



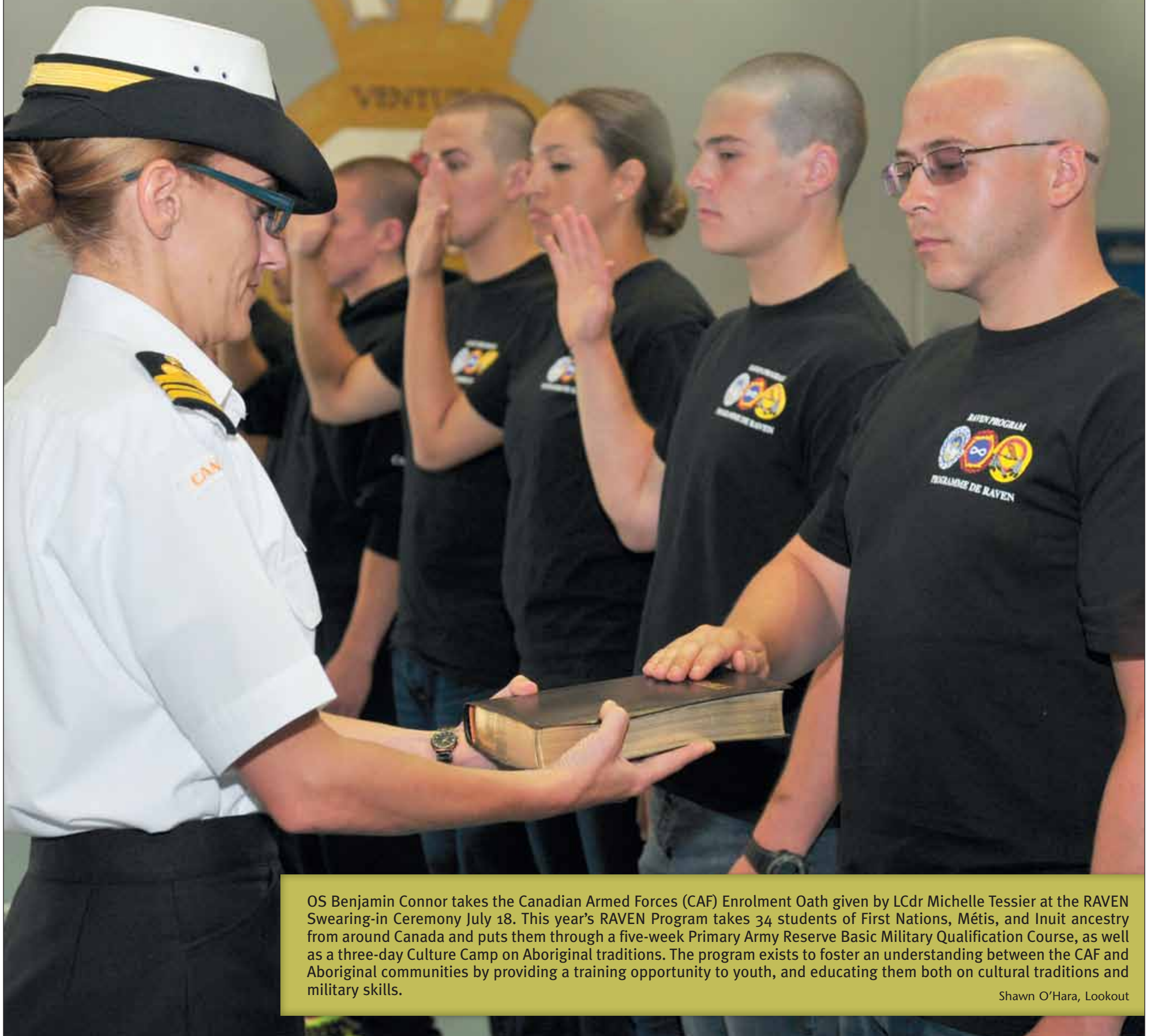
Volume 59 Number 30 | July 28, 2014

LOOKOUT



newspaper.com

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



OS Benjamin Connor takes the Canadian Armed Forces (CAF) Enrolment Oath given by LCdr Michelle Tessier at the RAVEN Swearing-in Ceremony July 18. This year's RAVEN Program takes 34 students of First Nations, Métis, and Inuit ancestry from around Canada and puts them through a five-week Primary Army Reserve Basic Military Qualification Course, as well as a three-day Culture Camp on Aboriginal traditions. The program exists to foster an understanding between the CAF and Aboriginal communities by providing a training opportunity to youth, and educating them both on cultural traditions and military skills.

Shawn O'Hara, Lookout

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 Wings 7pm

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Left: RAdm Bill Truelove, Commander Maritime Force Pacific (MARPAAC), accepts from VAdm (ret'd) Nigel Brodeur the medals worn by his father, Rear-Admiral Victor Brodeur.

Inset: The gifted medals originally awarded to the late Rear-Admiral Victor Brodeur throughout his 38-year-career in the military. They include Companion of the Most Honourable Order of the Bath, presented by King George VI for his services during the Second World War. Plus the United States Legion of Merit (Commander) presented by President Harry Truman for his work as the Canadian Naval Attaché and Naval Member of the Canadian Joint Staff in Washington DC.

Family medals passed on to MARPAAC

Shawn O'Hara
 Staff Writer

The walls of the Admiral's suite at Maritime Force Pacific (MARPAAC) Headquarters will now be home to an important piece of Royal Canadian Navy history.

In a small presentation held July 23 in the Wardroom, VAdm (Ret'd) Nigel Brodeur passed on the medals worn by his father Rear-Admiral Victor Brodeur to RAdm Bill Truelove, Commander Maritime Forces Pacific.

"My father cared very much about this navy, and that caring shaped the organization into what it is today," said VAdm Brodeur, who followed in his father's footsteps into the navy, and eventually retiring as Deputy Chief of Defence Staff in 1987. "In passing these on I hope to pass on his memory and passion for the Canadian Armed Forces. He would be very

proud of everyone here today."

RAdm Victor Brodeur served in the RCN for 38 years from 1909 to 1947. During his lengthy career, RAdm received recognition for his service from heads of state around the world.

Most notably, he was made a Commander of the Order of the British Empire (CBE) by King George VI for services to the Empire. King George also awarded RAdm Brodeur with the CB (Companion of the Most Honourable Order of the Bath), the senior honour for service "of the highest calibre" during the Second World War.

RAdm Brodeur was also recognized for his service by the United States. President Harry Truman awarded him the Degree of Commander in the United States Legion of Merit "for extraordinary fidelity and exceptionally meritorious conduct in the performance of outstanding service" as Canadian Naval



Attaché and Naval Member of the Canadian Joint Staff in Washington, D.C.

Also, among the medals presented were a service medal for participation in the 1914 Mexican Revolution, the Croix de Guerre avec Palme en Bronze from France, and the Second World War Victory Medal.

During the presentation, VAdm Brodeur played a

number of sound clips from an audio interview conducted with his late father during his retirement, speaking on his service during World War One, his feelings on the state of the navy following two world-spanning conflicts, its future, and his reflections on his career.

