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Volume 59 Number 44 | November 3, 2014

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

**Remembrance day services - locations and times on page 9**



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## Stealthy Surveillance



Photo by: Alan Pedley, from Babcock Canada Inc, while on a whale watching tour.

An Orca whale and HMCS Chicoutimi share the waters off the coast of Vancouver Island. HMCS Chicoutimi is currently conducting a series of sea acceptance trials, an important step in preparing the submarine to return to operational service.

At the time of this photo, HMCS Chicoutimi was surfaced and sonars were off. Department of Fisheries and Oceans regulation state that vessels will not approach within 100 metres while in the vicinity of Orcas, and HMCS Chicoutimi was

500 metres away from the Orca when this image was taken. Seagulls also love the casing of HMCS Chicoutimi, no matter the speed. The photo is a reminder that we share the ocean with beautiful wildlife.

<p><b>NEWS 3</b></p>  <p>Warships at Fleet Week</p>	<p><b>TRAINING 10</b></p>  <p>Firebrand trains with firefighters</p>	<p><b>FEATURE 13</b></p>  <p>Plane wreckage recovered</p>
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# Cross pollination: sailors switch ships

**SLt Ellie Aminaie**  
HMCS Calgary

Days after *HMCS Calgary's* successful drug interdiction operations with the United States Coast Guard Cutter Active and Mexican naval warship Farias, the three ships conducted a "cross-pollination" exercise where sailors visited other ships for training and familiarization.

In this case, 21 sailors switched positions. Crew members were transferred between ships by boat and helicopter.

Three officers and eight crew members left *Calgary* to visit the USCG and Mexican ships, while *Calgary* received six officers and crew members from the Active, and four from Farias.

Once onboard, all were treated to demonstrations of daily operations and a tour of their respective messes. They were also provided the opportunity to exchange ideas with their occupational counterparts to get a better sense of how the Royal Canadian Navy operates.

One of *Calgary's* bridge watchkeepers, SLt David Nelson spent three days on board USCGC Active.

"It was a unique experience gaining an insight into the law enforcement aspect of the U.S. Coast Guard during maritime interdiction operations," said SLt Nelson. "It was also impressive to observe the daily operations of a Coast Guard vessel."

When asked about the experience for his ship's company, *Calgary's* Commanding Officer, Cdr John Wilson said it was a well-received experience



The USCGC Active's helicopter approaches HMCS Calgary to drop off its personnel for the Cross-Pol exercise.

by all.

"I was exceptionally proud to host fellow sailors from our joint interagency friends in the USCG and the Mexican Navy," said Cdr Wilson. "I was grateful for the opportunity to see members of our team get a chance to experience, learn and bring back the knowledge

gained on the other ships."

Upon completion of the cross-pollination exercise, which ranged from one to three days for the different sailors, *Calgary's* participation on Operation Caribbe came to an end and the ship continued its transit to San Francisco for Fleet Week.

*Calgary* left Esquimalt on Sept. 22 to embark on a two-month deployment that includes representing the Royal Canadian Navy at Fleet Week in San Francisco, along with *HMC Ships Brandon* and *Yellowknife*. *HMCS Calgary* will remain at sea until the first week of November.



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# Warships represent during Fleet Week

**SLt Ellie Aminaie**  
HMCS Calgary

For five days in October, HMC Ships Calgary, Brandon and Yellowknife joined their American counterparts for Fleet Week in San Francisco.

The annual celebration, held Oct. 8 to 13, is one of the largest Fleet Weeks in the world, attracting an estimated one million visitors.

The three Canadian warships joined the event kick off Parade of Ships, sailing in formation with United States Navy and U.S. Coast Guard ships under the Golden Gate Bridge, to the cheers and welcomes of onlookers above.

Once alongside piers 15 through 19, all three ships opened their brows to visitors. Thousands of people flocked to the ships to get a close up view of life in the navy, and meet the members who eagerly explained what they do.

The biggest single event was an air show over San Francisco Bay, which showcased a stunning portrayal of aerial acrobatics and skill. It was capped off with an awe-inspiring display of technical precision by the USN Blue Angels, who raced throughout the San Francisco cityscape in close formation to the delight of the onlookers along the waterfront.

Another highlight of Fleet Week was the iconic photo shoot. A select number of sailors from each element of the U.S. and Canadian navies were gathered in front of the train station by Pier 3, and posed for a group photograph. This elaborate production involved a professional photography team, and the closing of the street to traffic. Over 250 sailors formed up with extreme precision, with the sunrise



Photo courtesy Fleet Week organizers  
**Sailors from each element of the U.S. and Canadian navies gathered in front of the train station by Pier 3, and posed for a group photograph in celebration of Fleet Week in San Francisco. A professional photographer was hired and the street closed off while more than 250 sailors formed up with extreme precision.**

as the backdrop.

In addition to the public events, Calgary held a reception on its flight deck, which was co-hosted by the Director of Foreign Affairs and International Trade, and Commander of

Maritime Forces Pacific, Rear-Admiral Bill Truelove. The reception was carried out in true Calgary fashion with mountains of sea food and fancy desserts, with a small serving of "Moose Milk" to top off the

Canadian-themed evening. On the cool foggy morning of Oct. 14, the ships headed back to sea, sailing around Alcatraz and under the obscured majesty of the Golden Gate Bridge to their next mission.

