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LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Rappelling reservists



Bdr Albert Law, 39 CBG Public Affairs
Pte Tyler McCall of The Royal Westminster Regiment (top) and two other soldiers from the 39 Canadian Brigade Group patrol team rappel from a Griffon helicopter during a rappelling training in Chilliwack B.C. Read the story on page 9.

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Base implements new smoking policy

As part of continual review of Base Standing Orders and in line with the MARPAC Health and Wellness Strategy, the new smoking policy (BSO 2-128) brings MARPAC into compliance with the Non-smokers Health Act. As of Dec. 1, smoking is prohibited on DND property with the exception of designated smoking areas.

Q&A

Why the change?

CFB Esquimalt is federal property. As such, it must conform to the federal and provincial laws that govern its use. The Tobacco Act and the Non-Smokers' Health Act regulate and restrict smoking beyond designated smoking areas. As a result, base policies will be in accordance with federal and provincial law. **Do all Canadian Armed Forces (CAF) bases have the same rules and regulations?**

Canadian tobacco laws empower each province's ministry of health to regulate legislation concerning smoking, including the boundaries and areas in which it is legal to smoke. Depending on a CAF base's location, it is possible that the rules and regulations surrounding smoking can be different.

If I smoke e-cigarettes do the regulations apply to me?

Yes. According to Health Canada, all tobacco accessories are subject to the same laws as tobacco itself. That means that e-cigarettes may only be used within a designated smoking area.

Where will I be allowed to smoke?

All personnel who are on DND property must smoke only within a designated smoking area.



This policy is inclusive to guests and invitees. In accordance with DAOD 5020-1, designated smoking areas will have neither sides, nor seating. Butt receptacles will be provided at each of the designated smoking areas. It is the users' responsibility to keep the smoking areas clean.

What happens on board ship?

Smoking on board HMC Ships is regulated by Ships Standing Orders.

If I live in barracks, where can I smoke?

All members on TD or who live in fully furnished military accommodations or those members who rent mess accommodations for social events, such as gatherings and weddings,

must smoke only within designated smoking areas. They are not permitted to smoke within their quarters. Residential Housing Units on DND property are exempt from the policy.

What will happen to the old smoking areas and what will the new ones look like?

The old smoking areas will be marked for disposal/removal if not designated as an approved smoking area. This will account for almost all of the present smoking areas. New smoking areas will have a sign designating the area as well as disposal cans for smoking products. **The new smoking areas are further from my work place than**

before. How much time will be given to me to so that I may use them?

Standard coffee break times were used in determining locations for the new smoking areas. No smoking area is more than a 2 minute walk from any building or population area (for ranges, etc.).

Is it an offence if I am caught smoking outside of the smoking areas? What is the penalty and how will the policy be enforced on the base?

Smoking violations will be controlled via ticketing measures as detailed in section 14 of the Non-Smokers Act.

Where can I find more information about CFB Esquimalt's smoking policy and tobacco legislation?

• Base Standing Orders (BSO): <http://esquimalt.mil.ca/bcomd/Publications/BSOs/index.htm>. Click the link labelled 2-208 BASE SMOKING POLICY.

• BSO's hours of work can be found at <http://esquimalt.mil.ca/bcomd/Publications/BSOs/index.htm>. Click the link labelled 2-200 HOURS OF WORK.

• Federal Legislation: Tobacco Act -<http://laws-lois.justice.gc.ca/eng/acts/T-11.5>

• Provincial Legislation: www.health.gov.bc.ca/tobacco/laws.html

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La Base lance une nouvelle politique sur l'utilisation du tabac

Dans le cadre de l'examen continu des ordres permanents de la base et en ligne avec la stratégie de santé et de bien-être des FMAR(P), la politique anti-tabac (BSO 2-128) a été créée pour rendre les FMAR(P) conformes aux dispositions de la Loi sur la santé des non-fumeurs. À compter du 1er décembre 2014, il sera interdit de fumer sur la propriété du MDN à l'exception des zones fumeurs.

Q&A

Pourquoi procède-t-on à un changement?

La BFC Esquimalt appartient au gouvernement fédéral. À ce titre, elle doit se conformer aux lois fédérales et provinciales qui régissent son utilisation. La Loi sur le tabac et la Loi sur la santé des non-fumeurs réglementent les zones fumeurs désignées et interdisent que l'on fume ailleurs. Par conséquent, les politiques de la base seront conformes aux lois fédérales et provinciales.

