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Photo by Leading Seaman Ogle Henry, MARPAC Imagery Services

Above: Marty the Marmot, the official mascot of the Victoria Royals hockey team, poses with HMCS Winnipeg's mascot, the Bison, during the Government of Canada Workplace Charitable Campaign Hockey Game between the Royals, military members and members of the media, at Wurtele Arena on Nov. 4.

Right: Various members of the military, media and Victoria Royals squared off in the annual GCWCC Hockey Game, a precursor to the Victoria Royals Military Appreciation night Jan. 18, 2014.

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SISIP ready to help financial planning

Carmel Ecker
Staff Writer

SISIP is laying out the welcome mat throughout November to mark Financial Literacy Month.

The financial services company is hosting events all month long to make military members aware of the resources available to them.

"Financial literacy is having the knowledge and understanding to make sound, responsible financial decisions," says Corey Hargreaves, a local Financial Counsellor with SISIP. "Along with financial literacy comes knowing what resources are available and how to use them."

During November, SISIP is setting up at locations around the base to arm military members with the knowledge they need to take control of their finances. There will also be an open house at their office in the Naden CANEX building on Nov. 20 from 9 a.m. to 3:30 p.m. They will be serving up cake at 11 a.m.

Visitors can enter to win an iPad or iPod Nano just for stopping by to say hello at any of these events, but Hargreaves hopes people who come by will seriously consider their financial situations and whether there's anything they should change.

He acknowledges that developing a long-term financial plan can be difficult.

"Navigating the financial landscape is intimidating," he says. "A lot of people don't even know where to begin."

A great place to start is to create a monthly budget, he says.

"The foundation of financial literacy is your budget - how much do you earn and where is it going? And obviously savings too. One of the sound financial principles is to have a savings plan. You're never going to regret saving money," says Hargreaves.

Some people think of the word budget as negative, but it's just a framework for meeting goals, which can include big purchases, vacations or a comfortable retirement.

"It's your money," says Hargreaves. "You earned it. You need to be responsible with it. So it really comes down to what you want and what your goals are."

Beyond the basics, SISIP representatives will be available to answer questions about life insurance, consumer debt and financial planning at all of their events this month.

Information kiosk times and locations:

- Nov. 13 - 11:30 a.m. - 1 p.m., Naden Athletic Centre
- Nov. 14 - 11:30 a.m. - 1 p.m., Venture - Nixon Building (1367)
- Nov. 18 - 9:45 a.m. - 1:30 p.m., Fleet School
- Nov. 19 - 11:30 a.m. - 1 p.m., Naden Athletic Centre
- Nov. 21 - 11:30 a.m. - 1 p.m., Nelles Block
- Nov. 26 - 9 a.m. - 11 a.m., Base Orderly Room (N30)
- Nov. 27 - 11:30 a.m. - 1 p.m., Dockyard Café



Carmel Ecker, Lookout
Corey Hargreaves, a financial counsellor with SISIP Financial Services, is ready to meet the military community and help them make the financial decisions.

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Edmonton aids U.S. in drug bust

DND

HMCS *Edmonton*, along with a Royal Canadian Air Force CP-140 Aurora, assisted the United States Coast Guard in seizing more than 1.1 tonnes of cocaine over two days in the eastern Pacific Ocean.

During a search of a suspect vessel on Friday, Oct. 25, crew members from

Edmonton and the embarked U.S. Law Enforcement Detachment Team uncovered 639 kilograms of cocaine.

Two days later, on Sunday, Oct. 27, the same team tracked and boarded another suspect vessel, seizing 468 kilograms of cocaine from the vessel and from bags that were jettisoned into the water by the vessel's

crew. The two boardings occurred without incident and the narcotics seized will be destroyed.

In both cases, the initial detection of the suspect vessel was made by a CP-140 Aurora aircraft. As Canada's only strategic maritime surveillance aircraft, the CP-140 Aurora is often used to patrol Canada's coastlines, safeguarding our

waters from foreign threats. Capable of flying more than 9000 kilometres or 5000 nautical miles without refuelling, this multi-purpose aircraft is ideal for a variety of operations.

Edmonton and sister ship, HMCS *Yellowknife*, as well as a RCAF CP-140 Aurora aircraft are currently deployed on Operation Caribe.

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WHAT SAY YOU

People Talk

Lookout asked this question: *What is something you've always wanted to do and why haven't you done it?*



I've always wanted to win the lottery, and I'm sure I would if I bought a ticket once in a while.

MS Lindsay Cook



I've always wanted to climb a mountain, but because of family stuff and time restraints I've never been able to. Hopefully one day I'll find the time.

MS Aaron Murray



I'd say I've always wanted to run a Leadership Development business, and I'm happy to say I'm finally making it happen.

PO2 Clint Mack



I've always wanted to try bungee jumping. I never got around to it because I feel like I need more practice before I try the real thing.

SLt Hao Zhang



I've always wanted to learn to play the piano, but being a single father there isn't much time for anything other than work and my kids, and I'm happy with that.

WO Eric Adkins

FILM festival Afghanistan: A Soldier's Story

Visit the Colwood Pacific Activity Centre on Nov. 21 to see three short movies about Canada's military experience in Afghanistan.

In August 2013, volunteers with the Afghan book project launched a cross-Canada, mini-film festival showcasing the human stories of the Canadian Mission in Afghanistan.