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**UFC 180** Nov. 15

Werdum vs. Hunt

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**Kid's Movie Night**

Nov. 23

How to Train Your Dragon 2

**Movie Night** Nov. 27

Maleficent

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# matters of OPINION

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 4,000  
plus 1,000 pdf downloads per week

One year subscription - \$66.<sup>94</sup>

Six month subscription - \$33.<sup>47</sup>

Prices include tax.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces,  
Victoria, BC V9A 7N2

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Web: www.lookoutnewspaper.com

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## ITINERANT CHEF

# Fall harvest fridge purge

The harvest (especially on the Island) is a time of plenty, so what happens when your fridge is bursting with all those root veggies that you would love to clean out? In my family, it was my grand-maman's prerogative to make a hearty and warming soup. It's a simple and delicious way to use up the "bounty" that's taking up your shelf space.

### Soupe, crème de légumes d'automne

- 150-200g butter
- 2 very large onions (or three normal sized ones)
- 1 whole head of garlic
- 500g carrots or parsnips (or both!)
- 1 large squash (peeled)
- 1 medium pumpkin (peeled)
- 2 huge tomatoes (or three small ones)
- water
- Salt to taste
- Pepper to taste
- Nutmeg (about 5g or more)
- Cinnamon (about 5g or more)
- Ginger (about 10g)
- 1 palm-full Kasoori Menthi (Fenugreek) leaves... I buy these at

- Loblaw's or Superstore
- 2 palms full of parsley leaves
- 200-300ml heavy cream
- 1 palm full Chicken stock powder
- 10ml white truffle oil (optional)

No fancy techniques for this one. True to my grand-maman's passion for cuisine, the measurements of this recipe leave quite a bit of room for experimentation on your part.

Simply peel the garlic, and roughly chop the onions, and then sauté them in the butter until they are golden brown. Chop and peel your veggies, then throw them in the pot with the spices, chicken stock and herbs, and cover the whole thing with water. Check your seasoning to make sure you have added enough salt.

Boil the root vegetables until they are soft. Then, take the pot off the heat, and purée the soup with an immersion blender until the texture is velvety. Stir in the cream and white truffle oil at the end, and serve. Voilà! Bon Appétit! Please feel at liberty to get creative with this one. Happy cooking and enjoy the harvest.

Your Itinerant Chef,  
A/SLt Melissa Kia



About Melissa: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B.Sc. in Kinesiology. Afterwards, I worked in many high end bistros and restaurants before opening my own business in 2010. I ran a French pastry (Pâtisserie la Petite France) for two years before I joined the Forces.

## People Talk

Lookout asked this question:

*What is a movie would you recommend everyone see and why?*



I would recommend "Drive". Ryan Gosling is a great actor, and it's a real feel good movie.

LS Zack Stopa



I can tell you that someone recommended I see "Fury" with Brad Pitt. I heard it's a great one.

LS Michael Richter



Stephen King's "It". It's a great Halloween movie and it scared the hell out of me when I was a kid.

Cpl Ben McLachlan



"The Big Lebowski". The Coen Brothers are amazing, and it's the funniest movie ever made.

SLt Lee Henschke



"Guardians of the Galaxy". It's really fun, and has a great soundtrack. It's a good romp.

Lt(N) Richard Armstrong



## Correction

In the Oct. 20 issue of Lookout, page 5 Change of command for Cadet Corps, Maj Grant Whittla was incorrectly referenced as Capt Whitta in the last paragraph of the story. Lookout Maj Grant Whittla was apologizes for the error.

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# Saskatchewan reservists land in river for training

**SLt Alicia Morris**  
HMCS Unicorn

If you believe in sun gods, then they certainly smiled down on *HMCS Unicorn* Oct. 18 as members of the stone frigate took to the South Saskatchewan River for the final official boat exercise.

The summer-like weather bolstered the spirits of Port and Starboard watch commanders, who responded to scenarios based on supporting other government departments at the direction of Domestic Operations.

This training exercise had watch officers reacting to a HAZMAT spill, patrolling the river, assisting in search and rescue, and providing first aid as required. Watch officers had to make decisions while running the Operations Centre, which included managing the unfold-

ing situation and giving orders to their sailors accordingly.

The first task was to move to the boat launch by the Broadway Bridge to stand ready to assist after a briefing at *Unicorn*. The Operations Centre was stood up with boats and personnel launched, and at the ready to receive further instruction. In the first scenario, sailors located and assisted a casualty; this was accomplished by a small search party on the shoreline, and a water search that involved *Unicorn's* hurricane and zodiac.

"It is interesting to see how each person approaches problems," said Lt(N) Nick Tien, *Unicorn's* Training Officer. "They have to figure it out."

A *Unicorn* first happened; when the starboard watch relieved the port watch in the afternoon a second Operations Centre location was used in the exercise to test *Unicorn's* readiness and reaction capabilities. The

Operations Centre was quickly torn down and boats recovered to move to the new site – a boat launch north of the first site. This scenario had the search parties looking for a missing man.

The exercise was well received as a valuable training day. "It is great to get Hurricane experience," said AB Etienne Levesque, a junior boatswain. He spent the bulk of the day training on the river. "I am getting to know what the sounds are like when sand gets in the engine – that is the challenge of a sandy bottomed river."

*Unicorn* will continue to make use of lessons learned that came from this evolution, and carry on with challenging training for 2015. As the inevitable happens, the river turns into its annual frosty winter state; a spring river is always a welcome sight to prairie sailors who are ready to get their boots wet.