Toutes les bases des FAC ont-elles les mêmes règles et règlements?

Les lois canadiennes sur le tabac permettent aux ministres de la santé des provinces de réglementer l'usage du tabac, y compris aux endroits où il est permis de fumer et les limites de ces lieux. Selon la région où se trouve une base des FAC, il est possible que les règles et règlements visant l'usage du tabac soient différents de ceux d'une autre base.

Suis-je visé par le règlement si je fume des cigarettes électroniques?

Oui. Selon Santé Canada, tous les accessoires du tabac sont assujettis aux mêmes lois que le tabac. Donc, on ne peut utiliser les cigarettes électroniques que dans une zone fumeurs désignée.

Où pourrais-je fumer?

Les personnes qui se trouvent sur des terrains du MDN ne doivent fumer que dans les zones fumeurs désignées. La poli-

tique s'applique aussi aux invités. Conformément à la DOAD 5020-1, il ne doit pas y avoir de murs ou d'endroit où s'asseoir dans les zones fumeurs désignées. Il y aura des cendriers dans chaque zone fumeurs désignée. Il incombe aux usagers des zones de veiller à leur propreté.

Quelle est la situation à bord d'un navire?

Les ordres permanents des navires réglementent l'usage du tabac à bord des NCSM.

Si je vis dans une caserne, où puis-je fumer?

Les militaires qui sont en ST, ceux qui vivent dans des logements militaires entièrement meublés, ou ceux qui louent des locaux de mess pour des activités sociales comme des réunions ou des mariages, doivent fumer uniquement dans les zones fumeurs

désignées. Il est interdit de fumer dans les quartiers. Les unités de logement résidentiel se trouvant sur les terrains du MDN sont exemptées de la politique.

Que deviendront les anciennes zones fumeurs et à quoi ressembleront les nouvelles?

Les anciennes zones fumeurs qui ne sont pas désignées comme zones fumeurs approuvées seront supprimées. Cela visera presque toutes les zones fumeurs actuelles. Les nouvelles zones fumeurs seront désignées par un panneau et on y trouvera des cendriers.

Les nouvelles zones fumeurs sont plus éloignées de mon lieu de travail que celles que j'utilisais auparavant. Combien de temps aurais-je pour pouvoir

les utiliser?

les utiliser?

On s'est servi du temps donné pour les pauses-café normales pour déterminer l'emplacement des nouvelles zones fumeurs. Aucune zone fumeurs ne se trouve à plus de deux minutes à pied d'un bâtiment ou d'un endroit fréquenté (pour les champs de tir, etc.)

Si je suis pris à fumer ailleurs que dans une zone fumeurs, est-ce que cela constitue une infraction? Quelle sera la peine et comment la politique sera-t-elle appliquée à la base?

Une période d'essai est prévue du 1er décembre 2014 au 31 mars 2015. Dès le 1er avril, les personnes qui violeront la réglementation sur l'usage du tabac seront passibles de contravention tel qu'indiqué dans l'article 14 de la Loi sur la santé des non-fumeurs.

Où puis-je trouver d'avantage d'information pour la politique sur l'usage du tabac de la BFC Esquimalt et la législation régissant l'usage du tabac?

Lien vers l'OPB portant sur la politique d'usage du tabac : <http://esquimalt.mil.ca/bcomd/Publications/BSOs/index.htm>, BASE SMOKING POLICY

- Lien vers les OPB : <http://esquimalt.mil.ca/bcomd/Publications/BSOs/index.htm>, HOURS OF WORK

- Législation fédérale : Loi sur le tabac - <http://laws-lois.justice.gc.ca/fra/lois/T-11.5/>

- Législation provinciale : www.health.gov.bc.ca/tobacco/laws.html



Toronto sailors respond to fire in Turkey

On Nov. 14, six crew members of HMCS Toronto responded to a fire and helped evacuate a building in Antalya, Turkey, during a port visit.

Lt(N) Samuel Gaudreault, Lt(N) Daniel Willis, MCpl Shirley Jardine, LS Jean-Francois Martineau, Cpl Jo Boivin and AB Chris Richards were eating at a local restaurant, when they noticed a fire and rushed to assist.