The book project, entitled "Afghanistan: A Soldier's Story", is a volunteer, not-for-profit, non-DND initiative launched in August 2010, to collect the stories and images of the men and women who have served Canada in Afghanistan since 2001. The collection will be published Nov. 11, 2014, in a legacy album that will be distributed through Chapters Indigo. Net proceeds from sales of the book will go to the Edmonton Military Family Resource Centre, financial administrator of the project, for distribution to the Boomers Legacy Foundation, the Military Family Fund and the Soldier On Fund. More information on this project can be found at www.afghanistanacanadianstory.ca.

RSVP by calling the Esquimalt MFRC at 250-363-2640 (toll free: 1-800-353-3329).

Location: Colwood Pacific Activity Centre

Thursday November 21, 2-5pm, Free

The Films:

Op Apollo (Oct. 2001- Oct. 2003), 25 Minutes, English and French

A video following a boarding of a suspect vessel by HMCS Winnipeg during Op Apollo. On Sept. 12, 2001, one day after the terrorist attacks in the U.S., NATO invoked the principle of Article 5 of the North Atlantic Treaty, which states that an attack against any of the NATO member countries is an attack against them all. After confirming that the terrorist acts had been conducted from abroad, the Article became fully operative on Oct. 2, 2001, and Operation Apollo had begun.

Canada was among the first coalition nations to deploy a naval task group into the U.S. Central Command area of responsibility, which stretches from the Horn of Africa to Central Asia. Between October 2001 and 2003, 18 of 20 ships deployed, including HMC Ships Toronto, Halifax, Charlottetown, Iroquois, Preserver, Vancouver, Ottawa, Algonquin, St. John's, Protecteur, Montréal, Winnipeg, Regina, Fredericton and Calgary. While deployed, ships participated in force-protection operations, fleet-support operations, leadership interdiction operations, and maritime interdiction operations. Canadian Naval Boarding

Part personnel hailed more than 10,000 ships and conducted more than 260 boardings - almost 60 percent of the entire coalition fleet's boardings.

Homefront, One hour, English

"Homefront" is a one-hour TV Documentary, produced by Reel Girls Media Inc. 2007, in association with Global Television, about the heroes behind the heroes. The documentary records the experience of the spouses, children, parents, and families of Canadian soldiers steadfastly waiting at home as our military engages in its most dangerous mission from the Korean War - to Afghanistan. By viewing the story of our international reconstruction effort in Afghanistan through the eyes of those Canadians who shoulder and understand the sacrifice most acutely, the documentary prompts enlightened answers to the dramatic question: why do we do this?

One of the following two films Life and Death in Kandahar - Fifth Estate 2008, 44 Minutes, English

Life and Death in Kandahar begins with an urgent alert. Incoming wounded are on their way. Now, the questions begin: How many are there? What are the injuries? How soon will they arrive? As the medical staff gathers critical information, trauma

bays are prepped and ambulances head out to meet the medevac helicopters.

In the winter of 2008, the fifth estate cameras were granted four weeks of unprecedented and exclusive access to the NATO trauma hospital at the main military base in Kandahar Province. The 'Role 3' is one of the busiest trauma hospitals in Afghanistan and it has been under Canadian command for two years.

Waging Peace: Canada In Afghanistan, 53 Minutes, English

Follows Canadian Richard Fitoussi on a personal quest into the fiercest parts of Afghanistan's war-torn southern frontier to learn why Canadian soldiers are dying in a mission that has sparked more controversy than any other military intervention in Canadian history.

Embedded with the Canadian military alongside established war correspondents, Fitoussi sees for himself what is at stake for the Afghan people and the Canadians who serve in our name.

As his journey unfolds, Fitoussi is faced with the realities of modern day peacekeeping, and tries to distinguish between the reality on the ground and the rhetoric of the U.S. led "war on terror". In the end, he witnesses the ultimate sacrifice of young Canadians in a journey that nearly costs him his life.

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Do You Know?

- *When to say I've had enough*
- *When to step in*
- *When and how to ask for help*



The adoption and maintenance of a healthy lifestyle by Canadian Armed Forces (CAF) personnel is a critical component to success in operations.

Optimal health can be enhanced by development of effective coping skills to manage daily stress and adoption of an addiction-free lifestyle, which, in turn, may lead to improved psychological and physical resiliency, which are fundamental to operational effectiveness.

The Canadian Forces Health Services (CFHS) began holding a National Addictions Awareness Campaign (AAC) in 2005. As the designated health care provider for Canada's military personnel, CFHS developed the AAC as part of its overall goal to develop and sustain a strong and healthy CAF.

The AAC features promotional items and activities that will seek to raise awareness, create understanding and influence positive change for military personnel and their families.

An addiction free lifestyle is one of the key components in developing and further enhancing a culture of fit and healthy sailors, soldiers, air men and women, a plan that the Canadian Armed Forces is committed to carrying out. This includes your families too.

Our Forces Know... I Know...

Do you know?

- **When to say I've had enough**
- **When to step in**
- **When and how to ask for help**

Join us in promoting an addiction free lifestyle for the entire CF community by participating in this year's Addictions Awareness Campaign Nov. 12-26.

WHAT'S NEW?

- **Talking with your kids about alcohol and other drugs.**
- **YOU as a role model!!!!**
- **New online questions for you to consider!**
- **Do an "Alcohol Reality Check"**
- **Check out the link to the RCMP Canadian Champions Celebrity Program**

If you want to begin to make positive, healthy changes for you and your family, log on to www.forces.gc.ca/know-sais, get informed, visit the website, start the conversation...