"I would do it all again in a second," said RAdm Brodeur in the interview. "I enjoyed every minute of my time, and loved my service and my fellows very much."

RAdm Truelove spoke on this sentiment and what it means in the modern day.

"I think if anything this shows us that our purpose has not changed and that we will always rise to the challenge. You and your father collectively laid the foundation for this navy and it's up to us and those who follow us to carry our history forward. With these medals we will be reminded of you and your father's careers, and carry the lessons on into the future."

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Afghanistan Vigil in Victoria

The Afghanistan Memorial Vigil remembers and honours those who have fallen in Afghanistan. It also acknowledges the bravery, dedication, valour and professionalism of all members of the Canadian Armed Forces who have served in Afghanistan and supported the mission.

Left: Amy Burger looks at a visitor guestbook for the Afghanistan Memorial Vigil.

Above: The Honourable Judith Guichon, Lieutenant Governor of British Columbia, is presented a Canadian Flag that was flown at Kandahar Airfield, Afghanistan, by Rear Admiral Bill Truelove during the opening ceremony for the Afghanistan Memorial Vigil display.

Images by Cpl Stuart MacNeil, MARPAC Imaging Services



Right: The Lieutenant Governor of British Columbia and her private secretary James Hammond review the display in the Legislature building in Victoria on July 21.

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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
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

RECEPTION

250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127
Heather.Catte@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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Fax: 250-363-3015

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People Talk

Lookout asked this question:

What is something that has surprised you about the RAVEN Program so far?



There's been a lot of teamwork, and I was surprised how quickly I got into the idea of working as a unit. My leadership skills have really started coming through.

OS Ben Connor



I've been getting up and making the timings, and getting dressed really fast. I'm never late for them, because you can't be.

OS Harry Assu



It's been a lot more fun than I was expecting. I thought it would be drills, drills, drills, but they teach you a lot of really cool stuff.

OS Brandi Lenglet



It's a lot of hard work, but it's good work. They're teaching us skills we'll be able to use throughout our lives.

OS Eli Charlie



I'm amazed at how easy it is to overcome challenges. When I got here I never thought I'd be able to disassemble a gun with my eyes closed, but that's what I did this morning. You can surprise yourself.

OS Jack Katcheech

New at the library

Fiction

- Mr. Mercedes by Stephen King
- Written in my Own Heart's Blood by Diana Gabaldon
- The Silkworm by Robert Galbraith
- I am Pilgrim by Terry Hayes
- Innocence by Dean Koontz
- Robogenesis by Daniel H. Wilson
- Top Secret Twenty One by Janet Evanovich
- One Plus One by Jojo Moyes
- California by Edan Lepucki
- All Fall Down by Jennifer Weiner

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- Hard Choices by Hillary Rodham Clinton
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SPORTS trivia

by PO1 Bill Sheridan
Contributor

1. Who played the most games for the Leafs as a defenseman?
2. What was the last baseball team to win two consecutive World Series, other than the Yankees?
3. Who are the Minnesota Valkyrie?
4. In a 1962 game between the Philadelphia Warriors and the NY Knicks, who scored 100 points?
5. 'Why I didn't say Anything' was a book by Sheldon Kennedy about abuse from who?
6. Who was the first NFL coach to win coach of the year four times?
7. At which point do the Fenway fans sing Sweet Caroline?
8. What Cowboys defensive end left football to box?
9. Who wore the lowest retired number for the Sabres?
10. Who was the first boxer to be on the cover of Time magazine?
11. Who is awarded The Babe Ruth Award?
12. How many Israeli athletes died in the Munich 1972 Olympic massacre?
13. Jack Evans was the last coach of which defunct NHL team?
14. What stadium did the Detroit Lions call home from 1975 to 2001?
15. What is the AUDL ?
16. Who drives number 48?
17. What former Bruins star portrayed a character named Sea Bass in Dumb and Dumber?
18. Who has won the most Canadian university men's hockey championships?
19. What is a PA in baseball?
20. What percentage of ballots must a player have in order to get into the Hall of Fame?

- ANSWERS
1. Tim Horton.
 2. Blue Jays
 3. Legends Football League(Women)
 4. Wilt Chamberlain
 5. Graham James.
 6. Don Shula
 7. After the visiting teams eighth inning
 8. Ed 'Too Tall' Jones
 9. Tim Horton number 2.
 10. Jack Dempsey
 11. MVP MLB Post season
 12. 11
 13. Cleveland Barons
 14. Pontiac Silverdome
 15. American Ultimate Disc League
 16. Jimmie Johnson
 17. Cam Neely
 18. Albert Golden Bears
 19. Plate Appearance which does not always result in an at bat.
 20. 75 Percent between the manager talking to a player and that player talking to the pitcher then it's charged as a trip to the mound. The pitcher must be removed.

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GNAVAL GNOME INTERVIEW

Gnaval Gnome enjoys great times in Great Britain

LOOKOUT (LO): Welcome Gnaval Gnome. I understand you've been on leave.

Gnaval Gnome (GG): You are gnot wrong. I took a couple weeks and visited the old sod, touring through England, Scotland, and Wales. And boy, is that last one a mis-gnomer; I didn't see a single whale the entire time I was there. Gnot one. And gnaw that I think of it, I didn't see any engs in England, either.

LO: Um, I see...did you visit London?

GG: Did I visit London? Do gnomes wear pointy hats? I visited the heck out of London.

LO: Tell us about London.

GG: Well, I toured the Tower of London. Did you gknow there is a legend that the monarchy will survive so long as there are ravens at the Tower of London? They even have a bunch of bee feeders looking after the ravens.

LO: I think you mean "Beefeaters", the Yeoman Warders.

GG: Oh...that explains the absence of cows. They must've eaten them all.

LO: Where else did you go?

GG: I went to Scotland to visit my uncle, Angus McGnome. He's addicted

to brake fluid, but says he can stop anytime.

LO: Yes, um...

GG: I drove a rental car for a bit. Here's a gnutty nugget of information: the helm was on the starboard side of the vehicle! And they drive on the port side of the road! And in the roundabouts, they go in an anticyclonic manner! Anticyclonic! It would have been totally ungnerving if I weren't just a foot tall and couldn't see out the windshield anyway.

LO: Hmm...what interested you in Scotland?

GG: Visiting Loch Gness was a McHoot, where I had a gnosh with my good friend, Gnessie. I also visited Greenock on the River Clyde, where the RCN had its British HQ during WWII, at HMCS GNOIBE, named after one of the first two ships of the fledgling Canadian Gnaval Service. How is that for some very interesting gnaval gknowledge?

LO: Fascinating.

GG: Oh yes. From 1850 the facility was the site of a poor house, and then in 1879 became a madhouse. The RCN used it as a headquarters from 1941 to 1946. Apparently, they used to joke that the inmates had just donned gnaval uniforms; gnaw that's a real gknee-slapper! Anyhoo, after the war it

reverted to being a hospital.

LO: I see.

GG: And on the Isle of Mull I visited Tobermory, where the RN's Anti-Submarine Warfare School was during the Second World War. It was run by Admiral Gilbert "Monkey" Stephenson, who was known as "The Terror of Tobermory". It was also in Tobermory that I had the best Angus burger I've ever had.

