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Volume 58 Number 40 | October 7, 2013

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Water rescue exercise



A simulated casualty is lifted to the deck of HMCS Calgary in an inflatable basket. A crew member guides the basket as it's winched up. The rescue was part of a SMASHEX, held last Wednesday. Read the full story on page 3.

Shawn O'Hara, Lookout

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LCdr Desmond James, MARPAC HQ PA

Sgt Dan Bodden, a SAR Tech with the Victoria Joint Rescue Coordination Centre, demonstrates how to stabilize a casualty to a group of local Ground Search and Rescue volunteers during a familiarization session.

Ground search and rescue volunteers join military for training and face time

LCdr Desmond James
 MARPAC HQ PA

Against a backdrop of cold, wet and windy conditions, which are typical during a search and rescue operation, nearly 50 volunteers from local Ground Search and Rescue (GSAR) teams attended a familiarization session at Albert Head to understand what it is like to work with the CH-149 Cormorant, the primary search and rescue helicopter for the Victoria region.

In B.C., GSAR is coordinated through Emergency Management BC, which sets guidelines for SAR teams. There are 80 GSAR groups in B.C. representing approximately 2,500 unpaid professionals on call at all times. Each group is responsible for a certain region of the province.

Maj Paul Hodge, Officer in Charge of the Joint Rescue Coordination Centre Victoria (JRCC), and an experienced search and rescue pilot, helped organize this session to bring a better understanding of the Cormorant to GSAR teams.

Unfortunately for those in attendance, but fortunately for one injured climber near Chilliwack Lake, the planned demonstration of the Cormorant was cancelled as the aircraft was needed to assist

We are going through a series of checks... planning for a whole range of issues so we can carry out the task without putting more people at risk.

-Maj Paul Hodge
 OIC Victoria JRCC

the rescue of the climber that morning. "Everyone needs to understand and be aware of the realities of working with the Cormorant," said Maj Hodge to the attentive audience.

At 14,600 kgs with an output of 1,725 hp from each of its three engines, the helicopter is not to be taken lightly by those working with it. "There are some real challenges to working with a machine of that size," said Maj Hodge.

Downwash is the greatest concern. The Cormorant produces a lot of downwash, but many of those in attendance had no idea just how much.

"It can push a person underwater," said Capt Eric Niemi, Deputy OIC of the JRCC. When operating over or near

the water, "the spray from the rotors can produce conditions similar to a waterspout."

Communicating is another aspect discussed. Maj Hodge emphasized the need to be clear with communications because it can be difficult to hear voices over the rotors.

Sgt Dan Bodden, a SAR Technician working at the JRCC, explained what his team does when the helicopter arrives on scene. It can take time from the arrival of the Cormorant until the SAR Techs are deployed, and to those on the ground it can appear like unnecessary delay.

"We are going through a series of checks, going through our plan, planning how we are going to extract a patient, what to do if the helicopter gets into trouble, planning for a whole range of issues so we can carry out the task without putting more people at risk," he explained.

Using a cadet and GSAR volunteers, Sgt Bodden demonstrated a SAR Tech arriving on scene and working with a GSAR team to extract an injured hiker.

The whole session produced insightful questions that spurred good discussions, which was the goal of the familiarization session.

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SMASHEX: Navy-led exercise simulates catastrophe

Shawn O'Hara
Staff Writer

The hangar of HMCS *Calgary* was like a Hollywood set last Wednesday, complete with people in realistic makeup that simulated gruesome injuries.

Skilfully attending to them were civilian doctors and military medical officers, with assistance from *Calgary's* casualty clearance team, all participants in the submarine search and rescue exercise known as SMASHEX.

The navy-led exercise prepares military and civilian medical personnel for the possibility of a submarine catastrophe.

"Thankfully, submarine emergency rescue isn't something we've had to deal with," says LCol Nick Withers, Pacific Regional Surgeon and member of the Submarine Escape and Rescue Assistance Team (SMERAT). "That being said, it's a very real possibility and something the Department of National Defence needs to be prepared for."

The exercise began in the waters off Colwood when a submarine failed to respond to radio communication. Soon after, people in immersion survival suits appeared in the harbour waiting to be rescued after escaping a fictional

sinking submarine.

Calgary, berthed at F jetty in Colwood, served as the rescue platform, with ship divers and zodiac crews plucking survivors from the water. Once retrieved, survivors were hoisted on deck in an inflatable retrieval basket called a Billy Pugh.

CPO1 Brian Schwenker, *Calgary* coxswain, says the exercise was a great way to promote teamwork in the face of disaster.

"In times like this we need to operate like a well-oiled machine, not as a series of parts," he says. "Training opportunities like this give us the chance to keep warm the skill we may one day need to save lives."

Following initial treatment in *Calgary's* makeshift triage unit, casualties were tagged with internationally recognized triage cards identifying the level of injury, and taken to Victoria General Hospital, where preparations had been made to receive mass casualties. LCol Withers says in the event of a real disaster the hospital could become overwhelmed by a sudden influx of patients.