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Come and meet Katrin Horowitz

Author of "The best Soldier's Wife"

Author Katrin Horowitz will be coming to the library (Bldg 12N) to read from her new book "The Best Soldier's Wife", which was a finalist for the Search for the Great B.C. Novel Contest.

The book is a novel about a military spouse whose husband (a reservist and helicopter pilot) volunteers for a tour of duty in Afghanistan and what his decision means to his family in Victoria.

She will be here November 28, 12:00 - 1:00. Bring your lunch. Copies of the book will be available to purchase. If you pre-purchase a copy, Katrin will gladly autograph your copy.

Please call the library at 363-4095 to RSVP.

Cadets board HMCS Protecteur for at-sea learning experience

Lt(N) Vincent Lévesque-Martel
Regional Cadet Support Unit (Pacific)

After flying from Victoria to San Diego, CA, nine Sea Cadets from Alberta and British Columbia have joined HMCS Protecteur for a six-week journey off the Coast of South California.

Cadets joined the ship's company and got integrated right away with the crew.

Handling lines, steering the ship and standing watch on the bridge are a few of the tasks that cadets are going to learn, on top of the daily routine tasks that are expected of all sailors, including learning firefighting techniques and equipment, working their way throughout the ship, responding to emergencies, making their bed and cleaning their messes.

Over the next few weeks, the 17- and 18-year-old cadets will work with sailors of every department, trying to absorb sailor life while the ship conducts its mission - replenishing U.S. Navy ships conducting operations off the coast of South California.

"I have been able to put into practice some skills I have learned through the Cadet Program. Now, it makes more sense. Life at sea is not as complicated as I first thought it would be," says Cadet CPO2 Emily Roberts from RCSCC Kamloops. "This deployment is a deciding factor on whether or not I want to join the Forces."

On board the ship, cadets are treated like adults. In the Cadet Program, a few adults supervise a large number of cadets. On board the ship, it is the exact opposite.

This deployment is a good eye-opener for the cadets about the occupations of the Royal Canadian Navy, and a one-in-a-lifetime opportunity to be part of the team while on board a ship.

When the ship is alongside, the cadets will participate in organized citizenship activities and tours, most of it in San Diego, CA.

Like the rest of the crew, they are provided with some time to relax, keep in touch with their friends and family and enjoy the sunny beaches of California.



CPO2 Victoria Irwin from the Royal Canadian Sea Cadet Corps (RCSCC) Esquimalt, B.C.

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Vietnam Defence Minister visit a first

Photos by Leading Seaman Ogle Henry, MARPAC Imagery Services

Vietnam Vice-Minister of Defence, Senior Lieutenant-General Nguyen Chi Vinh, and his delegation are escorted to Fleet Maintenance Facility Cape Breton by Rear-Admiral Bill Truelove, Commander of Maritime Forces Pacific, during his visit to Her Majesty's Canadian Dockyard Esquimalt Nov. 1.

Larissa Johnston
Navy Public Affairs

Although Canada and Vietnam have enjoyed diplomatic relations for 40 years, a visit to CFB Esquimalt by Vietnam's Deputy Minister of National Defence was "ground-breaking," says Dr. James A. Boutilier, special advisor for international engagement at Maritime Forces Pacific (MARPAC).

The delegation included Sr. Lt. Gen. Nguyen Chi Vinh, Deputy Minister of National Defence and head of delegation; the Deputy Chief of General Staff, and the Director of the Institute for Defence International Relations, as well as other military and defence personnel. RAdm Bill Truelove met with Lt. Gen. Vinh, and the whole delegation undertook a tour of *HMCS Calgary* in order to see the latest updates to the backbone of the Royal Canadian Navy, the Canadian Frigate.

"To my knowledge, this is the first time that a senior naval delegation has visited Canada and commenced a dialogue with the view to developing closer maritime ties between Canada and Vietnam," says Dr. Boutilier.

In recent years, the Vietnam Navy has expanded its range of diplomatic and military contacts. The Vietnamese are also working on modernizing their military, and particularly their navy.

"The Vietnamese have been very active in the past few years sending out delegations to different parts of the world, and this, I think, is part and parcel of a larger profile of establishing contact," says Dr. Boutilier. "If you want to be an active player in the region, you have to build your relationships strategically and consistently. The trust that comes from those relationships is, in many cases, the prelude to constructing economic relationships."

HMCS Regina visited Vietnam in 2008 to celebrate Canada's 35-year diplomatic relationship with Vietnam and strengthen relationships there. These visits, Dr. Boutilier says, reinforce ties with the host country.

Other recent interactions between Canada and the Southeast Asian country include Vietnam navy pilots completing training in



Above: Senior Lieutenant-General Nguyen Chi Vinh, Vietnam Vice-Minister of National Defence, is piped on board *HMCS Calgary*.

Canada. As well, Vietnam is now using six Twin Otter aircraft, built by Sidney, B.C.'s Viking Air.

Creating positive connections with other Pacific navies goes with the theme of shrinking the world's largest ocean.

"While there is still undeniably the tyranny of distance, one of the things that really shrinks distance is the fraternity that exists between naval personnel from anywhere in the world," says Dr. Boutilier. "That helps break down barriers that would otherwise exist between countries."

Right: Sr. LGen Nguyen Chi Vinh converses with RAdm Truelove.



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Cuban missile crisis forms East Coast museum exhibit

Shauna Waterman
Trident Staff

The first a series of Cold War exhibits was revealed Tuesday, Oct. 28 in the Naval Museum of Halifax. This particular exhibit focuses specifically on the Cuban Missile Crisis, opening 51 years to the day after its conclusion.