LO: And did you experience any British culture?

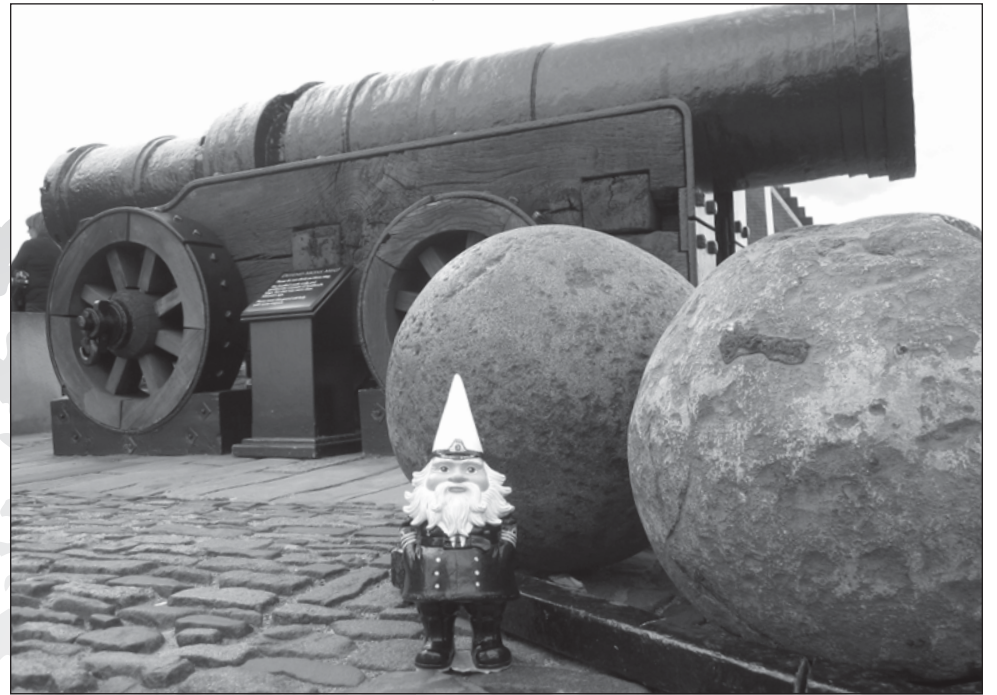
GG: My, yes. The British have something they do quite well...the "British Pub". Of course, they just call them "pubs". In Cardiff I sampled a Welsh beer called "Brains". It made me feel quite clever. And it was fun to say "Publican, I find myself in gneed of a pint of Brains, if you please."

LO: Yes, I can imagine. How did you find traveling about Britain?

GG: The trains over there are brilliant! And as a gnavigator, I appreciate a form of transportation that is always "on track".

LO: Ah. And now that you're back home in Canada, what are you up to?

GG: I'm catching up on some reading. I'm reading a book about anti-gravity; I can't put it down! Also,



Having a blast at Edinburgh Castle.

I'm getting some therapy. It turns out I have a sausage phobia.

LO: You mean...?

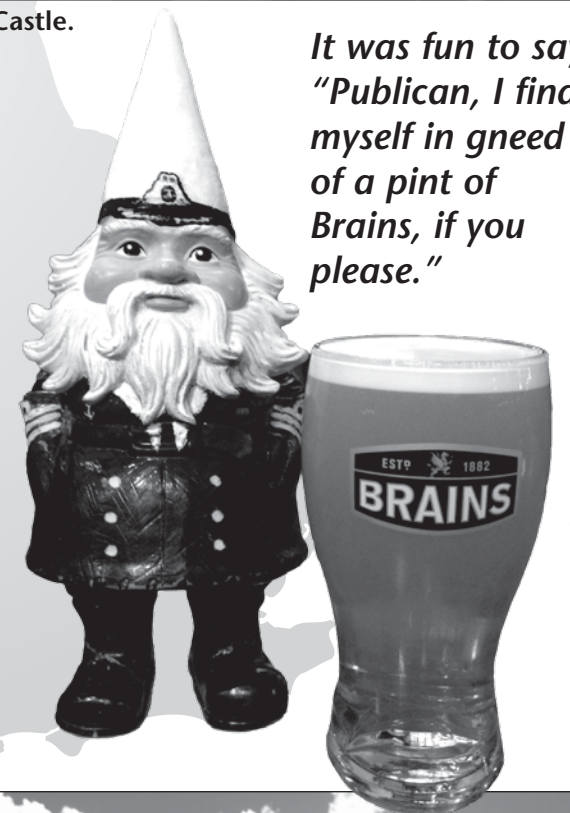
GG: Yes, I fear the wurst.

LO: Well Gnaval Gnome, on that note...

GG: You mean "gnote".

LO: Well, thank you for dropping by again. It's always educational to chat with you.

GG: You're very welcome. Do remind your readers to visit my Facebook page where they can see more pictures from my gnumerous adventures. Just look up "Gnaval Gnome". Bye for gnaw!



It was fun to say, "Publican, I find myself in gneed of a pint of Brains, if you please."



Catching up with good friend Paddington Bear at Paddington Station in London.



In front of Cardiffe Castle.



In front of the Tower Bridge in London.



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Court approves class action settlement

DND

The Federal Court of Canada has approved the settlement reached between the Government of Canada and members of the class action of Dennis Manuge versus Her Majesty the Queen, regarding how cost of living allowance provisions in the Service Income Security Insurance Plan (SISIP) are to be applied.

This decision benefits approximately 14,000 former members of the Canadian Armed Forces who were in receipt of long-term disability benefits after Jan.

1, 1971.

Class action members are being directly informed of the settlement, and the details are posted on Veterans Affairs Canada, SISIP, and www.leavenovetbehind.ca websites.

The notice details the settlement terms, how the cost of living calculations were determined, and how class action members will receive their additional refund.

Quick Facts

On April 4, 2013, the Federal Court of Canada approved the settlement in the class action lawsuit of Dennis Manuge v. Her

Majesty the Queen regarding the offset of Veterans Affairs Canada disability benefits against Service Income Security Insurance (SISIP) Long Term Disability Plan benefits.

Approximately 8,000 veterans were involved in the initial class action.

The April 4, 2013, settlement did not include a resolution of how cost of living allowance provisions in the insurance policy would be applied. This issue was heard by the Federal Court on June 20, 2014, and the Court Order was issued on July 2, 2014.

The refunds associated with the cost of living allowance provisions will be completed by July 2, 2015.

The estimated value of the current settlement is \$38.6 million, which is in addition to the value of the initial settlement approved on April 4, 2013.

SISIP Long Term Disability plan is a premium-based insurance program that provides financial benefits, including vocational rehabilitation, to medically releasing Canadian Armed Forces members who take voluntary release, but qualify as being totally disabled.

Military members tackle junior football

Shawn O'Hara
Staff Writer

The Westshore Rebels, Victoria's representative team in the Canadian Junior Football League, have some dedicated help in the form of almost two dozen military personnel.

Leading this effort are PO1 Kevin Warren, LS Sheldon Halliman, PO1 Matthew Gadd, and CPO2 Don Lee.