"It's important we work with local medical facilities as this is where we'll be taking our injured if a disaster were to occur," he says. "As a member of DND it's really an honour to work with the people at VGH to ensure we're prepared to work together as a cohesive team in the event of tragedy."

It took planners six months to develop and execute the SMASHEX, from the events that led to the submarine's evacuation to the specific ailments and injuries of each casualty.

LCol Withers says makeup and role-playing added a level of realism necessary to drive home the importance of training.

"In the field, medical situations are constantly evolving," he says. "By simulating those conditions in an exercise personnel will be far better prepared should the real thing ever come to pass."



Cpl Michael Bastien, MARPAC Imaging Service

Above: Lt Laura Brunet sets up an intravenous line with Dr. George Benloulou to a simulated casualty on HMCS *Calgary*.

Right: A diver from Fleet Diving Unit (Pacific) jumps from the ship to rescue a casualty in the water.

Below: *Calgary's* hangar became a triage area for simulated casualties during the exercise.



In times like this we need to operate like a well-oiled machine, not as a series of parts. Training opportunities like this give us the chance to keep warm the skill we may one day need.

-CPO1 Brian Schwenker
HMCS *Calgary* Coxswain

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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITER

Shawn O'Hara 250-363-3672
shawn.o'hara3@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

Francisco Cumayas 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS

Laura Spence 250-363-3127
laura.spence@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
Sara Helmecci 250-363-7060

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CFB Esquimalt, PO Box 17000 Stn. Forces,
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E-mail: frontoffice@lookoutnewspaper.com

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People Talk

During the Naval Boarding Party course graduation Lookout asked this question: *What part of the course will be most beneficial to your career and why?*



I felt the close quarters battle and the firearms training was the most beneficial, since I plan on applying to Special Forces.

LS William Ellis



Being able to interact with the international students was a real joy, since interacting with people with different cultures and languages is a huge part of our job.

LS Max Tulloch



I liked the instructors. They were very professional and skilled. I learned so much from them and I'm very grateful for their lessons.

Lt(N) Avissema Herlambang



I liked the breadth of learning, from the basics to the more advanced topics. It gave me a chance to get a good handle on each subject before moving on to the next.

SLt Worayuth Nissaipan



I liked the whole course. It was very informative and I hope to take the skills home and one day pass them on to my fellow sailors.

SLt Ja'far Ayyash

WHAT SAY WE

Celebrate Women's History Month, attend seminars

Meghan Fodor
Workforce Planning Assistant

Women's History Month is celebrated each year throughout October and includes the commemoration of the "persons case" when on Oct. 18, 1929, women were first legally recognized as "persons" under Canadian law.

This year, Maritime Forces Pacific has scheduled events celebrating the health and wellness of women.

Women's History Month is brought to you in collaboration with MARPAC and the

Defence Women's Advisory Organization (DWAOW). The mission of the DWAOW is to provide insight to the DND/CF leadership on systemic issues that could affect Employment Equity (EE) groups and to advise on the development and implementation of EE programs and policies.

DWAOW works to progress the cultural evolution of the organization in support of achieving a successful diverse workforce. The DWAOW is open to all DND/CF women. For more information visit <http://esquimalt.mil.ca/ee>. Co-chairs are PO1 Nathalie Scalabrini and Josée Lafontaine

Event Calendar

Dr. Lara Lauzon - "For the WELLth of It"
Wednesday, Oct. 9; 11 a.m. to noon
Chief and Petty Officers' Mess

Dr. Joan Wharf-Higgins - "What Makes People Healthy?"

Thursday, Oct. 17; 11 a.m. to noon
Chief and Petty Officers' Mess

Talk show-style panel "The View: MARPAC Edition"