In 1962, the U.S. learned the Soviets were putting missiles into Cuba. The Americans then began patrolling Cuba, but didn't have enough vessels to patrol the northern part, so they called on the Royal Canadian Navy (RCN) to send their vessels to patrol the north. Eventually, RCN warships began tracking Soviet submarines carrying missiles and forced them to surface.

"The navy at the time fulfilled its commitments through treaties and through organization with the U.S. Navy. They were able to put to sea 24 out of 26 vessels within 24 hours out of this port, and they were able to detect at least four - possibly six - fox trot submarines," explains Museum Director Rick Sanderson, regarding Canada's role. "The end result is that the Soviet submarine force did not re-enter the North Atlantic for eight more years; so it was very successful."

The exhibit is divided up into nine sections that describe different aspects of the Cuban Missile crisis. These include commu-

nication gear found on vessels or on shore stations, vessel photographs and paintings on the walls, as well as information about the kind of navy that Canada had at the time, and the relationships between allies and enemies.

Ship models include the different classes that were available then, and a submarine model of the fox trot, the submarines used by the Soviets.

The exhibit showcases a significant point in Canadian history, and the kind of navy Canada had 51 years ago.

"I think it's important that we remember our history and that we take a look at the key events that defined us as a navy. This went on to drive a decade of re-organization in the headquarters level, among other things," says Base Commander of CFB Halifax, Capt(N) Angus Toppshie.

"It was phenomenal moment in the Canadian Navy in the sense that we did exactly what we had agreed we would do and were mandated to do; we also revealed at the same time that we needed to do a better job of making sure that we were always in lockstep and coordination with the Government of Canada, something that we have firmly established today."

The Cuban Missile Crisis was chosen as the first exhibit in the Cold War series as it is very much a navy story. The exhibit will remain up for a year and a half.

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Here, a mannequin portrays the drills practiced by children at school during the crisis.

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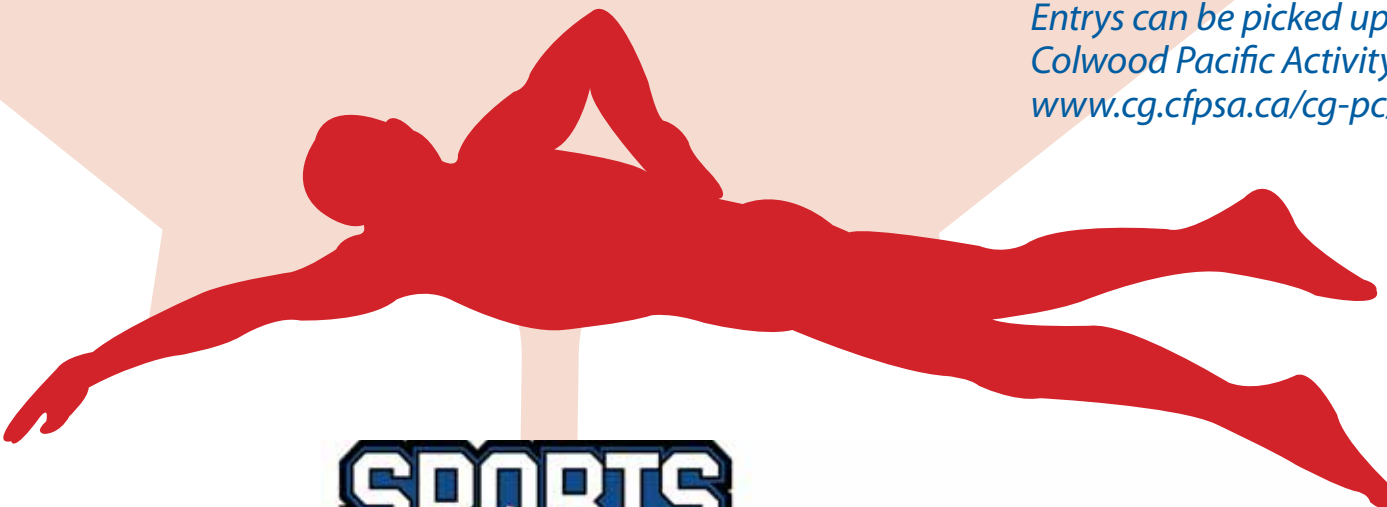




Photo by Carmel Ecker, Lookout

CPO1 Darrel Downey, Acting Formation Chief, waits his turn as RAdm Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force Pacific, receives the flu shot from Primary Care Nurse Lt Laura Brunet.

Admiral, senior staff first in line for flu shot

Carmel Ecker
Staff Writer

Though Mr. Pokey was absent from MARPAC's official kick off to flu season this year, the Admiral's annual flu shot was administered as usual.

Every year, the Admiral leads the way by receiving his flu shot early in the season.

"I really encourage everyone to consider seriously getting the flu shot," said RAdm Bill Truelove as Primary Care Nurse Lt Laura Brunet prepared his shot. "It's about protecting our organization and it protects our families as well by extension."

"There's a lot of efficiency that comes with that," he added. "If a ship's company is at sea and the flu starts spreading around the ship, they are no longer operationally capable."

He isn't the only one who thinks immunization is a good idea.

As Lt Brunet arrived at the Admiral's office, several military members working in the building poked their heads in to ask if she had extra vaccine.