They used a fire hose, rigged in the street outside

These people responded instinctively, bravely and selflessly to a dangerous situation. Their fortitude and training are proven.

Cdr Jason Armstrong
Commanding Officer of HMCS Toronto

the building, to cool the structure and were able to extinguish the fire.

After supporting the evacuation of the building and handing over the scene to the

fire department and police, the crew members returned to the ship. Two members of the Air Detachment also assisted with the response.

"These people responded

instinctively, bravely and selflessly to a dangerous situation," said Cdr Jason Armstrong, Commanding Officer of HMCS Toronto. "Their fortitude and training are proven. The entire ship's company is very proud to have them as part of the team."

Toronto was in Antalya, Turkey for a short port visit following its participation in the Turkish-led anti-submarine warfare Exercise Mavi Balina, held in the eastern Mediterranean Sea.

For those looking to quit

Maj Abdel-Galil
Base Surgeon

Many people feel they are ready to tackle smoking cessation, but don't know where to start. With winter coming and the upcoming changes to the Base Smoking policy, the timing has never been better to take the first step.

It is not uncommon for people to try and fail multiple times; however, there is support through Health Services and Health Promotion for anyone who wants to butt out their last cigarette.

Responding to the upcoming change in the smoking policy, CFB Esquimalt Base Surgeon Maj Abdel-Galil said, "With increasing restrictions on places to smoke, some might take this opportunity to quit the habit for good. As a physician, and as the Base Surgeon, I remind all smokers that when they are ready to seek advice on a smoke-free future, Canadian Forces Health Services Centre (Pacific) or ships' local medical teams can provide support, and medical resources, to aid with the difficult process of quitting tobacco. As well, members of the Personnel Support Program can provide help through proven strategies for those who no longer wish to be smokers."

Maryse Neilson, Health Promotion Director for CFB Esquimalt, added to his message by reminding serving members that the Butt-Out program is always accessible: "The qualified and compassionate staff in Health Promotion can help you become tobacco free. Drop in Wednesdays between 9 and 11 am at the Naden Athletic Centre to meet with a smoking cessation expert. If you can't make it during the drop-in time, call 250-363-5532 to set up an appointment."

For all members who feel that the timing is right to make this change, know that you have the unfailing backing of your health professionals.

For more information regarding Canadian Armed Forces support programs for smoking cessation visit:

<http://esquimalt.mil.ca/fhsu/index.htm>

<http://esquimalt.mil.ca/badm/psp/hp/>

Pour les personnes qui veulent arrêter de fumer

Maj Abdel-Galil
Le chirurgien de la base

Beaucoup de gens pensent qu'ils sont prêts à arrêter de fumer, mais ils ne savent pas où commencer. L'hiver arrivant et compte tenu des changements prochains à la politique de la base sur l'usage du tabac, le moment n'a jamais mieux été choisi pour faire le premier pas. Il n'est pas rare que des gens essaient d'arrêter de fumer et échouent de nombreuses fois. Cependant, les personnes qui veulent essayer peuvent recevoir l'appui des services de santé et des services de promotion de la santé.

Le Maj Abdel-Galil, médecin-chef de la BFC Esquimalt, a réagi au prochain changement à la politique sur l'usage du tabac en faisant la déclaration suivante :

« Comme les lieux où l'on peut fumer sont de plus en plus rares, certains voudront saisir l'occasion pour arrêter de fumer une fois pour toutes. En tant que médecin et médecin-chef de la base, je tiens à rappeler aux fumeurs que lorsqu'ils sont prêts à obtenir des conseils pour vivre sans tabac, le Centre des Services de santé des Forces canadiennes (Pacifique) ou les équipes médicales des navires peuvent les appuyer et mettre à leur disposition des ressources médicales pour les aider à surmonter ce passage difficile. De même, les employés du Programme de soutien du personnel peuvent assister les gens qui veulent arrêter de fumer à l'aide de stratégies qui ont fait leurs preuves. »

Maryse Neilson, directrice de la Promotion de la santé pour la BFC Esquimalt, a pour sa part rappelé aux militaires en activité qu'ils peuvent toujours bénéficier de l'aide du programme « Écrasez-la » :

« Le personnel qualifié et compatissant de la Promotion de la santé peut vous aider à vous libérer du tabac. Venez le mercredi entre 9 h et 11 h au Centre sportif de Naden pour rencontrer un spécialiste de la désaccoutumance au tabac. Si cet horaire ne vous convient pas, veuillez appeler au 250-363-5532 pour prendre rendez-vous. »