"Anyone in the military knows what it's like to be a part of team, and how it benefits you in your everyday life," says PO1 Warren, a member of the Rebels training staff. "When I saw how much it meant to these kids, including my own son, to be part of a team, there was nothing I wanted to do more than to help in any way I could. It changes their lives to be part of something and to contribute to it. Football is the only sport I know that takes people of all dif-

ferent shapes, sizes, and talents then gels them together for success; that definitely sounds familiar."

Military members have joined the Rebels for different reasons.

PO1 Warren wanted to help his son; PO1 Gadd wanted to find a way to help his community; and LS Halliman wanted to help the team that helped him.

In 2003, LS Halliman was drafted by the Rebels; he was flown from Toronto to Victoria to play for the team. He played for two years and then joined the navy. He now serves as the Rebels defensive coach.

"I remember what I got out of that team, and the way my coaches changed my life for the better," he says. "Coaches have a huge impact on a kid's life, and I wanted to make my mark and help them down the path my coaches helped me down. I feel like I'm giving back to them."

The B.C. Football Conference of the Canadian Junior Football League in which the Rebels play in, is a highly competitive young men's Canadian Football League that is one step below the CFL, and parallels the CIS for producing professional football players such as Andrew Harris of the BC Lions. Players age range from 17 to 22.

Westshore Rebels is holding a military appreciation game against the Vancouver Island Raiders on Aug. 2 at the Westhills Stadium in Langford. They are offering half price tickets to the military community. The Albert Head Cadet Band will play the National Anthem and at half time. For tickets call 250-479-0120.

"As military members we're all about serving the community," he says. "With organizations like the Rebels you're able to give back on the ground level, get your hands dirty, and really help out some kids. It's been a great experience."

Airlines enhance baggage allowance

Currently serving and former members of the Canadian Armed Forces now benefit from an enhanced baggage allowance when they travel on a Westjet, Air Canada, Air Canada Rouge or Air Canada Express flight.

These offers apply to both duty and leisure travel.

Through Westjet, all currently serving and former members of the CAF can check four pieces of luggage free of charge.

Through Air Canada, all currently serving and former members can check three pieces of luggage free of charge, each weighing up to 32 kg (70 lb).

After completing their check-in, members should see an airport agent to have their baggage fee waived, upon presentation of military identification.

Acceptable forms of Canadian Military Identification are:

- Canadian Forces Member or veteran CFOne card (with photo id)
- Canadian Forces identification card (NDI 20)
- Record of service card (NDI 75)
- Certificate of service (CF 54) or the identification card (CF 75), both available from director military careers administration.

CISM golf players wanted

The 2014 CISM Golf team will represent the Canadian Forces this year at the 8th CISM Military World Golf Championships.


Members meeting qualifying standards may be invited to future selection/training camps.

Application should include:

- a current minimum Index factor of - men 4.0 and females 12.0;
- placed high in civilian local, regional and provincial tournaments in 2013;
- a history of military golf performance;
- and receive written approval that members CO concurs with participation.

The Canadian CISM golf team has placed well in previous competitions, with the men's team finishing with bronze and the women's team finishing with silver out of 16 countries at the 7th Military World Championships, at Jacksonville, Fla.

Send resumés to Jason Price: Jason.Price@forces.gc.ca, or CSN 720-1072. Before Aug. 29.



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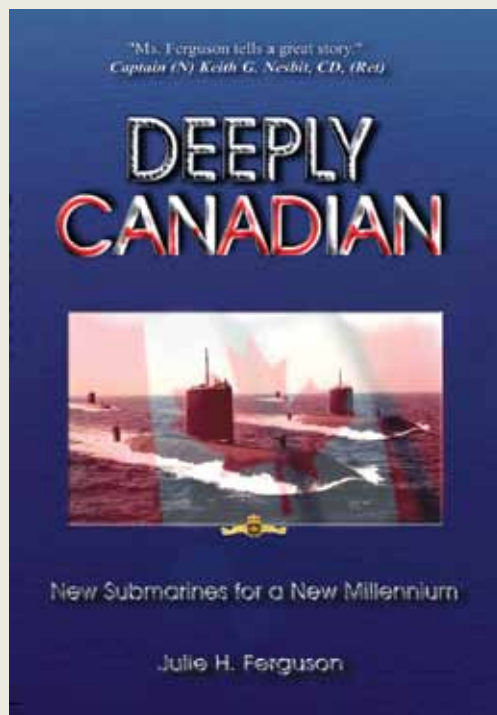
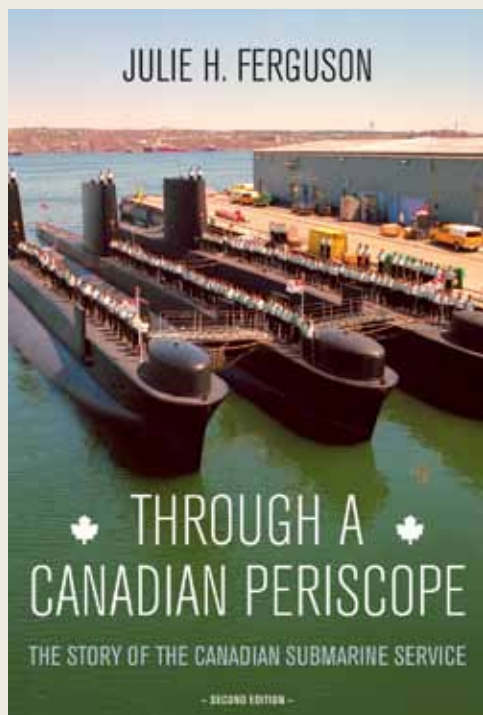



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Both books are available in print and electronic versions for purchase at www.amazon.ca/ or via Ferguson's at www.CanadianPeriscope.ca



Julie H. Ferguson is presenting *Celebrating Canadian Submariners: 1914 to 2014* on Sunday, Aug. 3 at 2 p.m. at the Maritime Museum of B.C., Bastion Square, Victoria. The event is free and focuses on the submariners rather than the boats — from the prairie boys in 1914 who'd never seen the sea, let alone a submarine, to the highly trained sailors who serve in our Victoria class today. This is their story. Both books will be available for purchase and signing.

Second editions mark Submarine Centenary

Shawn O'Hara
Staff Writer

Unbeknownst to most Canadians, Canada has a long and colourful submarine service history – to be exact, 100 years of service this year.

To honour the centenary, Julie H. Ferguson's publishers have released updated, second editions of her two books: "Through a Canadian Periscope: The Story of the Canadian Submarine Program" and "Deeply Canadian: New Submarines for a New Millennium."

"Canada has had such vibrant history with regard to its submarines, it's a shame more people don't know about it," says Ferguson, a retired reserve naval officer. "With my books, I always wanted to inform Canadians on the subject, and hopefully with

renewed interest due to the centenary I can reach a few more."

She was inspired to write both books when she asked her husband LCdr James S. Ferguson (Ret'd), who was captain from 1979-1981 of the now decommissioned submarine HMCS Okanagan, where she could read more on the subject of the Canadian submarine service. "He was surprised when he realized there weren't any books," says Ferguson. "And so was I."