**Top left:** Members of HMCS Unicorn take a moment in the K158 Annex boatshed after a busy training exercise.

**Lower left:** Left to right: LS Brewster, AB Levesque, MS Bratlien, and Lt(N) Blacklock assist a casualty near the shoreline of the South Saskatchewan River in Saskatoon during the final boat exercise Oct. 18.

**Below:** AB Levesque navigates the South Saskatchewan River looking for a missing man during a search patrol training scenario.

Photos by SLt Alicia Morris



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Images by: Cpl Brandon O'Connell, MARPAC Imaging Services

**Above:** The Honourable Judith Guichon, Lieutenant Governor of British Columbia, embarks the navy's sail training vessel HMCS Oriole during a visit and day sail on Oct. 24.

**Below:** HMCS Oriole departs for the day sail.

### Afghanistan: a Canadian Story



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Shawn O'Hara, Lookout

Senior military leadership and local union representatives of the Maritime Forces Pacific Defence Team gathered at the Signal Hill MFRC to show their support of the Government of Canada Workplace Charitable Campaign, and sign their pledge forms. With CFB Esquimalt well over a month into the 2014 GCWCC, to date reaching 20 per cent of the \$650,000 goal, senior leadership are leading the push to the finish line.

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# Remembrance Day Services

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**9:45 a.m.**

- ESQUIMALT  
Veterans' Cemetery 1190 Colville Road

**10 a.m.**

- COBBLE HILL  
Cobble Hill Community Hall, 3550 Watson Avenue Followed by ceremony behind the community hall at the Liberation Park cenotaph

**10:50 a.m.**

- NANAIMO  
Cenotaph, 85 Front Street

**10:55 a.m.**

- OAK BAY - War Memorial, Beach Drive, Uplands Park
- VICTORIA  
Legislature Building, 501 Belleville Street
- VICTORIA  
Ross Bay Cemetery, 1495 Fairfield Road
- ESQUIMALT - Memorial Park Cenotaph, 1229 Esquimalt Road

- WEST SHORE  
Veterans Memorial Park located at the intersection of Goldstream Avenue and Veterans Memorial Parkway (Millstream)

- SIDNEY - Town Hall, 2440 Sidney Avenue

- SAANICH - Municipal Hall, 770 Vernon Avenue

- SOOKE - Sooke Royal Canadian Legion, 6726 Eustace Road

- DUNCAN  
Charles Hoey Park, Canada Avenue

- LADYSMITH  
Ladysmith Royal Canadian Legion, 621 First Avenue

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# Fireboat demonstrates a unique capability

**Shawn O'Hara**  
Staff Writer

Two weeks ago, base firefighters exercised with Firebrand, the Pacific Coast navy's fireboat, to test its ability to become a portable water-side "hydrant."

When fighting a fire from the water, Firebrand can employ its three water cannons and fire suppressant foam from its two 250 gallon tanks.

But it can also be used to fight land fires by becoming a portable water main.

"If we have to fight a fire in an engine room of a warship, then Firebrand can use its master streams to cool the hull from the outside. Lowering the temperature of the steel hull hinders heat transfer from the fire-involved space to adjacent compartments," explains Steve Mullen, Fire Chief at CFB Esquimalt Fire Department. "If we have to fight a jetty fire, using Firebrand is more effective than hanging firefighters off the side of a ship or jetties. It just makes our job a lot safer in a lot of situations."

The exercise took place Oct. 16 on B jetty with Firebrand berthed alongside. The scenario tested was an emergency where land-based fire mains were damaged or destroyed and Firebrand was brought in to

help firefighters combat a blaze.

Should an earthquake occur, one of the first pieces of critical infrastructure to be destroyed could be the water distribution system. Firebrand's 5,000 gallon-per-minute-pump can supply a high volume of pressurized sea water into a system of hoses, gated wyes, and portable hydrants. This provides the fire department with enough water to fight structural fires ashore.

"It can mean the difference between having what you need to suppress or extinguish a blaze, and stretching your water supply to dangerous limits," says Mullen. "There have been some historic fires around the world such as San Francisco in 1989, where vessels like this were the difference between success and failure."

He also cites a much-closer-to-home scenario – that of the 1997 fire aboard the Russian fishing trawler "Gijon" at the Esquimalt Graving Dock.