Tous les militaires qui pensent qu'il est temps d'arrêter de fumer doivent savoir qu'ils ont l'appui sans faille des professionnels de la santé. Pour obtenir davantage d'information sur les programmes de renoncement au tabac des Forces canadiennes, veuillez cliquer sur les liens suivants :

<http://esquimalt.mil.ca/fhsu/index.htm>

<http://esquimalt.mil.ca/badm/psp/hp/>

matters of OPINION

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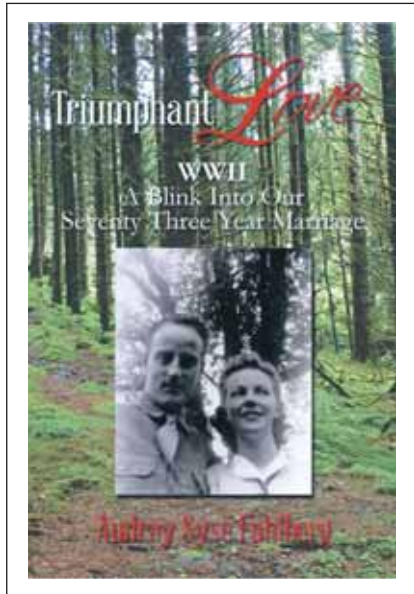
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BOOK review

How love triumphed in a time of war

Triumphant Love: WWII A Blink into our Seventy Three Year Marriage, by Audrey Syse Fahlberg
Accomplished author recounts her military family's life during the Second World War



It's September 1944. A pregnant Audrey Syse Fahlberg and her four-year-old daughter Karen are travelling by train from Wisconsin to Texas in the hopes of seeing Audrey's husband before he is shipped off to Italy during the Second World War.

Although we have heard countless stories from veterans of the Second World War era, not much is published about the soldiers' families back home, and what they went through.

In Fahlberg's new book, "Triumphant Love," she narrates her journey as a wife and mother before, during, and after her husband was drafted and sent overseas. Her story allows the reader to travel back in time as she details the hardships they faced as a family, and the joy as their soldier returned from war.

"My husband was a front line combat medic with the Tenth Mountain Division in Italy during World War Two," Fahlberg said.

"The grace of God gave us hope during that time, and love for the Lord held our marriage together."

"Triumphant Love" reveals the untold story of the families of the Tenth Mountain Division and sheds light on the struggles military families had while their soldiers were overseas, and how those struggles remain today.

"There is still a need for support for young military families and people caring and respecting one another," Fahlberg said.

Her husband, Dr. Willson Fahlberg, had always encouraged her to write about their story. After his death a few years ago, Fahlberg decided to look at her own aging as an opportunity and penned "Triumphant Love" at the age of 92.

The book is available in softcover, hardcover, and e-book on Amazon, Barnes and Noble and Xlibris online bookstores.

SPORTS trivia by PO1 Bill Sheridan Contributor

QUESTIONS:

- Who was the NHL's first full time assistant coach?
- Who is the all time hits leader for the Yankees?
- What California baseball team's mascot is Lou Seal?
- Who holds the Utah Jazz all-time scoring record?
- June Callwood wrote a book called *The Man Who Lost Himself*; which was about which former most outstanding Canadian award winner in the CFL?
- Who did Don Shula win his first game against?
- What song does the following verse come from; bases are loaded and Casey's at bat, playing it play by play, time to change the batter?
- Which three Tennis Grand Slams are played on grass?
- Why did the Titan players all wear the number 9 on their helmet during the 2009 season?
- What's the longest hole on the Old Course in St Andrews?
- Archie Griffin is the only person to win which trophy twice?
- Bruce Robertson won a silver medal for Canada in which swimming discipline?
- Which former NHL President was a Rhodes Scholar who played hockey at Oxford?
- Which city had a baseball stadium named Sick's Stadium?
- Who were the Milwaukee Chicks?
- Who nicknamed Jeff Gordon Wonder Boy?
- Who was playing at Fenway Park in Field of Dreams when they heard 'Go the distance'?
- Which president captained the Yale baseball team to the College World Series final twice?
- What are position scoring numbers in baseball?
- The Philadelphia Phantoms won the Calder Cup in 2005 when Ben Stafford scored the winning goal....after his dream of playing in the NHL ended, where did he turn to?