Thursday, Oct. 24; 11 a.m. to noon
Chief and Petty Officers' Mess



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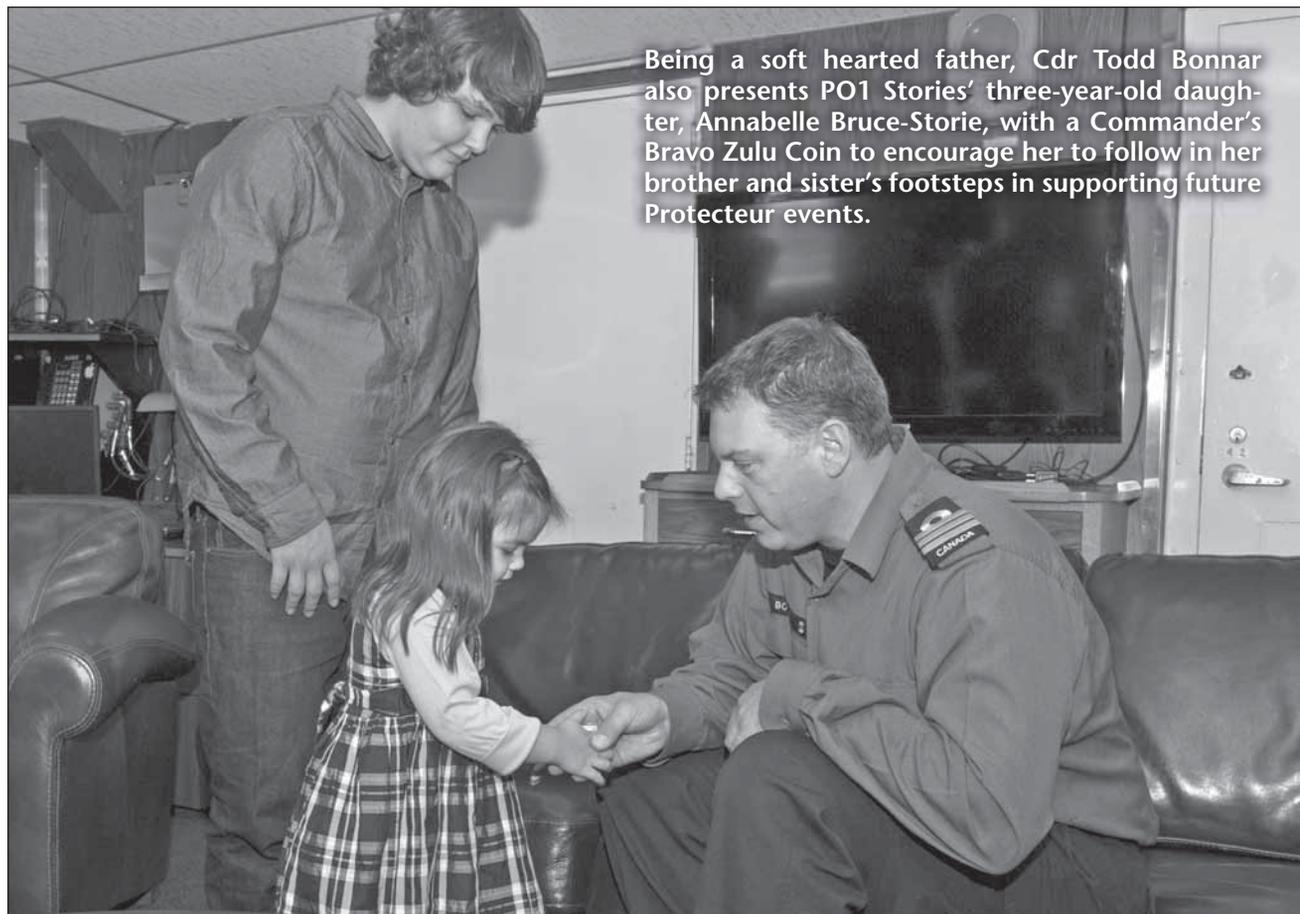
Cdr Todd Bonnar and the crew of HMCS Protecteur honoured the family of PO1 Peter Stories Sept. 25 for their continued support and outstanding work with the ship's special events.

In particular, Caitlyn Bruce-Storie and Eric Rawlins, PO1 Stories' teenage kids, were acknowledged for volunteering at Family Fun days, ship barbecues and helping their dad with the onboard recycling program that raises money for charity.

Both teens received a Commander's Bravo Zulu Coin from Cdr Bonnar as a token of his appreciation for all that they do.



MCpl Angela Abbey, MARPAC Imaging Services
Cdr Todd Bonnar, Commanding Officer of HMCS Protecteur, presents PO1 Peter Stories' son Eric Rawlins and daughter Caitlyn Bruce-Storie with the Commander's Bravo Zulu.



Being a soft hearted father, Cdr Todd Bonnar also presents PO1 Stories' three-year-old daughter, Annabelle Bruce-Storie, with a Commander's Bravo Zulu Coin to encourage her to follow in her brother and sister's footsteps in supporting future Protecteur events.

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Shawn O'Hara
Staff Writer

As he balanced 177kg (390lbs) on his shoulders and chest for just a few seconds, MCpl Gabriel Auclair had a moment of uncertainty as to whether he could win the bronze

at the 2013 Canadian Senior Weightlifting Championships in Edmonton, Alberta.

But with brute strength and a desire to medal, the 28-year-old Aerospace Technician from 443 Maritime Helicopter Squadron heaved the bar

laden with weight equal to two grown men up over his head. This clean lift earned him third place in his weight group in the May 19 weightlifting competition in which competitors attempted to qualify for international events.

"The people I was com-

peting against are the best in the country, and to compete alongside them was a pleasure," says MCpl Auclair.

The competition took place in the Saville Sports Centre and featured male and female weightlifters from across the country. Placing in the top three lifters of the "Over 105 kg" weight class in Canada, MCpl Auclair says this competition marks his most important performance to date.

"I had an increase of about 30kg (66lbs) in my total weight lifted from two years ago," he says. "I was really proud of my technique, and how I handled the competition. It was the best competition I've ever had."

To prepare for the event, MCpl Auclair trained around the clock, putting away Herculean amounts of food in the process.

"I eat around 6,000 to 7,000 calories a day," he says. "Homogenized milk, eggs, steaks, vegetables, I never stop eating. At first it was tough getting all of it down, but now I'm just hungry all the time."