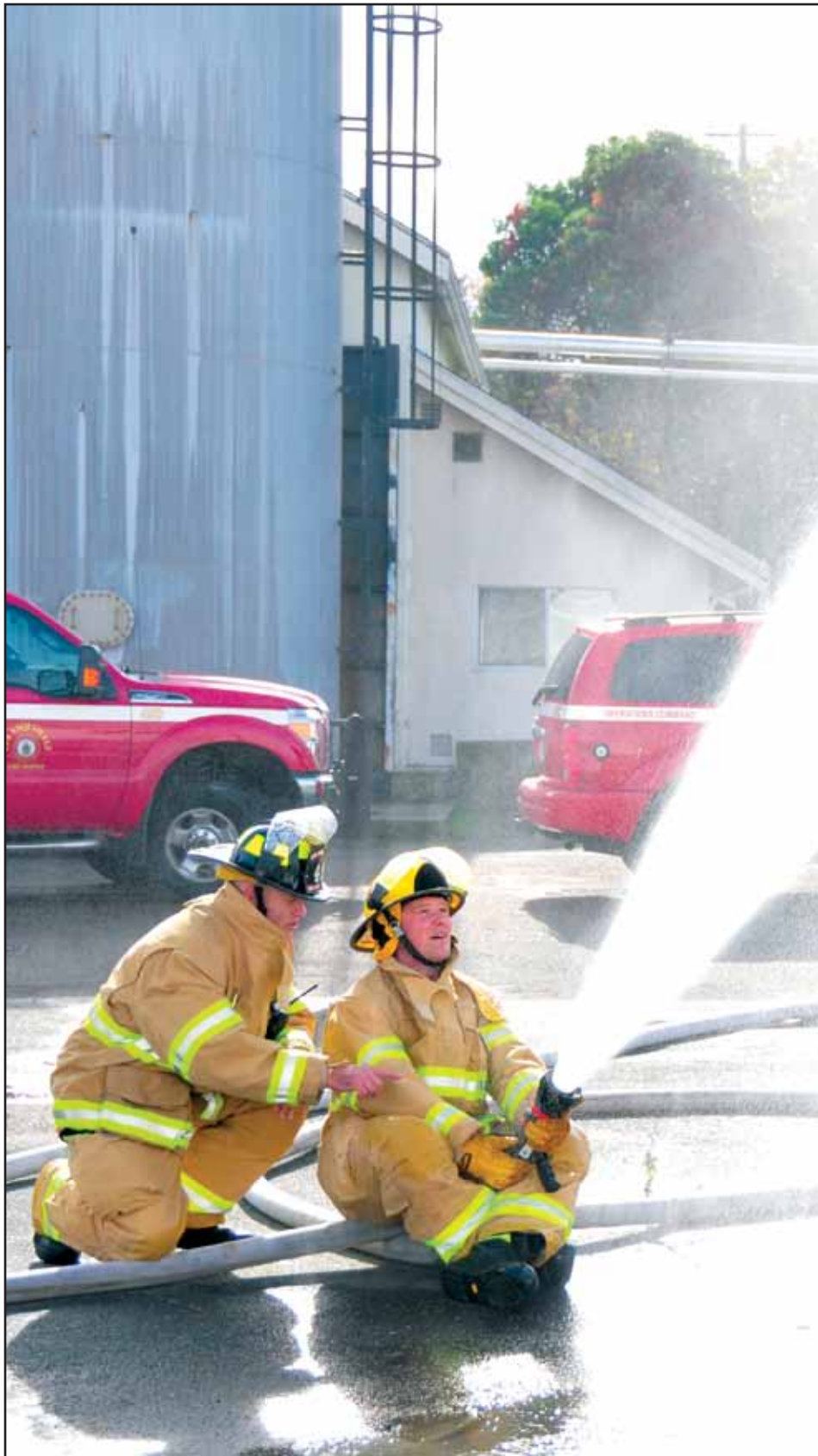
"There were so many trucks and fire crews; they ran the risk of demand overtaking water supply, and collapsing the water main," says Mullen. "Firebrand supplied all of those fire apparatus and hoses with water, and the crews were able to fight that fire for almost three days. Without the Firebrand it would have been a very different situation."

Cdr David Coulombe, head of Port Operations and Emergency Services Branch, says assets such as Firebrand are a great tool to have in a firefighter's response kit.

"I deployed with Canada's Disaster Assistance Response Team (DART) to Haiti in 2010. The DART assisted the community of Jacmel in southern Haiti to rebuild its water system after it was severely damaged in the quake. It is likely that our water mains would be damaged after a major quake, and we have to be prepared to conduct fire fighting operations even if that were to occur."

*If we have to fight a jetty fire, using Firebrand is more effective than hanging firefighters off the side of a ship or jetties. It just makes our job a lot safer in a lot of situations.*

Steve Mullen,  
Fire Chief at CFB Esquimalt Fire Department





# Elite athletes honoured

**Jen Seipp**  
CFMWS

The Canadian Armed Forces (CAF) Sports Awards Ceremony honoured the past year's outstanding CAF athletic achievements on Oct. 24 at the Hampton Inn Conference Center in Ottawa. The ceremony was presented by the Canadian Tire Corporation and sponsored by BMO Bank of Montreal.

Through this annual ceremony, the Canadian Armed Forces recognizes the accomplishments of its elite athletes and sports supporters. The ceremony features awards for Athlete, Coach, Official and Team of the Year. Outstanding sports careers are also recognized with inductions into the Canadian Armed Forces Sports Honour Roll, and the Canadian Armed Forces Sports Hall of Fame, the evening's highest honour.

General Tom Lawson, Chief of the Defence Staff, attended the ceremony and paid tribute to the important role sports play in the lives of military personnel.

"It's important for leadership at all levels to recognize the tremendous benefit of making regular physical activity the norm for everyone in uniform. Many of those same attributes we wish to see on the field of battle are the same as those developed on the field of play: discipline, commitment, leadership, teamwork, perseverance and that intangible quality, the warrior spirit."

Among the winners at this year's ceremony were triathlete Captain David Lacombe and fencer Lt(N) Chantel Helwer, the Male and Female Athletes of the Year.

Capt Lacombe of Valcartier, Quebec, had a standout season in 2013. He beat out hundreds of

competitors to win gold at the Rev3 Maine Half Ironman in Old Orchard Beach, the Triathlon Joliette Coupe du Québec, and the Duathlon Mont Tremblant. Capt Lacombe was second out of 8,524 participants at the Army Run Half-Marathon, and won bronze at the CAF Triathlon Nationals. Capping off his amazing year, Capt Lacombe was selected for Team Canada, and placed 14<sup>th</sup> out of 122 athletes at the World Triathlon Championship.

