphones while walking to school; it makes hearing approaching dangers difficult if not impossible.

- Do not use your cell phone while crossing intersections, it is distracting and takes your attention away from potential dangers.

- If a vehicle is coming out of a driveway, attempt to make eye contact with the driver to ensure he sees you too.

- Always cross at posted crosswalks and activate the crosswalk lights when available.

- Even though the traffic lights may indicate you have the right of way, always check to ensure drivers see you and have come to a stop before crossing.

Motor Vehicle Act Fines and Penalties

- Sec. 147(1) Speed in school zone.

Fine level \$196 - \$253.

3 Driver Penalty Points

- Sec. 147(2) Speed in playground zone.

Fine level \$196 - \$253.

3 Driver Penalty Points

- Sec. 149 Fail to stop for school bus.

Fine level \$167.

3 Driver Penalty Points

- Sec. 179(1) Fail to yield to pedestrian

Fine level \$167.

3 Driver Penalty Points

- Sec. 179(4) Fail to obey school guard/patrol.

Fine level \$167.

3 Driver Penalty Points

- Sec. 214.2(1) Using electronic device while driving

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- Sec. 214.2(2) Emailing or texting while driving

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5 YEAR WARRANTY

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