All military members are eligible to get the flu shot during scheduled unit immunization sessions or at the CF Health Services Center (Pacific) hospital, which is a clinic running Wednesday through Friday from noon to 3 p.m. this

week in the training trailer behind the base hospital building.

RAdm Truelove's Flag Lieutenant also believes the flu shot is the right choice.

"It's the responsibility of everyone in the Formation to make sure you're healthy, not only for yourself and your co-workers but for your family," said Lt(N) Allan Wilson.

He gets the flu shot every year and says he hasn't been sick since he moved to Victoria from Calgary six years ago.

"Who knows if it's because of the flu shot, but I know I've got a routine leading up to it [winter] and this is one of those things I do, and it's worked."

Despite the benefits for most people, there are some cases in which people should not get the flu shot.

"Anyone who's experiencing cough, fever, nasal congestion, sore throat, chest discomfort, or headache we do not recommend that they get it at that time," said Lt Brunet.

Additionally, anyone who's allergic to thimerosal should avoid the flu shot. The vaccine also contains trace amounts of egg protein, so individuals who are allergic should contact their health-care provider prior to receiving the vaccine.

DND civilians are also encouraged to get the flu shot at civilian clinics or a pharmacies that offer it.

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After 35 years, Sheryl Francis retires

Meghan Fodor
Workforce Planning Assistant

Sheryl Francis has retired after 35 years of service at Maritime Forces Pacific (MARFAC).

Francis comes from a military family; her father was in the navy and retired as the Base Supply Officer of CFB Chilliwack.

In Francis' early days at MARFAC she worked in the Supply Tech Logistics Branch, a department her father once worked in.

According to Francis, her greatest career highlights were the fast-paced work with Base Supply, the fulfilling work with EAP, the challenging and exciting work at FMF and the team-oriented work with HR Service Centre.

She is a huge advocate for education and lifelong learning. Mid-career and after her son was grown, Francis chose to go back to school to get her Masters of Arts in Leadership from Royal Roads University.

She cites her greatest accomplishment as not any award or recognition, but rather "the times when I have helped someone else succeed, when I see that I have helped make a difference, and when I help someone feel good

Don't sweat the small stuff. Enjoy life. Exercise and eat healthy but don't overdo either.

about themselves."

Within her HR Planning team, Francis was always known to bring a "silver lining" to every problem. She shares some of her personal "silver linings" for obtaining a work-life balance:

- Don't sweat the small stuff.
- Be honest about your needs and feelings. Authentic communication is one of the most important skills you will ever learn.
- Enjoy life. Exercise and eat healthy but don't overdo either.
- Pick your battles – all things are worth fighting for, but we need to learn to understand the systems we are operating in.

Sheryl Francis received a wonderful retirement send off on Oct. 22 and she will be dearly missed.

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Fitness instructors ready for duty at sea

Carmel Ecker
Staff Writer

Nineteen Personnel Support Programs (PSP) fitness instructors learned what it's like to be a sailor last week.

Coming from bases across Canada, they were part of a deployment training program designed to prepare them to sail in Canadian warships.

The five-day course is a follow-up to the successful pilot project developed in 2011.

Students learn at-sea survival skills in addition to job-specific training that prepares them to provide fitness and recreation services to ships' crews.

"The course is basically branched in five different areas beginning with the seamanship division of the school here at Esquimalt, providing the critical sea survival training theory in addition to job-specific training from fitness, sports, health promotion and recreation," says Chris Giacobbi, PSP Training Manager, Canadian Forces Morale and Welfare Services (CFMWS).

While the applicants have many of the basic skills necessary to provide fitness services on board the ship, their job stretches beyond that scope. They are also there to help maintain good morale among the crew by organizing recreational activities and promoting healthy lifestyle choices.

When they arrive on ship, one of their jobs is to meet with crew members and conduct a town hall to find out what activities the crew would like to have. The course shows them how to do that and then develop a deployment-long program for the crew.

The course also addresses "the inherent barriers of delivering fitness at sea," says Giacobbi. "For example, elevated sea states, changes to ports itineraries, ship's company working on different schedules."

In addition to competency, students are also being evaluated on soft skills, which include positive attitude, aptitude and adaptability.

"Given the changing operational requirements found in a shipboard environment, it's important they have the necessary attitude and aptitude to serve the ship's company," says Giacobbi.

Corbyn Ing from CFB Borden was one of nine PSP fitness instructors who deployed after the 2011 pilot program.

Sailing with *HMCS Preserver* from August to October on Operation Caribbe convinced him to recertify.

"All this training got me completely ready and prepared so there were no surprises for me and I had a really good deployment," he says. "The navy really takes you in to become one of their own. They look after you. Good food. Great ports."

This year's course is very similar to the 2011 one, he says, but the course directors did make some changes based on feedback from the first group of students.

"It's an excellent course with a lot of knowledgeable instructors," he says.

Job specific training was delivered by various subject matter experts from PSP.



One component of the Personnel Support Programs Deployment Support course involved training in sea survival skills. Students practiced safely entering the water in their clothes (left), moving in the water as a group (middle) and turning over the 20-person life raft (bottom) in the Naden Athletic Center pool.



Right: Amy North, from CFB Halifax, practices turning over a 20-person liferaft.

Photos by Carmel Ecker, Lookout

Trick or Treat



Someone got quite creative this Halloween, carving HMCS Protecteur's Coxswain, CPO1 Ian Kelly. The handy work is by Major Benninger, the ship's Medical Officer, and Capt Wrobel, Dental Officer.