Lt(N) Helwer is a reservist, law student, and world-ranked fencer from Winnipeg, Manitoba. In 2013, she

won silver medals at the Manitoba Provincials and the Canadian University Championships. She also made Team Canada, and competed at a series of World Cup events throughout Europe and the U.S. Building on this success, Lt(N) Helwer made history as the first Canadian Armed Forces female fencer to compete at both the World Championships and the World University Games.

To learn more about the 2014 Sports Awards winners, visit [https://www.cfmws.com/en/AboutUs/PSP/CFSports/Awards/Pages/2014\\_SAC\\_Winners.aspx](https://www.cfmws.com/en/AboutUs/PSP/CFSports/Awards/Pages/2014_SAC_Winners.aspx)



Cpl Heather Tiffney, CFSU Imaging Services  
**Above:** Landon French (left), Vice-President, Community Relations for Canadian Tire Corporation and the Executive Director of Jumpstart Charities, and Sandra Henderson (right), representing the Bank of Montreal, present Lt(N) Chantel Helwer (centre) with the Female Athlete of the Year award, during the Canadian Armed Forces Sports Awards ceremony in Ottawa on Oct. 24

**Below:** Captain David Lacombe is presented with the Male Athlete of the Year award.



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# Click for veggies

[www.VegetablesOnline.ca](http://www.VegetablesOnline.ca)

**Shawn O'Hara**  
Staff Writer

Eating healthy and buying local doesn't have to be expensive.

There is a new vegetable box program called [www.vegetablesonline.ca](http://www.vegetablesonline.ca) being offered to military families and their friends.

Natasha Beardsley and a group of military families have developed an online program where families in the Victoria and surrounding areas can order fresh produce. The goal is to provide nutritious food at a lower cost.

"We do our very best to

buy local and support our economy on the Island," says Beardsley. "The vegetables are bought and divided between the members of the group. There is no fee to join."

There are two pick-ups per month, which are held at the Pacific Fleet Club. The cost of the box is \$55. There is a variety of fresh fruit, vegetables, and local eggs.

On average, each box receives 24 items. On pick-up day, extra vegetables are sold, and these proceeds go to purchase pre-packed boxes for nominated families in the community.

"We started this part of the

program because you never know when you are going to need this service. We want other families to know we are here," says Beardsley. "We have helped military, non-military, and families with children who have disabilities."

Presently, the group has 250 members. Some order on the first pick-up or second pick-up, and others twice per month. There is room for more families to participate.

The most popular comment that Beardsley gets is that families are "saving money, and that they can offer healthier meals to their families."



Photos by: Corporal Malcolm Byers, MARPAC Imaging Services



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# NOMAD 3521 WRECKAGE RECOVERED

**Main:** Members of the Royal Canadian Navy and the Royal Canadian Air Force raise the tail section of Northrop Nomad aircraft #3521 on Oct. 28 after 74 years on the bottom of Lake Muskoka, Ontario.

Photos MCpl Roy MacLellan, 8 Wing Imaging



The plane is clearly identified by the numbers on the tail section.



The main wheel assembly of the Northrop Nomad aircraft #3521.

DND

## The Final Flight

On Dec. 13, 1940, two Northrop A-17 Nomad aircraft departed from Royal Canadian Air Force (RCAF) Station Borden, Ontario, a Second World War training site (now Canadian Forces Base Borden, home of the RCAF's 16 Wing). Both aircraft were searching for a fellow airmen who had gone missing during training the day before.

During their search for

the downed aircraft and fellow pupil, who were part of the British Commonwealth Air Training Plan, the two Nomads conducting the search were involved in a mid-air collision. Nomad 3512 and its pilot and copilot were located shortly after the crash. The other aircraft, Nomad 3521, and its crew remained missing in the Lake Muskoka region of Ontario.

The missing crew consisted of Flight Lieutenant Peter Campbell, the

24-year-old pilot who was a member of the Royal Air Force, and the 27-year-old observer, Leading Aircraftman Theodore Bates, a member of the Royal Canadian Air Force from Guelph, Ontario.

## The discovery

In November 2007, a group comprising members of the Royal Canadian Legion and the Lost Airmen of Muskoka Project sought the assistance of the Ontario Provincial Police in the search for Nomad

3521. Using side scan sonar, a modern technology that creates an image of large areas of the sea floor, and the expertise of the underwater search and recovery team, Lake Muskoka was searched extensively.

On July 27, 2010, a remotely operated vessel and Ontario Provincial Police divers were sent down to investigate a previously identified location in the middle of Lake Muskoka. The investigation led to the discovery of air-

craft wreckage from which the police divers recovered personal effects belonging to F/L Campbell and LAC Bates. The discovery of these personal items confirmed the wreckage was that of the missing Nomad 3521.

## Personal items recovered from the wreckage

The items recovered were held at the Canadian Conservation Institute in Ottawa until they were treated and returned to the Department of National

Defence's Directorate of History and Heritage (DHH).

On Aug. 23, 2012, a DHH representative returned LAC Bates' belongings to his family members. The items belonging to F/L Peter Campbell were returned to the British High Commission, in Ottawa, on Sept. 21, 2012, for return to the nearest descendants of F/L Campbell via the Joint Casualty and Compassionate Centre in the United Kingdom.





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On March 6, 2010, Corporal Darren Fitzpatrick of 3 PPCLI was mortally wounded while serving in Afghanistan, and he sadly passed away two weeks later.