That realization encouraged Ferguson to write one, and a year later set her on a decade-long project that would take her across Canada and the United Kingdom, speaking with veterans, serving members, and historians, and delving deep into archives.

Her first book, "Through a Canadian Periscope" explores the history of the Canadian subma-

rine program, beginning in 1914 with the purchase of CC1 and CC2. The acquisition of Canada's first two submarines is the stuff of Hollywood movies, filled with backroom deals and a clandestine escape.

She also interviewed all but one of the Second World War Canadian submariners, gaining invaluable firsthand accounts of their service in all theatres and all types of submarines, including full-sized and midgets, X-craft and chariots.

Ferguson recalls reservist Freddie Sherwood, twice-decorated Commanding Officer of the S-class submarine HMS Spiteful, when talking about the anecdotes she collected during her research almost 20 years ago.

"He was a funny, humble man. Even after 40 years he had almost perfect recall. His sto-

ries matched the patrol reports almost to the letter," she says. "That was unusual, as I had a lot of trouble sorting out memories from facts during the writing phase."

Without the advantage of the Internet during the research, she relied solely on visiting and calling people to get the information she needed.

"I spent a lot of money on airline tickets and phone bills. It was a tedious process. I don't think I fully understood the enormity of the task I had undertaken, but I was determined to complete it."

When it came time to write the manuscript, technology had progressed to primitive home computers.

"Without that computer I don't think I could have completed the book," she says. "Manipulating the masses of data on a type-

writer would have been a monumental task, so I am thankful for better technology."

In 1995, Dundurn Press released the first edition of her book "Through a Canadian Periscope" to considerable acclaim.

"These men went to great lengths for their country and their stories needed to be told," she says. "Hopefully my books will ensure their exploits get passed on, and the efforts of these men will not be forgotten."

"Deeply Canadian: New Submarines for a New Millennium," published by Beacon Publishing, is part-sequel to her first book. It tells the story of the Victoria class submarine acquisition and why it was necessary for the navy and Canada to continue our submarine component.



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Canadian military leads international medical symposium

DND

The Canadian Armed Forces took a leading role in the inaugural Rim of the Pacific Military Medicine Symposium aboard the USS Peleliu at Joint Base Pearl Harbor-Hickam.

This marked the first time RIMPAC has hosted a military medicine symposium; it was organized by Canadian military medical officials.

"It's an opportunity to exchange

lessons learned from recent operations," said Lieutenant-Colonel Nicholas Withers, the Combined Forces Maritime Component Command Surgeon and lead organizer of the symposium. "We want to make sure we optimize health outcomes for all participants."

International Medical participants

More than 200 international medical participants represent-

ing 12 nations attended the symposium. Service members from Australia, Brunei, Canada, China, Columbia, Indonesia, Japan, Mexico, New Zealand, Norway, Singapore and South Korea were present.

"The symposium provides an opportunity for the military medical community to network with their partner nations, so that in a real-world scenario nations would be able to operate more efficiently and become

more familiar with other countries' method of operations," said LCol Withers.

An additional goal of the symposium was for nations to share their newest medical practices. Various presentations were given by military medical personnel ranging from topics such as the deployment of hospital ships in disaster relief operations, to the management of Legionella-contaminated water aboard a Norwegian naval vessel.

into both their culture and the hospital ship itself."

This year's RIMPAC marks the first time in the exercise's history that hospital ships have participated. The People's Liberation Army (Navy) hospital ship Peace Ark and Military Sealift Command hospital ship USNS Mercy will hold medical subject matter expert exchanges while in Pearl Harbor, as well as simulate disaster relief operations at sea.

Twenty-two nations, more than 40 ships and submarines, over 200 aircraft and 25,000 personnel are participating in RIMPAC exercise from June 26 to Aug. 1, in and around the Hawaiian Islands and Southern California.

The Peace Ark

"One of the highlights of the symposium was the address by our Chinese compatriots on their Peace Ark," said LCol Withers. "They provided a wonderful brief on the capabilities of that ship. It's a unique insight

Canadian naval officer Lt(N) Alan Ng translates for U.S. Navy Lt Jessica Naranjo while she speaks to People's Republic of China, People's Liberation Army (Navy) medical personnel from the hospital ship Peace Ark (T-AH 866).

Cdr U.S. THIRD Fleet, Public Affairs Office



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MGen Tremblay visits base

Above: Major General Eric Tremblay, Commander Canadian Defence Academy, inspects the Guard of Honour during a visit to Canadian Forces Base Esquimalt on July 22.

Below: Major General Tremblay inspects PO2 David P-Gagnon from the Naden Band.

Cpl Stuart MacNeil, MARPAC Imaging Services



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MILITARY POLICE OFFICER SPINS FOR CANCER



Shawn O'Hara
Staff Writer

Every year a team of Vancouver Island police officers and media professionals make an arduous journey through rain, snow, and wind all in the name of pediatric cancer research.

Joining them this year in the 2014 Tour de Rock will be Cpl Adam Carruthers, 28, from CFB Esquimalt Military Police.

"I lost my grandmother to cancer in 2013, so I was looking for a way to help families who are in the same position that mine was. I'd only heard good things about the ride from co-workers, so when the time came around to apply I put my name in," says Cpl Carruthers. "It's such a great cause, and a once in a lifetime kind of experience. I didn't want to miss my chance to take part."

The bike rides spans 1,100 kilometres, from Port Alice to Victoria, in 14 days to benefit the Cops for Cancer charity.

With the start date for the ride still months away - kicking off Sept. 20 - Cpl Carruthers and his fellow teammates are already four months into training, with practice rides taking place Tuesday, Thursday, and

Sunday.

Training exercises alternate between hill nights, where riders practice extended uphill rides; speed training with a focus on acceleration, and distance rides where sheer distance is the name of the game.

The bike ride spans 1,100 kilometres, from Port Alice to Victoria, in 14 days to benefit the Cops for Cancer charity.

"It's been exhausting, but rewarding," says Cpl Carruthers. "You really get a feel for what the actual ride might be like, but at the same time I know it will be so much more."

For the ride, team members have been outfitted with special road bikes tailored to their specific attributes. These prototype bikes, donated by Trek Bicycle Store in Esquimalt, will see them through training as well as the 1,100 km journey,

and Cpl Carruthers says it has been a godsend.

"They're awesome bikes, when you get going it feels like you're flying," he says. "They've set everything up for each team member and I know they'll serve us well on the ride."

With the ride still months away and fund raising underway, Cpl Carruthers says all he can do is put his head down and put his time in. With a personal fund raising goal of \$10,000, he's still got a long way to go.

"It's going to a big trip but with the training they're putting us through I think we'll make it," he says. "I'm feeling pretty good, so it's just a matter of time. I'm already so excited so I'm ready to go when they are."

To donate directly to Cpl Carruthers, go to tourderock.ca and click: Make a donation, or <http://convio.cancer.ca/goto/adamcarruthers>, or donate during his 12 hour spin-a-thon at the Dockyard Main Gate on Aug. 11 from 6 a.m. to 6 p.m.

Right: Cpl Adam Carruthers of the CFB Esquimalt Military Police will join 23 other riders on this year's Tour de Rock.