Names announced for Joint Support Ships unite 1812

DND

Rob Nicholson, Minister of National Defence, has announced the names of the Royal Canadian Navy's (RCN) new Joint Support Ships (JSS), which will be built by Vancouver Shipyards Co. Ltd. in North Vancouver, B.C.

The two Joint Support Ships (JSS) will be named Her Majesty's Canadian Ship (HMCS) Queenston and HMCS Châteauguay in recognition of the significant battles of Queenston Heights and Châteauguay during the War of 1812.

"The names recognize the achievements and sacrifices of those early Canadian soldiers who fought and died in these critical battles during the War of 1812," said Minister Nicholson. "The War of 1812 was a defining moment in our nation's history that contributed to shaping our identity as Canadians and ultimately our existence as a country." Canada's rich military his-

tory is a source of inspiration for the men and women who currently serve in the Royal Canadian Navy, said Vice-Admiral Mark Norman, Commander Royal Canadian Navy. "The events surrounding the War of 1812 remind us of the sacrifices of soldiers and sailors who fought for their country during a pivotal moment in Canadian history."

Traditionally, the name of a class of warship is derived from the name of the first vessel in this class to be constructed. HMCS Queenston will be built first, therefore, the two JSS will be known as the Queenston-class.

These ships will provide underway replenishment capability, for fuel and other supplies, and offer hospital facilities and strategic sealift for operations ashore. The JSS will provide Canada with a modern, task-tailored, globally deployable support capability for naval task groups for extended periods.



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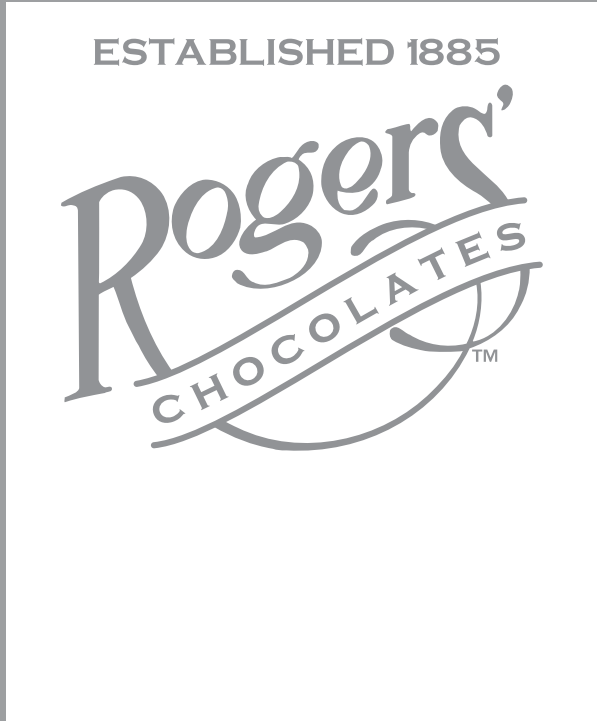
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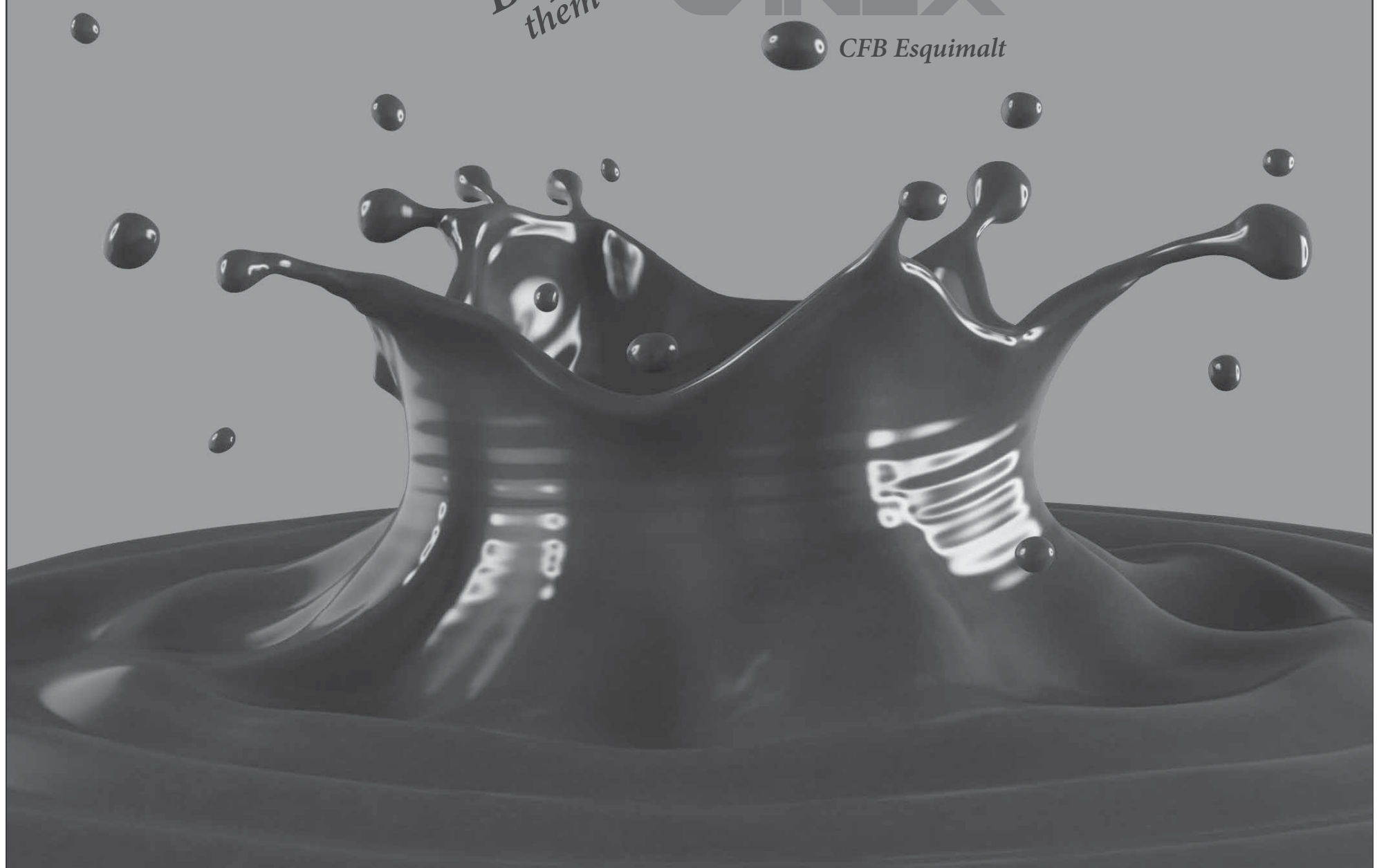
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Vancouver takes Vancouverites to sea