The blood and medical attention he received, however, gave his family those last precious weeks with him, and time to say good-bye.

It is in his name, and the name of all the other brave and generous Canadian military members, both past and present, that Canadian Blood Services has dedicated two weeks in November to "Remember the Power of Giving."

From Nov. 10 - 22, we honour our military members' gift of service to our country, while at the same time reminding people about the need to donate blood, and how that blood may someday be needed to support military personnel and their families and friends.

Please come in and donate in the name of someone (past or present) serving our country. Stories will be displayed in Blood Donor Clinics around the Province of British Columbia.

Additionally, donors will be invited to write messages to current serving members that will then be forwarded to the Department of National Defence's Write to the Troops Program.

Are you unable to donate blood? If time, distance, illness or other things prevent you from donating in November, then we would ask that you encourage your loved ones to donate in your name. An "I'm Donating For" space will be provided in the Clinics for them to record in who's name they are donating, and why.

Remember the Power of Giving is our way of thanking you for the Gift of Service you give us every day.



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For More Information about Remember the Power of Giving, please contact Michelle Stratford, Event Coordinator Vancouver Island, 250-405-4307 or [michelle.stratford@blood.ca](mailto:michelle.stratford@blood.ca)



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# Toronto completes Noble Justification

DND

HMCS Toronto completed its participation in Exercise Noble Justification Oct. 26 as part of its Operation Reassurance deployment in the Mediterranean Sea, in response to military actions against Ukraine.

The exercise took place in the Mediterranean Sea and Eastern Atlantic Ocean from Oct.13-26. It involved more than 5,000 military and naval personnel, as well as 22 warships from 14 NATO nations: Belgium, Canada,

France, Germany, Greece, Italy, the Netherlands, Norway, Poland, Portugal, Spain, Turkey, the United Kingdom and the United States. Two partner nations, Finland and Sweden, were also involved.

"The officers and crew of HMCS Toronto performed admirably throughout Exercise Noble Justification, and we look forward to participating in future training opportunities with our NATO allies and security partners," said Cdr Jason Armstrong, Commanding Officer of

HMCS Toronto. "Our presence in the region provides the Government of Canada with the flexibility and capability to respond quickly and decisively across the full spectrum of operations."

The exercise enhanced multinational interoperability and readiness to respond to threats to NATO's integrity and the sovereignty of its member states within a simulated high-density, high-threat operational scenario during the free-play phase of the exercise. Toronto also conducted complex sur-

face manoeuvres, replenishment-at-sea evolutions and fleet anti-submarine warfare exercises with allied warships.

Toronto remains engaged with Op Reassurance, tasked with patrolling the Mediterranean to help detect, deter and protect against terrorist activity with Standing NATO Maritime Group TWO (SNMG2). The warship's presence in the Mediterranean Sea gives Canada the flexibility and capability to respond quickly to emerging crises in the region.



Photo: MS Peter Reed, Formation Imaging Services Halifax

HMCS Toronto's rescue diver and boat coxswain pull Oscar, the training dummy, into the zodiac while conducting a man overboard training exercise.

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U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Kole E. Carpenter/Released  
Ships from the Japanese Maritime Self-Defense Force, Royal Canadian Navy and U.S. Navy sail in formation during a Task Group Exercise off the coast of Southern California.

## Warships complete Task Group Exercise

**Shawn O'Hara**  
Staff Writer

Last Friday, warships from Canada, the United States and Japan wrapped up the last day of 12 days training in the final task group exercise (TGEX) of the year.

Representing Canada were *HMC Ships Calgary, Winnipeg, Brandon,* and *Yellowknife*, supported by two CH-124 Sea King helicopters from 443 Maritime Helicopter Squadron.

The aim of task group exercises is to enhance combat readiness while improving interoperability and tactical excellence. This specific TGEX focused on interoperability between the Royal Canadian Navy, United States Navy, and the Japanese Maritime Self-Defense Force, and was hosted by the United States Navy's 3rd Fleet.

LCdr Jacob French, *Calgary's* Executive Officer, said multi-navy work is the real strength of the exercise, as it gives sailors a look at how multinational situations might play out.

"It always adds a dash of realism

to any exercise, knowing that should there be an actual crisis requiring the cooperation of multiple navies, we would be able to operate in a coalition and joint environment," he says. "The important thing is to adapt to the circumstances and work on ways of becoming more interoperable – something that navies have been doing for some time now."

This multinational interoperability, and the seamanship and communications skills that go along with it, are a vital part of naval experience, says LCdr French, adding the experiences gained during TGEX are skills that will stay with sailors the rest of their careers.

"The collective training in the task group setting, and the individual training of each sailor are all important building blocks in maintaining the readiness of our fleet, and of our sailors," he says. "There really is no substitute for quality sea time."

*Calgary's* crew had some extra work serving as flagship for Cmdre Bob Auchterlonie, Commander of

Canadian Fleet Pacific. He directed RCN personnel during the exercise. Embarking Cmdre Auchterlonie and his fleet staff required extra planning, but LCdr French says the role meant good things for the ship.

"It puts *Calgary* in new territory to be a flagship, and it's great to see our modernized ship and its ability to accommodate task group staff in action," he says.