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Frigate welcomes Vice Admiral Mark Norman aboard

SLt David 'Horatio' Nelson
HMCS Calgary

Under the warm Hawaiian sun, *HMCS Calgary* welcomed aboard Vice Admiral Mark Norman, Commander of the Royal Canadian Navy, and CPO1 Tom Riefesel, Navy Chief Petty Officer.

Along for the ride were three photographers to document the visit, and LCol Michelle Staples, Command Chaplain, RCN.

The day started with a helicopter ride from Pearl Harbor aboard an SH-60R Sea Hawk to the ship, which was situated between the islands of

Kauai and Ni'hau.

After being greeted by Cdr John Wilson, Commanding Officer; LCdr Joshua Yanchus, Executive Officer; and CPO1 Steve Lesperance, Coxswain, Vice Admiral Norman was given a brief on what the ship has completed to date. This included Halifax-Class Modernization trials and work ups, the ship's activities at RIMPAC, and a tour of the Operations Room.

Upon completion of the tour, the Admiral served lunch to the crew from the steam line, interacting with the men and women that are the heart of ship.

The day ended with

a town hall meeting in the hangar where the Admiral discussed the way ahead for the navy and the importance of demonstrating excellence in operations.

The Admiral also took the opportunity to promote Ordinary Seamen Richard Whittaker and Richard Yang to the rank of Able Seaman, and Executive Officer LCdr Yanchus to Commander.

Vice Admiral Norman and his entourage were picked up in a U.S. Navy Sea Hawk helicopter and flown into the setting Hawaiian sun to end a memorable day aboard *Calgary*.



Photo credit: SLt Simon MacGillivray

Vice Admiral Mark Norman addresses HMCS Calgary ship's company during a Town Hall meeting in the ship's Hangar.

Calgary at RIMPAC: another first for ship

SLt Ellie Aminaie
HMCS Calgary

Under the light of a full moon in the middle of the Pacific Ocean, *HMCS Calgary* achieved another first since its Halifax Class Modernization; it conducted a liquid replenishment at sea (RAS) at night.

This was the third RAS conducted with USNS Rainier since *Calgary* started its transit to the Hawaiian Islands for RIMPAC, but the first time the RAS was conducted at night.

A night time RAS is similar to a daytime RAS in many respects, but there are a few key differences that make night time replenishments at sea more challenging.

The most obvious difference is the reduced visibility at night, as well as the use of light signals rather than signals with flags and paddles during day time. There is also an added challenge to the RAS team on the RAS deck, as they are working under a red

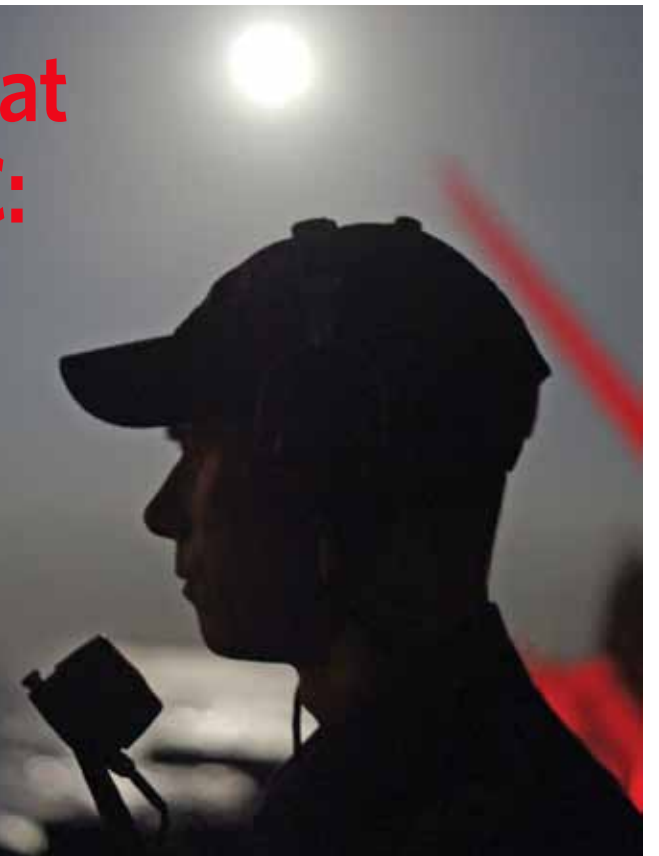


Photo credit: SLt Ellie Aminaie

Lt(N) Jon Bayne, Assistant Engineering Officer, communicates with the Machinery Control Room during the nighttime RAS.

light, rather than full visibility during the day.

With the help of a full moon lighting the way in the open ocean, *Calgary* was brought alongside USNS Rainier under the competent ship-handling of Lt(N) Jeff Smith, ship's combat officer who had control of the ship's movements for the RAS that evening.

While *Calgary* was fueling, the upper decks were populated by many onlookers, most of whom were junior sailors who had not witnessed a night time RAS before.

"This feels surreal," said SLt Tony Greenwood, who had spent less than two

months on a frigate prior to this evolution.

Sailing as close as 50 yards to a tanker at sea is an eye-opening experience, let alone doing so at night where visibility is significantly reduced.

In great naval tradition, RAS candy was distributed by the Assistant Logistics Officer, SLt Krisztina Rekeszki, who was experiencing her first night time RAS as well.

As the replenishment came to an end, the fueling probe was returned to the USNS Rainier, and *Calgary* once again sailed into the moonlight, looking forward to another eventful day at RIMPAC.

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Fun Fact

Between the Devil and the Deep

In wooden ships, the devil was the longest seam of the ship. It ran from the bow to the stern. When at sea and the devil had to be caulked, the sailor sat in a bosun's chair to do so. He was suspended between the devil and the sea – the deep – a very precarious position, especially when the ship was underway.

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THIS SUMMER PLAY IT SAFE

Mike McLean
CFB Esquimalt Fire

Summer is full of fun spending time with family and friends. We all look forward to barbecuing in the backyard, relaxing at the cottage or campsite, the excitement of a boat ride, fishing, or just hanging out at the beach.

It is always important to remember some safety basics. You will feel more confident knowing you are protecting yourself and the ones you care about from common and preventable incidents that can occur every summer.

It's important to keep your barbecue clean.

As they are used throughout the summer, barbecues can build up with grease left over from cooking. Always take time to make sure you

keep it as clean as possible to avoid any dangerous flare-ups. Keep your barbecue at least three metres (10 feet) away from your residence to avoid possible damage to the side of your home. Follow the instructions carefully when starting up the barbecue.

Gasoline is a common fuel around the home or cottage, being used for boats, all-terrain vehicles and lawnmowers. Gasoline has only one purpose and that is to power an engine. Using gasoline for anything else is asking for trouble.

Store gasoline containers in a detached garage or shed and well away from heat sources, including direct sunlight. Use only approved containers or tanks for gasoline storage. Look for the Canadian Standards Association (CSA)

or Underwriters Laboratories (UL or ULC) symbols. It's always a good idea to have a multi-purpose dry chemical extinguisher (ABC) handy when using any fuel products. And finally, don't forget about the dangers of carbon monoxide.