Sailors of HMCS Vancouver along with members of the Friends of Vancouver organization aboard PCT Renard 58.

Lt(N) Collin Reynolds HMCS Vancouver

The relationship between a warship and its namesake city is important in maintaining ties between the Royal Canadian Navy and the Canadian people.

It provides an opportunity for municipalities throughout Canada to connect with the sailors that proudly sail in the ships named after their communities. *HMCS Vancouver* is fortunate to be located close to her namesake city, allowing for frequent visits that reinforce a strong relationship.

On Oct. 25 and 26 *Vancouver's* crew once again renewed those ties.

Despite being in the middle of a mid-life refit, a small group of sailors boarded PCT Renard 58, an Orca Class training vessel, and travelled to Vancouver where they were welcomed by the Friends of Vancouver, an organization that has been supporting both the ship and the Canadian Armed Forces for over 20 years.

Upon their arrival, they were welcomed to the historic Vancouver Club for a tour and chance to meet some of the members. Upon completion of this gathering, they made their way to B.C. Place Stadium for the B.C. Lions' match against the Edmonton Eskimos. The crew was front and centre for the opening

ceremonies of the game, where they had the honour of standing at centre field during the national anthem.

"Partaking in an opening ceremony for the B.C. Lions is something I'm not going to forget anytime soon," said Lt(N) Trevor Robinson, one of the sailors in attendance.

Upon completion of the pre-game activities, they made their way to the stands and witnessed the Lions handily defeating the Eskimos 43-29.

The next day they returned the favour of an excellent evening by hosting the Friends of Vancouver aboard Renard 58. After embarking all the guests, they set sail for Howe Sound.

While only a short distance from the city, Howe Sound has stunning views and plenty of natural wildlife to please even the most experienced sailor.

Though not a frigate, Renard 58 proved to be a capable platform for displaying the professionalism and dedication of sailors in the RCN. For a few of the guests it was their first time interacting with the navy, while others were able to recollect memories of being aboard *HMCS Vancouver* during its first port visit to the city. In the end, both crew and guests enjoyed a fantastic day at sea, reinforcing old ties while building new ones.



PCT Renard 58 sails past the Lion's Gate bridge during the Friend's of Vancouver day sail.

Photos by Lt Darren Sleen

Bravo ZULU

Bravo Zulu HMCS Vancouver



MS Randy Melanson receives his Sailor of the Quarter Award from Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific.

Sailor of the third quarter

The winner of the Canadian Fleet Pacific Sailor of the Third Quarter for 2013 is MS Randy Melanson, a Weapons Engineer Armament Technician with *HMCS Vancouver*.

An exceptionally dedicated member of *Vancouver's* crew, MS Melanson continuously performs above his rank level by assuming responsibilities and tasks that are unique, challenging, and widely broadened his knowledge and experience.

Though he was extremely busy on a daily basis with a significant number of personnel under his direction conducting on the job training, the opportunity arose for him to broaden his leadership abilities by volunteering to be attached posted to *HMCS Oriole*. While employed on *Oriole* during various day sails, including the Portland Rose Festival and Seattle Sea fair, he proved to be exceptionally hard working, reliable and very eager to learn and perform to the best of his abilities.

His dedication and commitment to excellence were further demonstrated when he performed as a Raven Section Commander. The Raven program provides basic training to native Canadian youth from across the country. At very short notice, MS Melanson volunteered to assist in the training of Raven candidates. He was highly respected amongst those involved in the Raven program for his positive conduct, enthusiastic example of the military ethos, and acting as a positive role model for his peers and subordinates.

Completely devoted to the RCN and his shipmates, MS Melanson he regularly devotes extra time to assist all trainees with drawings, board preparations, and arranging tours and training on other ships since *Vancouver* is in her mid-life refit. His dedication and hard work has been further recognized as he will be setting the example for new entrants to the Canadian Armed Forces with his posting to the Canadian Forces Leadership Recruit School in Saint-Jean Quebec as an instructor.

MS Randy Melanson is very deserving of this distinguished award.