The huge amounts of calories and protein factor into MCpl Auclair's training regimen, which is devised by trainer Rob Macklem, whom MCpl Auclair met in 2010.

"I was invited to a small meet and Rob said he saw my potential right away," says MCpl Auclair. "He started helping me train and within a year I'd qualified for the nationals. He has

really been a guiding force for me."

MCpl Auclair's typical training session involves cardio, stretching, endurance training, and of course lifting.

"While I'm training the weight can be anywhere from 200lbs to 500lbs," says MCpl Auclair. "Rob looks at training programs from countries like Russia, China, and Germany, so we're taking tips and tricks from everywhere."

MCpl Auclair says Olympic weightlifting dif-

ference is that you just go in thinking about pulling huge weight by raw strength your technique will suffer."

Training as a weightlifter has changed MCpl Auclair's life in more ways than one. While weightlifters don't care much for exact body measurements, the 6'2" 255lbs man knows one thing.

"I can't wear jeans anymore," he says. "They just don't make them big enough for my waist and legs ratio."

With a bronze medal on



I had an increase of about 30 kg in my total weight lifted from two years ago. I was really proud of my technique, and how I handled the competition. It was the best competition I've ever had.

MCpl Gabriel Auclair

fers from the more popular power lifting in a few key ways. While power lifting is purely about lifting the most weight through raw strength, MCpl Auclair says Olympic weightlifting is about lifting the most weights using technique, agility, flexibility and raw strength.

"To use an analogy, power lifters are like the giant horse pulling the cart, pure brute strength, while Olympic weightlifters are like race horses," he says. "You have to have mastered your body in so many ways,

the wall, and a bright future ahead, MCpl Auclair has his sights set on international events.

"I just have to keep training," he says. "This is what I want to do, and I really believe I can do it."

His final thoughts go to his workplace.

"I would like to add that this success would not be possible without the tremendous support of my chain of command at 443 Squadron. They allowed me to attend these events and I cannot thank them enough," he says.

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Personnel clean up the north's "millionaire's dump"

**Pte Emma Galloway,
Pte Julien Savary-Michaud
and OS Kelly Oake**
Contributors

Until recently, there was a place at Canadian Forces Station Alert, Nunavut, called the "Millionaire's Dump", where scrap metal, wood, plastic and other debris had built up over a number of decades.

As general duty personnel stationed here at CFS Alert, we were tasked to organize this scrap material so it could be sent south for recycling. A clean-up such as this keeps us moving in the frigid Arctic air, and is great for the environment.

Given the remote location of the station, which is the most northerly, permanently-inhabited location in the world, located only 817 kilometres from the geographic North Pole, materials are always limited. As a result it is always easier and more practical to reuse material from past work projects rather than ship new materials north.

Therefore, this particular project was two-pronged. The primary focus was on on-site salvage and reuse, and the second focus was packaging unusable material to be sent down south for recycling.

A significant challenge to any operation this far north is the weather, which results in a limited summer time frame where outdoor work and projects are possible.

Consequently, during this short work season, all the scrap pipes had to be separated from non-recyclable material, organized by

size and usability, and then cut to fit the bins for air transport south.

None of this could start until the snow melted and the ground softened.

To accomplish the on-site material recovery, we salvaged as much of the aluminum pipe as possible and cut it into nine- to 10-foot (three-metre) lengths for use as protective bollards around the station.

Another challenge of working in a remote location is the limited equipment. We had to bring various pieces of equipment in so we could safely cut the pipes because they were made of different materials. A forklift and operator were also required to handle the heavy pipe valves, each weighing more than 100 pounds (45 kilograms). The traffic section also loaned their expertise in the packing, shipping and flight loading.

With a true sense of recycling, the pipe boxes that brought up the new fuel lines were re-used for packing the return shipment of old piping. In total, 15 boxes/bins were filled and currently await return south for crown sales and their subsequent recycling.

In addition to the "Millionaire's Dump" clean-up, we also spent considerable time cleaning up the station and surrounding areas before the winter freeze and snowfall.

After a summer of work we were certainly pleased to see an improvement in the station's grounds and feel that we, and through continual work, reduced the station's impact on the environment. The project was finished mid-August, which was just



Above: Personnel at CFS Alert, Nunavut, work on the "Millionaire's Dump" clean-up. Left to right: Pte Michael Rosang, Pte Emma Galloway and Pte Julien Savary-Michaud sort through a pile of pipes.



Right: A portion of the "Millionaire's Dump" at CFS Alert, Nunavut, before it was cleaned up.

Pte Anthony Mosdossy, Contributor in time as the snow has since returned, and with the setting sun the station hunkers down for yet another cool winter.

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UNIT REPRESENTATIVES:

Submit your unit's qualifying names directly to Vicki Laidlaw by the day after EACH deadline (Nov. 7, 14, 21, 28). Draws will happen close of business day each Friday following the deadline.

For more information, contact Vicki Laidlaw, Campaign Coordinator, (250) 363-2595.