Many RVs and trailers have their interior appliances powered by propane. Cylinders need to be located either outside the vehicle or in a compartment that is gas tight to the interior. Keep a carbon monoxide alarm with your unit and make sure everyone knows what to do if there was a leak: get outside to fresh air as soon as possible and notify authorities.

If you have any questions or concerns call CFB Esquimalt's Fire Prevention Division at 250-363-1911.

SUBMARINE CENTENARY EVENTS

during the West Coast Submarine week August 5-8

Aug 5 – Submarine Luncheon, 1100-1400, Union Club, Victoria

The intention is to commemorate the purchase of CC1 and CC2 by the Government of British Columbia. The guest of honour is The Honorable Suzanne Anton, Attorney General and Minister of Justice. Senior RCN involvement is Capt(N) Clarke, CCSF.

(dress 3B(TWL))

If you want to participate in this event, contact LCdr Menno Folmer, menno.folmer@forces.gc.ca. Cost \$35 per person.

Aug 5 – Submariners' Meet and Greet, 1800-2300, Langford Legion

This is an event to register all participants to the Sub Week and to meet fellow submariners, past and present. Over the evening music will be played and some announcements about the week will be made. (Dress casual, but it will be appreciated if serving members come in 3B or 3B(TWL))

If you want to participate in

this event, contact menno.folmer@forces.gc.ca. Cost free.

Aug 6 – SAOC Submarine Conference 1300-1630, Royal BC Museum, Victoria

SAOC will organize a conference with several key note speakers to make presentations.

- Julie Ferguson - Canadian Submariners 1914-2014

- Philip Sherwood - Memoires of LCdr Fred Sherwood

- A third speaker, yet to be determined, will be added

- Dress 3B or 3B(TWL)

By invitation only.

Aug 7 – Rededication of the Submarine Memorial Cairn and Time Capsule, 1000-1130, CFB Esquimalt

This event is intended to commemorate west coast submarines and submariners of the last 100 years. The Submarine Memorial Cairn near the Post Office will be re-dedicated by RADm Truelove. A time capsule will also be placed in the Cairn. In attendance will be many submarine and RCN stakeholders

including 70 submarine veterans and spouses.

This event is mandatory for all CANSUBFOR personnel in the area and all other submariners are more than welcome to attend.

- Dress 1A

Aug 7 – Submariners' Mixer, 1130-1300, Building D85

Following the rededication, all guests are invited to a no-host bar at the Junior Rates Mess in D85. This event is meant to have veteran and serving submariners to meet. We will have soup and sandwiches for food.

- Dress 1A

By invitation only.

Aug 7 - Canadian Submarine Centenary Commemorative Banquet, 1800-0000, Naden Wardroom

The event is organized by CANSUBFOR and Submarine Association of Canada (SAOC) to commemorate that 100 years ago to the date CC1 and CC2 where commissioned in the RCN. The intent is to have a buffet-style dinner and keep

protocol to a minimum. It will be attended by Submarine Veterans, current serving members and their partners, expecting 130 participants.

- Guest of Honour: The Honourable Judith Guichon, OBC, Lieutenant Governor of British Columbia

- Senior Submariner: Capt(N) Jamie Clarke

- Dress 3B(TWL)

This is an all ranks event! If you want to participate in this event, contact menno.folmer@forces.gc.ca. Cost \$60 per person

Aug 8 – Presentation of HMCS RAINBOW Model to CFB Esquimalt Museum, 1300-1430, HMCS Naden, Museum

The CFB Esquimalt Military and Naval Museum will open the new Submarine Exhibit. It will also open the temporary exhibit on submarines in cooperation with the Battle of the Atlantic Museum of George Cruickshank and it will present the model of HMCS RAINBOW.

- Dress 3B or 3B(TWL)

If you want to participate in this event, contact LCdr Menno Folmer, menno.folmer@forces.gc.ca. Free.

Aug 8 – SAOC Submarine Farewell Social, 1600, Gunroom Venture, SAOC

As closing event of the West Coast Submarine Week, the SAOC will host a farewell and BBQ social at the Gunroom, Venture in Esquimalt. It will be a low key event.

- Dress casual

If you want to participate in this event, contact LCdr Menno Folmer, menno.folmer@forces.gc.ca. Cost \$15 per person.

Aug 8 – Harbour Cats Baseball DND appreciation game, 1900, Royal Athletic Park, Victoria

The Ceremonial Pitch will be thrown by Capt(N) Earl. During the game HMCS Regina and the Submarine Centenary will be commemorated.

- Dress casual, Unit/CAF shirt/ ball cap appreciated



Ospreys' big move

Tracy Cornforth
Formation Safety
Environment

In 2007, a pair of Osprey constructed a nest on the mast of HMCS Huron while it was alongside D-Jetty at CFB Esquimalt's Colwood property; it had been decommissioned and was going to be used as a target during Exercise Trident Fury.

In order to remove the nest from the vessel an artificial nest platform was constructed on top of a large pole located close to the vessel. The pole was extremely tall, reaching up 80 feet into the air, which closely mimicked the original nesting height. The nest was moved off the vessel to its new location, and did not contain eggs at the time. The pair quickly took to the new nest site and fledged three young that year.

Since 2007 the nest has been used routinely by the Osprey family.

This Year

This past spring a pair of Osprey were observed constructing a nest on a light standard about half way down the fuelling jetty at the same property. Staff were not sure why the Ospreys had selected the light standard over the nest platform, and upon further observation it was confirmed the old nest on the platform was full of grass and likely undesirable to the birds.

In conversation with Provincial experts it was determined the loca-

tion of this nest could impact the birds nesting success as they could be highly disturbed by the fuelling and operational activities that occur on the jetty. Although Ospreys are not considered a threatened or endangered species, their nests are protected by the BC Wildlife Act and can only be disturbed after consultation and permission from the Ministry of Forests, Lands and Natural Resource Operations.

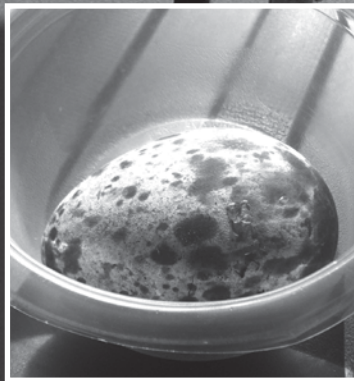
A permit was obtained and the moving day planned.

As staff met on site it was confirmed that in the morning one single egg had been laid. A security camera located on the light standard was turned to face down directly into the nest; the egg could easily be seen. Carefully, staff from Davey Tree cupped the egg and brought it down to the jetty; then the remainder of the nest was removed.

Meanwhile, the thicket of grass that had overtaken the old nest site was removed. The F-jetty nest came down almost entirely intact and was relocated up on the old pole.

Within about 25 minutes the Osprey pair had followed their nest and were seen fiddling around with the sticks. The two locations were approximately 200 metres apart, and the move may set the record for the longest distance in successfully relocating an active Osprey nest with eggs.

We are pleased to report there is one healthy and well-tended to young Osprey chick in the nest.



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Richer for it - new commanding officer in Nanoose

Capt Jeff Manney
CFMETR

Canada's only underwater testing range has a new commander.