Cmdre Bob Auchterlonie presents Cdr Jeffrey Climenhaga, HMCS Vancouver Commanding Officer, with his CD1.



Cmdre Bob Auchterlonie presents Lt(N) Seidler from HMCS Vancouver with his OSM Expedition medal.



The BAdmo, Cdr Wes Golden presents Joan Linge with her Civilian Service Award, including a plaque, a service pin and a watch, in recognition of 25 years of service.



Cdr Wes Golden presents Padre (N) John Joliffe with the first clasp to the Canadian Decoration medal in recognition of Padre's Joliffe's 22 years of excellent service to the Canadian Armed Forces.



Lt(N) Pete Chu is promoted to the rank of LCdr by his wife Kim and sons Jack and Izaiah.



Cdr Wes Golden presents Ana Ramirez with her Civilian Service Award, including a plaque, a service pin and a ring, in recognition of 15 years of service.



MS Sandra Tucker is promoted by Cdr Ryon Tettamanti, Commanding Officer of HMCS Algonquin, and SLT Kyle Steel.



LS Knoll is awarded his Dolphins by LCdr Markusson after successfully completing his submariners qualification.



MS Aryavong is appointed to his current rank by LCdr Markusson.



PO1 Johnston is promoted to his current rank by LCdr Markusson.



LS Carson is promoted to his current rank by LCdr Markusson.



Left: MS Lindstrom is appointed to his current rank by LCdr Markusson.

Right: AB Soto is promoted to his current rank by LCdr Markusson.



Fleet Maintenance Facility awards

Commanding Officer of Fleet Maintenance Facility (FMF) Cape Breton, Capt(N) Christopher Earl, made several presentations during an awards ceremony on Oct. 29.



MS Chris Saunderson receives the Rotation Bar to the General Campaign Star - South-West Asia Medal.



LCdr Ben Thomson receives the Operational Service Medal.



CPO1 Paul Fenton receives a Certificate of Completion for completing all components of Officer Professional Military Education.



LS Patrice St-Amand receives the Canadian Forces Decoration Medal.



PO2 Mark Roberts receives the Canadian Forces Decoration Medal.



PO1 Keith Parsons receives the Canadian Forces Decoration Medal.



Randy De Frane receives a 35-year Long Service Award.



David Wong receives a 35-year Long Service Award.



Keith Laverty receives a 25-year Long Service Award.



John Morphet receives a 25-year Long Service Award.



Bryan Gibson receives a 25-year Long Service Award.



Daniel Piercy receives a 15-year Long Service Award.



Ronald Sessions receives a 15-year Long Service Award.



Johnny Sutton receives a 15-year Long Service Award.



Jim Thomas receives a 15-year Long Service Award.



Kevin Rasmussen receives an Electrician Apprenticeship certificate.



LCdr) Melody Szabo receives a Unit Bravo Zulu Coin.



Andre Lamontagne receives a Unit Bravo Zulu Coin.



MS Justin Pike with a Unit Bravo Zulu Coin.



Mike Cook receives a Unit Bravo Zulu Coin.

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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 Thrld Street. General inquiries: Michael@LifeRingCanada.org.

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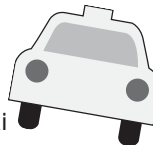
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- Modèle ME172V-A1-GR

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Our firm intention is to have every advertised item available for purchase during the period of the promotion. If, for any reason, an item is not in stock, we will issue a raincheck (unless "no raincheck available" is specified on an item) on request for the merchandise to be purchased at the sale price as soon as it becomes available, or will offer a similar item at a comparable reduction in price. Due to space limitations, some smaller outlets may not carry all of the items advertised, but they will be pleased to obtain the item through special order.

We reserve the right to limit quantities. While we strive for accuracy in our advertising, errors can occur. In such cases, we reserve the right of correction. Prices & monthly payments shown do not include environmental fees & levies or any other applicable fees, levies, & taxes. Eligible authorized patrons may purchase general merchandise of at least \$499.99 on the CANEX No Interest Credit Plan, O.A.C. on approved credit. Visit your CANEX store or visit us online at www.canex.ca for all the details.



AUTHORIZED PATRONS ONLY
CLIENTS AUTORISÉS SEULEMENT
15-17 Nov/nov. 2013

POLITIQUE EN MATIÈRE D'ARTICLES ANNONCÉS

Nous sommes déterminés à avoir en stock tous les articles annoncés pendant la promotion. Si pour une raison quelconque, un article n'est pas disponible, nous remettrons sur demande une garantie-réclame pour l'article désiré (à moins que la mention « aucune garantie-réclame » s'applique à l'article) vous permettant d'acheter l'article, une fois en magasin, au prix de solde ou nous vous offrirons un article comparable à un rabais équivalent. Si, par faute d'espace, certains magasins n'ont pas un des articles annoncés en stock, ils seront heureux de les obtenir pour vous par commande spéciale.

Nous nous réservons le droit de limiter les quantités. Bien que nous nous efforcions d'assurer l'exactitude de notre publicité, CANEX se réserve le droit de corriger toute erreur. Les prix et les versements mensuels annoncés n'incluent pas les taxes environnementales ni tout autre type de frais, de consignes ou de taxes. Les clients autorisés peuvent acheter de la merchandise générale d'une valeur d'au moins 499,99 \$ avec le Plan de crédit sans intérêt de CANEX sur approbation de crédit (S.A.C.). Pour tous les détails, visitez votre magasin CANEX ou le site Web de CANEX à l'adresse www.canex.ca.