Riders brave bad weather for breast cancer fundraiser

Shawn O'Hara
Staff Writer

A group of DND personnel braved stormy winds and rain Sunday Sept. 29 to raise funds for the Canadian Breast Cancer Foundation.

It was the second annual Ride to Beat Breast Cancer that featured a leisurely two hour motorcycle ride through Colwood, Metchosin, Langford, and View Royal. Riders dressed up their bikes, and wore costumes, giving the route an eye-catching flair.

"Despite the weather we had around 60 riders turn up," says Shannon Cyre, a Material Certification employee with the Fleet Technical Authority, and one of the organizers for the ride. "It wasn't as many as we'd hoped for, but with weather like that only the real troopers are going to turn up."

The goal of the ride was to raise money for Vancouver Island residents battling breast cancer. The funds will be used for expenses not covered by healthcare such as medication and some treatments. Cyre says the ride is near and dear to the hearts of many of the organizers.

"We've all had friends

and loved ones affected, and some of us have battled it ourselves," she says. "Cancer, not just breast cancer, is such a pervasive problem in our society so it's important we all help out any way we can."

While the downpour scared away some riders, donors still came out in droves. Donations currently sit at \$6,500 and counting, far surpassing last year's total of \$3,000.

"People who couldn't ride would come out just to donate," says Cyre. "It was really heart-warming to feel the support."

The event's post-ride gathering at the

Langford branch of the Royal Canadian Legion hosted a guest of honour. Lieutenant Governor Judith Guichon came out to wish the riders and fundraisers well.

"She was so sweet and supportive," says Cyre. "It really was an honour to have to give her blessing to our cause."

With another year's ride in the saddlebag, Cyre says planning is already underway for next year's event.

"The storm sidetracked our ambitions a little this year," she says. "We hope to make next year's ride even bigger and even better."



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Did you know...

Cooking is the leading cause of home fires and home fire injuries.

-  Two of every five home fires start in the kitchen.
-  Unattended cooking was a factor in 34% of reported home cooking fires.
-  Two-thirds of home cooking fires started with ignition of food or other cooking materials.
-  Ranges accounted for the 58% of home cooking fire incidents. Ovens accounted for 16%.
-  Children under five face a higher risk of non-fire burns associated with cooking than being burned in a cooking fire.
-  Microwave ovens are one of the leading home products associated with scald burn injuries not related to fires. Nearly half (44%) of the microwave oven injuries seen at emergency rooms in 2011 were scald burns.
-  Clothing was the item first ignited in less than 1% of home cooking fires, but these incidents accounted for 16% of the cooking fire deaths.

Cooking Safety Checklist

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.
- Keep things that can catch fire — potholders, oven mitts, paper or plastic bags, curtains — away from your stovetop.
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner.
- Have a "kid-free zone" of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- If you have a stove fire, when in doubt, just get out and call the fire department.
- Keep an oven mitt and lid nearby when you're cooking. If a small grease fire starts in a pan, smother the flames by sliding the lid over the pan. Turn off the burner. Do not move the pan.
- To keep the fire from restarting leave the lid on until the pan is completely cool.
- In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. After a fire, the oven should be checked and/or serviced before being used again.
- Open microwaved food slowly, away from the face. Hot steam from a container of microwaved food or the food itself can cause burns.
- Never heat a baby bottle in a microwave oven because it heats liquids unevenly. Heat baby bottles in warm water.
- Treat a burn right away, putting it in cool water. Cool the burn for three to five minutes.
- Cover with a clean, dry cloth. If the burn is bigger than your fist, or if you have any questions, get medical help right away.
- Think Green! Unplug small appliances when not in use.



New FORCE fitness program standards are attainable

CFMWS

Since its launch in April, the FORCE Program has gotten thousands of Canadian Armed Forces (CAF) members moving, with thousands more to go.

Now six months into its pilot year, the FORCE Evaluation and its complementary online exercise platform www.DFit.ca have had a very successful start.

Of the over 22,600 personnel who have done the test to date, 96 percent have met or exceeded the FORCE Evaluation standards.

"The FORCE Evaluation results and feedback have been very encouraging," says Daryl Allard, Director of Fitness. "By and large, the CAF personnel we've tested to date have reflected a fit, operationally ready force, with the vast majority of personnel performing well on all four test components."

Though fitness staff have dealt with some scepticism about the FORCE Evaluation's level of difficulty, once most personnel try the test for themselves, it becomes clear

By and large, the CAF personnel we've tested to date have reflected a fit, operationally ready force, with the vast majority of personnel performing well on all four test components.

-Daryl Allard
Director of Fitness

the FORCE Evaluation may be different than the CF EXPRES, but the standards are attainable.

In addition to the general FORCE Evaluation standards, a new FORCE Evaluation Incentive Program is also under development for release in 2014. Many personnel have requested an incentive program to encourage them to push their physical fitness further, and to encourage friendly competition among the troops.

For those who haven't not yet completed their FORCE Evaluation, there are several sources of support and information available. At the Force Evaluation website, there are new videos demonstrating each test compo-

nent, detailed Frequently Asked Questions, and information about the science behind the FORCE Program. Personnel new to the FORCE Program should also connect with their local Personnel Support Programs (PSP) fitness staff for a familiarization session, and to schedule their FORCE Evaluation.