On completion of TGEX, *Yellowknife* and *Brandon* will join Operation Caribe, Canada's contribution to Operation Martillo, a U.S. Joint Interagency Task Force South-led interagency and multinational effort among Western Hemisphere and European nations, designed to improve regional security and deter criminal activity. As part of Operation Caribe, the Canadian Armed Forces support multinational efforts to address illicit trafficking by providing naval and air capabilities to detect and monitor suspect activities on the water off the Caribbean and Pacific coasts of Central America.

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# SISIP financial advice: The magic of compound interest

**Lois Baird**  
SISIP Financial Services

Financial compound growth is often referred to as "magic", or, in the words of Albert Einstein, "the eighth wonder of the world."

As a basic \*financial literacy tool, compound interest is simply math that can be used to either expand your financial power exponentially, or diminish your worth through dependence to creditors.

Your understanding and use of it will determine whether it serves as a source of magical delight, or a source of fright.

Here's how compound interest will function on a credit card with a 20 per cent interest rate:

Sam and Sara each have a \$1,000 balance on their respective credit cards (at 20 per cent).

Sam pays only the \*minimum required, which will take him an amazing (gulp) nine years to pay off. He will be paying over \$1,000 in interest, for a total of \$2,168. This is hard earned money for items he may no longer even have, let alone remember nine years later.

Sara, on the other hand, chooses to pay her minimum payment (\$20) plus an extra \$40 per pay. As a result, she is rid of the debt in one year, and will pay about \$103 in interest charges.

So, while both Sam and Sara began at the same place nine years ago, both

*The most magic resides in this basic saving truth: the earlier you start, the greater the gain.*

applied the rules of compound interest to their money, and yet there is a significant net worth difference between the two of them.

For Sara, the best part of her credit liberation is that it frees up her money to use compound interest to her advantage. By putting her previous credit card payment (total \$50/pay) in an investment product that provides an average rate of 5 per cent, over the next eight years, her contributions of \$9,600 would have an investment growth of \$2,167, a total investment of \$11,767.

Were Sam to continue his trend of using someone else's money to buy what he has not yet earned, paying back as slowly as possible, he will further bind his pay cheque to the negative investment of credit interest charges, reduced saving power and meager net worth. For Sara, on the other hand, her savings trend with contributions of \$43,200 over her 36-year investing period would have an investment growth of \$74,895 and the total investments would be \$118,095.

Math aside, everybody knows that the most magic resides in this basic saving truth: the earlier you start, the greater the gain.

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*\*Financial literacy means having the knowledge, skills and confidence to make responsible financial decisions.*

*\*\* The minimum payment is calculated as a percentage of the outstanding balance, usually 2 per cent. It goes towards paying off your interest charges before paying off the principal. As such, you are paying down your balance much slower.*

*This article is for general information purposes and reflects solely the opinion of the author.*

*For more advice, visit the local SISIP office at 1343 Woodway Road, 250-363-3406.*

## Armoury and genealogy unite

The Ashton Armoury Museum and the Victoria Genealogical Society have teamed up to honour Remembrance Day.

• **Time:** Saturday, Nov. 11 from 10 a.m. to noon.

• **Location:** The Victoria Genealogical Society Resource Centre, 947 Alston Street, Victoria

• **Entrance by donation.** Half of all proceeds go to the Poppy Fund.

Military items from the Ashton

Armoury Museum in Saanich will be on display, along with military memorabilia of Victoria Genealogical Society members. Ted Leaker, the Director of the Ashton Armoury Museum in Saanich, will be on hand to answer your questions.

If you've got questions about tracing your family members who were in the military, then this is a good chance to have them answered. Find more information at [www.victoriags.org](http://www.victoriags.org) or call 250-360-2808.

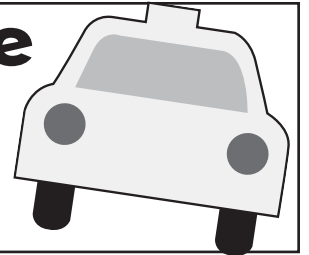
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Regional Director Mike Hicks, Royal Canadian Marine Search and Rescue (RCM-SAR) President Jim Lee, and MLA Ralph Sultan, break ground for RCM-SAR's new simulator training building in East Sooke.

## Marine search and rescuers break ground

**Rob Duffus**  
RCM-SAR

Royal Canadian Marine-Search and Rescue (RCM-SAR) volunteers were joined by members of the Canadian Armed Forces, Canadian Coast Guard, and RCMP Oct. 22 in Sooke to break ground for a new building for the RCM-SAR simulator.

The building, to be constructed at RCM-SAR's waterfront training centre on the Sooke Basin, will be the training base for the whole RCM-SAR region, which includes stations from the busy Vancouver and Victoria harbours to remote First Nations communities on the North Coast.

The new RCM-SAR training building is expected to open in the spring of 2015.

The training facility will be available to other organizations, including the Canadian Armed Forces, for custom simulator training focusing on small vessels.

Already RCM-SAR has provided training to the Victoria and Vancouver police departments and

Canada Border Services Agency.

"We have been running our simulator program out of a hangar that the Canadian Coast Guard generously loaned to us at their base in James Bay," said Cheryl Caldwell, Director of Training and Operations for RSM-SAR. "Our new facility will be purpose-built with a proper electrical system, temperature controls, breakout rooms, and instructional space. We'll be able to provide an even better learning environment for the crews who volunteer their time to train."

RCM-SAR has more than 1,000 members at 42 rescue stations on the coast and interior. The organization is called out about 800 times per year for medical emergencies, broken down vessels, shore searches, and many other missions. Its rescue vessels range from rigid hull inflatable boats (RHIB) to new designed enclosed-cabin jet boats. British Columbia's marine rescue volunteers also face danger, and have developed their own fast rescue craft simulator to practice their navigation, commu-

nications and search and rescue skills.