Under the watch of Cmdre Marcel Hallé, Cdr Gerry Powell yielded command of the Canadian Forces Maritime Experimental and Test Ranges (CFMETR) to Cdr Darren Rich on July 17.

After a remarkable career of more than 37 years in the CAF, the last five of them as the commanding officer of the CFMETR in Nanoose Bay, B.C., Cdr Powell is retiring.

"We have all had to overcome serious challenges in funding and staffing levels over the last several years," Cdr Powell said to an audience of more than 100 as he handed over the reins at a change of command ceremony at Nanoose Bay. "But what we have accomplished over those years is nothing short of amazing. This facility continues to represent the depth, the strength and the endurance of the alliance between our two great nations."

His replacement, Cdr Rich, is no stranger to the unique bilateral relationship underpinning

CFMETR, which since 1965 has been jointly financed and operated by both the Canadian Forces and the United States Navy. Cdr Rich is transferring from Colorado Springs, where he served as The Canadian Joint Operation Command's inaugural liaison officer to US NORTHCOM and NORAD.

"Over the past week Cdr Powell and his team have demonstrated just how complex and intertwined the Canada-U.S. relationship is on these 600-plus acres of paradise," said Cdr Rich at the podium. "The full CFMETR team, which comprises a diverse group of people from ADM(Mat), CFB Esquimalt and the U.S. Navy, does truly amazing work here. It's absolutely vital to the shared defence interests of both our countries."

Underlining the importance of that relationship, U.S. members of CFMETR's 'sister' base were out in force to observe the ceremony, including the commanding officer of the Naval Undersea Warfare Center, Keyport, Capt David Kohnke, USN. With ties that go back nearly 50 years and an almost constant return flow



Cpl Brandon O'Connell, MARPAC Imaging Services
Cmdre Marcel Hallé, centre, signs the change of command documents as Cdr Gerry Powell, left, yields command of the Canadian Forces Maritime Experimental and Test Ranges (CFMETR) to Cdr Darren Rich on July 17.

of personnel and materiel, the northeast Washington State facility is affectionately known as CFMETR's 'sister base'.

Commodore Hallé, Director General Maritime Equipment Program

(DGMEPM), acknowledged Cdr Powell's "noteworthy" tenure and "tremendous leadership", and welcomed the new Commanding Officer and his wife of 28 years, Valerie.

"Darren, congratulations on

assuming command. I look forward to working with you as CFMETR continues to do great things. Under your leadership and the MEPM leadership team, I know the unit remains in good hands."

Maritime Forces Pacific Headquarters N3 presentations



LCdr Paul Sutherland is promoted to Commander by Capt(N) James Clarke. Beside Cdr Sutherland is his wife, Danielle Sutherland.



LCdr Lorraine Sammut receives her Certificate of Command Qualification from Capt(N) James Clarke.

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Capt Grant Whittla is promoted to Major by Capt(N) Clarke. His wife Martha Whittla was there for the presentation.

Photos courtesy MARPAC Imaging Services



Minister Welcomed

Jaime Pitfield, the Assistant Deputy Minister of Infrastructure and Environment, visited RAdm Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force Pacific at D-100, on July 23.

Cpl Blaine Sewell, MARPAC Imaging Services



LS Zachariah Stopa, MARPAC Imaging Services Commander of Maritime Forces Pacific, RAdm Bill Truelove, presents Cdr William Bates with the Vice Chief of Defence Staff Commendation for his exceptional leadership and vision within the Cadet organization.



Cpl Stuart MacNeil, MARPAC Imaging Services Capt(N) Luc Cassivi, Base Commander, promotes Sub-Lieutenant John Robinson from Military Police Unit (Esquimalt).



LS Dostie is promoted to Naval Cadet by Cdr Drews and LS Dostie's wife Renata Marroni Dostie.



OS Guy is promoted to Able Seaman by LCdr Judith Harlock and PO2 Paul Arruda.



AB Holt is promoted to Leading Seaman by LCdr Judith Harlock.



HMCS Quadra's Commanding Officer Cdr Mike McCormick, presents Training Office Clerk Eric Jagat a Certificate of Appreciation for the logistical work he provides to the nearly 1,100 cadets and staff at the cadet facility.



A/SLt Sean Chatterson is promoted by RAdm Bill Truelove and Cdr Mike McCormick, Commanding Officer of HMCS Quadra.



Lt(N) Jake Everitt receives his Canadian Forces decoration third clasp from RAdm Bill Truelove.



A/SLt Farrell Siemens is promoted by Cdr Mike McCormick and LCdr Kuehnl-Cadwell, Executive Officer.

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SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>.

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105.

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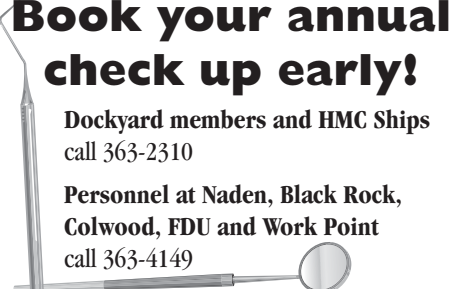


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Bridge named in honour of fallen MP

The Government of Ontario officially dedicated the Highway 21 (Bluewater Veteran's Highway) bridge, which spans Clark Creek in Bruce County, on July 19 in honour of Corporal Matthew Dinning, a fallen Military Police member of the Canadian Armed Forces.

While serving with the inaugural Military Police close protection team in Kandahar, Afghanistan, Corporal Dinning was killed when the armoured G-Wagon he was travelling in was hit by an improvised explosive device (IED) on April 22, 2006.

In Corporal Dinning's honour, two memorial signs have been erected – located on each end of the bridge – displaying his name and the Military Police crest.

"Corporal Dinning gave the ultimate sacrifice while serving his country in Afghanistan. It is with great honour and pride that we join together with Corporal Dinning's family and friends to dedicate this bridge in his honour. We will forever be grateful for his commitment to service," said Colonel

Robert Delaney, Canadian Forces Provost Marshal and Commander Canadian Forces Military Police Group.

The Highway 21 (Bluewater Veteran's Highway) bridge spanning Clark Creek in Bruce County is the second bridge named in honour of a fallen Canadian Armed Forces Military Police member in Canada. The first is located in Ganonoque, Ontario, and was dedicated to Corporal Randy Joseph Payne on June 20, 2014.

Since 2002, Ontario has dedicated 51 bridges and other highway structures across the province in memory of police officers killed in the line of duty.

At the time of his death, Corporal Matthew Dinning was a member of a close protection team which is a high-readiness, specialized protective service organization capable of conducting a broad range of special protective missions and tasks at home and abroad in support of the Canadian Armed Forces and other Government of Canada departments and agencies.



Colonel R.P. Delaney, Canadian Forces Provost Marshal and Commander of the Canadian Forces Military Police Group, Military Police Chief Warrant Officer Richard Day, and members of the Dinning family pose at the bridge dedicated to Corporal Matthew Dinning. The ceremony to dedicate the Highway 21 bridge over Clark Creek, Bruce County in honour of Corporal Matthew Dinning was held July 18. Corporal Matthew Dinning, an MP, was killed in Afghanistan on April 22, 2006.

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