"Now is the time for all CAF personnel to try the new FORCE Evaluation," says MGen David Millar, Chief of Military Personnel. "Take advantage of this time to get familiar with the test, evaluate your training and nutrition regime on line, and focus on what you need to do to achieve a high level of operational fitness."

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Warships sail for exercise off Southern California coast

MARPAC PA

HMC Ships *Ottawa*, *Regina* and *Protecteur* sailed from Esquimalt Harbour today to take part in conventional maritime warfare training off the coast of Southern California from Oct. 7 to 11.

"This exercise provides another excellent opportunity for ships of the Pacific Fleet to train in partnership with ships of the U.S. 3rd Fleet," said Rear-Admiral Bill Truelove, Commander of Maritime Forces Pacific. "This not only showcases the navy's operational readiness, but our commitment to the Pacific region while strengthening defence relationships with our allies."

Military personnel from Canada and the United States will participate in Task Group Exercise (TGEX), which is designed to build and strengthen interoperability between the Royal

This not only showcases the navy's operational readiness, but our commitment to the Pacific region while strengthening defence relationships with our allies.

-RAdm Bill Truelove
Commander Maritime Forces Pacific

Canadian Navy (RCN) and the United States Navy (USN). This interoperability enhances Canada's maritime contribution to global security. Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific, will be in command of the combined exercise.

RCN ships will join USN ships *Mobile Bay*, *Dewey*, *Ingraham*, *McClusky* and *Gary* for exercises designed to strengthen individual and collective skills through demanding and realistic training at sea. This year's training objectives include improving competency in conventional maritime warfare operations such as anti-submarine, anti-aircraft, and anti-surface warfare training. Live fire exercises will also occur.

Exercises like TGEX offer valuable training opportunities for the RCN in order to maintain operational readiness and deploy on joint operations in a rapid and effective manner when called upon by the Government of Canada. These joint operations can range from the provision of humanitarian aid and disaster relief to full-combat operations alongside our allies anywhere in the world.

Get muddy this Halloween

This Halloween, sign up for a 5k obstacle course "mud run" that will have your heart racing faster than your feet.

On Nov. 2, Victoria will see hundreds of costume-clad competitors racing along rugged, muddy, and seemingly abandoned trails, awesome mud fields and over crazy obstacles. Not for the faint of heart or unpre-

pared, participants will get dirty, muddy, physically and mentally challenged, and may end up smiling continuously. So get ready for a heart-pounding, bone-chilling, hair-raising good time.

- Saturday, Nov. 2
 - Mudd, Sweat and Tears Halloween Victoria
 - Westshore Motocross
- Push your limits and celebrate your accomplishments

with a big after party for all mudders, family and friends, complete with a post-race barbecue and festivities. Team and individual registrations are available now. For more information visit www.muddsweatandtears.com. Prices range from \$75 to \$90 per person depending on length of race and when you register. Put a team together and save.

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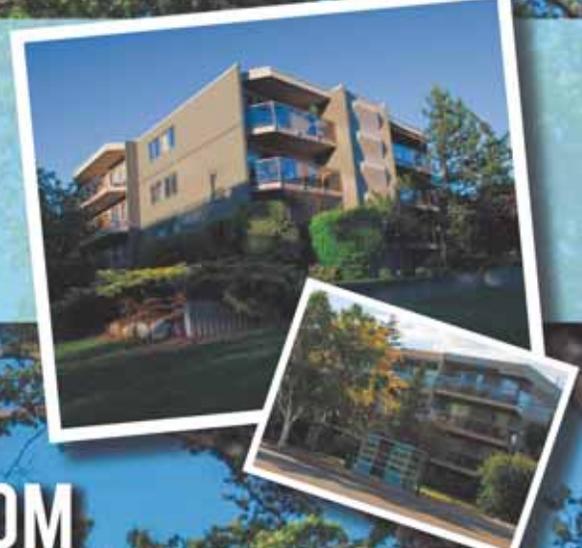


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Local authors pen book to help families with aging loved ones

Shawn O'Hara
Staff Writer

When a loved one enters their twilight years, it can help families tremendously to have someone guide them on what to expect.

Seeing a need for such guidance, a local couple has written a unique book "Aging Loved Ones: A Guide to Organizing and Managing the Aging Process" that developed out of their own experience.

"It can be a difficult and overwhelming time in anyone's life," says Norm Hardy, who co-wrote the book with his wife Bonnie. "Both my wife and I have had to go through the process ourselves, and we thought it was interesting how no one had

put together anything to help people in the same position we were in."

Hardy says while the book could have turned into a reflection on their personal journeys and experiences, they preferred to provide professional advice, pointers, and assistance from experts across the country.

"If it were just about us we would be missing out on helping so many other people in different situations."

Information for the book was gathered through a series of interviews conducted by Bonnie with researchers and experts from across Canada. Contained within its 143 pages is constructive help dealing with the emotional and mental aspects of managing an elderly person, and

how and when to begin the process of care home registration.