"We're a key part of the marine safety system on the west coast. We are tasked by the Joint Rescue Coordination Centre," explained Caldwell. "We get great support from the Canadian Forces, and our crews have really benefited from multi-agency exercises that have involved 442 Squadron and other military personnel."

SAR is an integrated service delivered through the collaborative efforts of the CAF, the Canadian Coast Guard (CCG), Royal Canadian Mounted Police (RCMP), and other federal, provincial, municipal and volunteer organizations, including Royal Canadian Marine Search and Rescue (RCM-SAR), and the Civil Air Search and Rescue Association (CASARA).

As part of Canada's overall national search and rescue program, the CAF have the primary responsibility for the provision of aeronautical SAR services (search for downed aircraft), whereas the CCG is responsible for maritime search and rescue services.

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Cpl Malcolm Byers, MARPAC Imaging Services

Navy flag officers and senior staff of the Five Eyes community (Australia, Canada, New Zealand, the United Kingdom, and the United States) gathered at the Chief and Petty Officers' mess during the Five Eyes Navy Staff Talks.

## Five Eyes: Naval flag officers gather for staff talks

**Jamie Cooke**  
MARPAC PA Office

Senior naval leadership from the Five Eyes countries – Royal Australian Navy, the Royal Canadian Navy, the Royal New Zealand Navy, the Royal Navy and the United States Navy – gathered at CFB Esquimalt from Oct. 20 to 24 for the first time.

The Flag Officers discussed topics concerning the future of naval operations and maritime security.

RAdm Ron Lloyd, Deputy Commander RCN and Canada's Head of Delegation, says in a time where navies of our most trusted international partners face an uncertain global security environment, characterized by volatility, instability, complexity and

interdependencies, these inaugural Five Eyes Navy talks provided an opportunity for this unique group to engage directly on matters of mutual interest and concern.

"For the first time, we had the opportunity to have the Deputy Commanders and key flag officers of our navies get together to discuss some very important issues affecting all of us, and commit to working together collectively to leverage opportunities," he said.

The Five Eyes countries, which traces its origins back to the Second World War, is a group of like-minded nations that work together in a number of forums. Through these talks, the Five Eyes navies have committed to come together annually in order to share

*You can surge forces during times of crisis but you can't surge trust, and the trust we've established amongst ourselves here was very important.*

-RAdm Ron Lloyd  
Deputy Commander RCN

knowledge, experience, best practices and lessons learned.

Staff talks kicked off with a geostrategic overview of global maritime security issues and challenges that currently, or could potentially, affect them as naval leaders.

Afterwards, the discussions segued into looking towards challenges and

opportunities in the realm of personnel management.

"We looked at how we can leverage our training systems as the ebb and flow of personnel demands continue, and as our navies transition to new capabilities," said RAdm Lloyd.

Other topics discussed included anti-submarine warfare, an important topic given the growing prolifera-

tion of submarines by navies around the world, and their corresponding influence on naval operations.

Formal staff talks concluded with discussions on enterprise management, before moving on to a full series of bilateral meetings where attendees engaged directly with representatives from other navies in a more focussed manner.

In addition to the knowledge and experience shared during the talks and the bilateral meetings, this engagement also helped reinforce the special level of trust that exists between the Five Eyes nations.

"You can surge forces during times of crisis but you can't surge trust, and

the trust we've established amongst ourselves here was very important," said RAdm Lloyd.

The group came away with a Statement of Principles to pursue opportunities to exchange personnel between their respective navies, and opened a dialogue on the importance of sharing training strategies.

"All the participants thought this was an exceptional opportunity for Flag Officer engagement, and a very productive forum. I think there was a genuine and sincere commitment to continue what we started here, and leverage it to greater success," concluded RAdm Lloyd.

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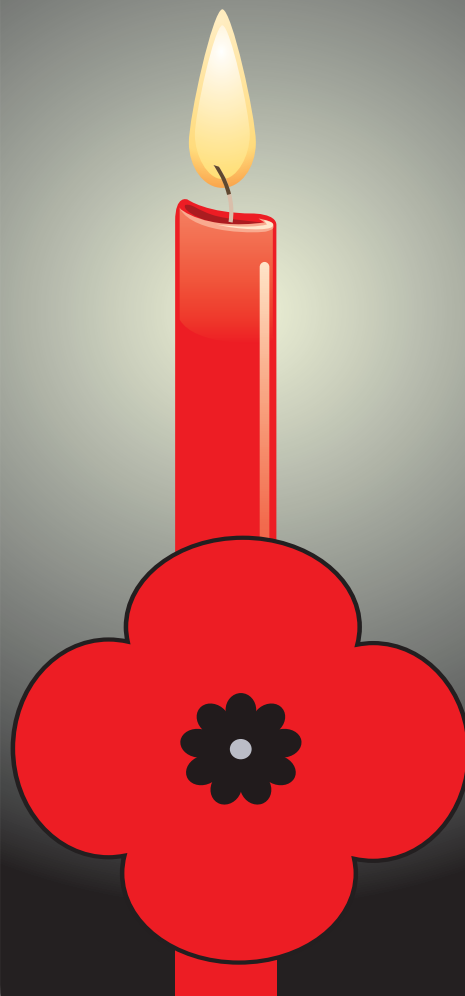
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