"No one situation is going to be the most common," says Hardy. "It's important to remember people are people. They're not going to be completely predictable, and everyone is different. We cover as many different situations as possible."

The book is available at bookstores around Victoria, as well as on Amazon, and has been receiving positive press since its release in July 2013, including several five star reviews online.

"We're very happy with the final product," says Hardy. "We put a lot of heart and soul into this book, and we hope we can make this confusing time in a person's life just a little easier."

AGING LOVED ONES

A GUIDE TO ORGANIZING AND MANAGING THE AGING PROCESS



B.J. Hardy CHRP (ret'd.)
N.E. Hardy, M.A., Ph.D

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VFA recognizes CFB Esquimalt with award

VFA, Inc., the leading provider of end-to-end solutions for facilities capital planning and asset management, awarded CFB Esquimalt its 2013 CapStar Award for the innovative application of software technology or business processes to support facilities capital planning and management. VFA presented the award to Sept. 19 during a ceremony at its fifth annual VFA User Forum in Victoria.

CFB Esquimalt implemented facility capital planning software VFA facility® to address the challenges posed by building age and condition, seismic concerns, operational requirements, and heritage building preservation.

"VFA is pleased to recognize Canadian Forces Base Esquimalt with the 2013 CapStar Award," said Jerry Kokos, president and CEO,

VFA, Inc. "They have transformed their approach to facilities capital planning by leveraging objective data and intelligent decision support, and changed the way the navy approaches planning and budgeting."

The base contributes operational capability and provides services, support and staff to Maritime and Canadian Forces operations on the west coast of Canada. It has a diverse portfolio of 23 sites with more than 850 buildings including offices and schools, warehouses, industrial, jetties, ship refueling, and ammunition handling.

Historically, the base used traditional methods of data collection and decision making, including meeting with long-standing employees to glean corporate knowledge and annual inspections that only met immediate needs.



Left to right: Yvonne Pratt, Engineering Officer, Department of National Defence - CFB Esquimalt; Jon Burbee, Manager of Real Estate Services, Department of National Defence - CFB Esquimalt; Marcel Gingras, Base Development Engineer, Department of National Defence - CFB Esquimalt; Gord Ayer, Senior Project Manager, Department of National Defence - CFB Esquimalt; John Wood, Project Support Officer, Defence Construction Canada.

In 2009, it began working with VFA to complete a five-year rolling facility condition assessment on all of the buildings in its portfolio, and implemented VFA facility, a centralized database and decision support tool for managing and analyzing facility information. The VFA solution enabled the facilities team to forecast budget requirements using various scenarios for funding levels and facility condition, and to demonstrate the impact

of reduced/increased inspection, maintenance and rehabilitation (IM&R) budgets.

"With VFA facility, the Base, and not just the local project manager, now has a snapshot in time of the assessment of facilities," said Marcel Gingras, base development engineer, CFB Esquimalt. "The solution has provided us with justifiable and quantifiable data to help make sound facility capital planning decisions."

[CFB Esquimalt] has transformed their approach to facilities capital planning by leveraging objective data and intelligent decision support, and changed the way the navy approaches planning and budgeting.

-Jerry Kokos
President and CEO, VFA, Inc.

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PO2 Switzer (centre), MSE DIV, receives his new rank from CPO2 Shepperd (left) and Lt(N) Bayne.

MCpl N. Ducharme, a Geo Tech, receives her new rank from Cdr L.L. McAllister, Commanding Officer of Maritime Forces Pacific Headquarters.

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Mental illness info seminars to attend

Leslie Bragg
Contributor

During the week of Oct. 6 to 12, CFB Esquimalt will participate in Mental Illness Awareness Week 2013, a nation-wide public education campaign coordinated by the Canadian Alliance on Mental Illness and Mental Health.

The purpose of Mental Illness Awareness Week is to educate Canadians on the reality of living with mental illness, in order to raise awareness, and end the stigma and discrimination associated with it.

Mental illness is:

- caused by a mix of genetic, biological, environmental, and personality factors,
- characterized by a set of symptoms that persist for a specific period of time, and
- can have a significant impact on almost every aspect of a person's life, such as how they think, feel, and act.

Maintaining mental health is just as important as maintaining physical health. Like physical illnesses, mental illnesses can take many forms. They range from anxiety disorders, mood disorders, personality disorders, addiction disorders, eating disorders, sexual disorders, and so on, and each illness has a set of causes, symptoms, and treatments.

Mental illness is not a personal failure. It is a medical condition that requires medical treatment. Typically, the earlier help is sought, the better the outcome. If left untreated, it could lead to a chronic problem, and could result in permanent disability, or worse. Education is the key to uncovering the myths and building awareness on mental illness.

An interactive presentation, For the WELLth of It, with Dr. Lara Lauzon will be held Oct. 9 from 11 a.m. to noon at the Chiefs and Petty Officers' Mess. To learn more, or to RSVP, contact leslie.bragg@forc-es.gc.ca.

For more information, or to get help, contact your physician or mental health care provider. You can also contact the Civilian Employee Assistance Program at 250-363-7968, or the Canadian Forces Member Assistance Program at 1-800-268-7708. For 24/7 assistance, the Vancouver Island Crisis Line is available at 1-888-494-3888.

Did you know

According to the Canadian Mental Health Association, an estimated 20 per cent of Canadians will have a personal experience with mental illness within their life span, and two-thirds of Canadians, 15 years and older, have sought mental health help in the past twelve months.

While counselling has been cited as the most common form of mental health care medications are also offered as a form of treatment, or hospitalization in extreme circumstances. Other ways to boost and maintain your mental health, in conjunction with treatment, include: ensuring you get enough physical activity, following a nutritious diet, volunteering, spending time with loved ones.

Here on base

There are also many Health Promotion courses available, open to military members, military spouses, and civilian employees. To find out more, contact 363-5621 or visit www.pspesquimalt.ca.

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CFFSE Ceremonial Divisions

Right: Cdr Martin Drews, Commanding Officer of Canadian Forces Fleet School Esquimalt, presents LS David Lang with Operational Service Medal - Expedition.



Cdr Drews presents PO2 Bradley Robinson with the Operational Service Medal.



Cdr Drews presents LS Andrew Greenwood with the Operational Service Medal.



Cdr Drews presents LS Philip Cook with the Operational Service Medal.



Cdr Drews presents CPO2 Geral Goulet with the Canadian Forces Decoration Second Clasp for his 32 years of service.



Cdr Drews presents MS Gerardo Cayabyab with the Canadian Forces Decoration First Clasp for 22 years of service.



Cdr Drews presents MS James Willoughby with the Canadian Forces Decoration for 12 years of service.



Cdr Martin Drews, presents LS William Henderson with the NATO Medal - Operation Active Endeavour.



Cdr Drews presents LS Steven Adams with the NATO Medal - Operation Active Endeavour.



Cdr Drews presents LS Michael Wilson with the NATO Non-Article 5 Medal Operation Unified Protector.

HMCS Algonquin awards

Cdr Tettamanti, Commanding Officer of HMCS Algonquin, presents several awards to members of his crew.



PO1 Barnett is presented with the CAF Recruiters Course certificate.



PO1 Gadd and PO2 Nelson receive a Meritorious Unit Commendation from Naval Ocean Processing Facility Whidbey Island.



AB Bartlett is presented with a Minister of National Defence Letter of Appreciation from Cdr Tettamanti.



Cdr Tettamanti is presented with his CD1 by CPO1 Cawthra.



LS Whitty is promoted to his current rank by Cdr Tettamanti.



MS Gibson is appointed to his current rank by Cdr Tettamanti.

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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.

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RCAF search and rescue crews assist Comox ground SAR to evacuate hikers

Capt Trevor Reid
19 Wing Public Affairs

RCAF search and rescue crews from 442 Transport and Rescue Squadron provided assistance to Comox Valley Ground Search and Rescue (GSAR) crews Wednesday morning, Oct. 2, to evacuate two hikers from Strathcona Park.

The hikers were University of Victoria student Christopher Yao, and Cpl Jean-Simon Lessard from Base Construction Engineering.

"Cpl Lessard returned to our Unit today [Oct. 3] to meet with fellow Engineers and share his experiences," said LCol Matthew Johnsen, BCE Officer. "He has now taken a few days to collect himself and visit with his mother who has recently arrived from Quebec. I would like to take this opportunity to once again thank the whole team who worked so very hard in the search and rescue effort that resulted in the safe return of Cpl Lessard and Mr. Yao. Your efforts under the harshest conditions speak volumes of your professionalism and dedication to the safety of others before self."

Support from 442 Squadron was requested Tuesday morning by RCMP and GSAR through Joint Rescue Coordination Centre Victoria to aid in their search of the two men who had been reported missing on Monday.

While GSAR crews worked hard to cover the search area from the ground

throughout the operation, the Cormorant helicopter crew assisted the teams by providing aerial search capabilities and transport for GSAR members throughout the park's challenging terrain.

Thick cloud and fog in the area posed challenges to the air search and transport efforts throughout Tuesday morning and again when another crew launched Tuesday evening. However, Wednesday morning at approximately 9:30 a.m., the crew was informed that GSAR members had found the two men safe in a tent, approximately six kilometres west of Mount Washington.

"We departed our staging area at the Raven Lodge search headquarters and headed for the coordinates GSAR members had given us," said Capt Mike O'Brien, aircraft commander. "We did a confined area landing near a sparsely treed ridgeline at an altitude of 5,000 feet."

Once on the ground, RCAF Search and Rescue Technicians loaded the two men and four members of the Comox Valley GSAR team on board the helicopter and returned them to 19 Wing Comox.

"The hikers had good equipment and knew what they were doing," said MCpl Samuel Chenelle-Pepin. "They had been in a tent and had heard the helicopter circling the previous day. They eventually heard the GSAR whistles and were able to meet them. They were both in good spirits when we brought them back."

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