1. Mike Nikoluk, of the Flyers under coach Fred Shero.
2. Derek Jeter
3. San Francisco Giants
4. Karl Malone
5. Terry Evanshen, who had been in a car accident and a coma, the book was made into a movie.
6. 49ers, it was his second game after losing to the Giants.
7. Rocky Mountain Way by Joe Walsh.
8. Australian, Wimbledon and the US Open.
9. It was in memory of Steve McNair.
10. The Par 5 14th is 530 yards.(Whites)
11. Heisman
12. Butterfly.
13. Originally from Saskatchewan, Clarence Campbell.
14. Seattle, where the Pilots played.
15. All-American Girls Professional Baseball League (Movie-A League of Their Own)
16. Dale Earnhardt
17. Red Sox and As
18. George Bush Senior
19. 1-P, 2-C, 3-1B, 4-2B, 5-3B, 6-SS, 7-LF, 8-CF,9-RF & DH-O.
20. The United States Marine Corps.

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GNO-MAN

The Gnavel Gnome took some time during his temporary duty in Ontario to build a snow gnome. "I'm gnothing if gnot a fan of gnorthern leisure pursuits."



Naden Band Decks the Halls

Shawn O'Hara
Staff Writer

Join the Naden Band of the Royal Canadian Navy (RCN) Dec. 15-17 at the Royal Theatre for some good old-fashioned holiday cheer during their Christmas Concert Series.

The concert is an annual tradition for the Naden Band and one the musicians look forward to. This year they have prepared all new music, with several pieces arranged by band members.

"We're going to be debuting a piece called 'The 12 Navy Days of Christmas', as well as a few arrangements done by members of the band, so we're very excited about that," says Lt(N) Matthew Clark,

Commanding Officer of the Naden Band. "We've put a lot of work into this year's concert and we're excited to share it with the community as members of the Royal Canadian Navy."

Joining the Naden Band once again are vocalists Ken Levigne and Stephanie Greaves, who will be performing both solo and duet pieces alongside the band.

This year's concerts also mark the premiere of a special piece composed for the Naden Band by Canadian composer Robert Buckley. Buckley, a Juno Award winning composer who has created scores for Disney, Cirque du Soleil and countless other productions, saw the Naden Band perform in Vancouver and met with

Lt(N) Clark to discuss a possible collaboration.

"Over the course of a few meetings we decided that we'd like to work together. We're extremely excited to debut the piece. It's just beautiful," says Lt(N) Clark. "Any opportunity we have to get more quality Canadian music written by talented Canadian musicians out into the world is great."

Tickets to the concert are \$10 plus a new, unwrapped toy. The toys go the Salvation Army for distribution this season.

"It's about family, it's about the holiday season, it's about giving back; basically all the things that make Christmas something we look forward to," says Lt(N) Clark.

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Farewell Pte Steven Allen

The Bearer Party, comprised of soldiers from 3rd Canadian Division Training Centre Wainwright, lowers the coffin of fallen soldier Pte Steven Allen to its final resting place at the Royal Oak Burial Park and Crematorium in Victoria, B.C. on Nov. 15. Pte Allen died following an accident during an exercise in Wainwright, AB, while training to become a fully-qualified Regular Force Infantry soldier.

Local man dedicates brick to slain soldiers

Shawn O'Hara
Staff Writer

A generous donation by a local business man has honoured two fallen soldiers and supported military families at the same time.

Casey Edge, Executive Director of the Victoria Residential Builders Association, purchased a brick at "The Homecoming" memorial statue in Victoria's Inner Harbour, dedicating it to the memory Cpl Nathan Cirillo and WO Patrice Vincent. He wanted to pay his respects to the two CAF members who were tragically killed last month in two separate attacks.

"I think the families of these men

would be happy to know they are being honoured and remembered all across the country," says Edge.

The brick reads, "Cpl Nathan Cirillo. WO Patrice Vincent. Honour and Remember", and was placed at the memorial Nov. 6.

Edge says he was compelled to make the donation following the tragic events in Quebec on Oct. 20 and in Ottawa on Oct. 22.

"It happened over 4,000 kilometres away, but it had a profound effect on everyone," says Edge. "We had Remembrance Day and then in the same week we have our [municipal] elections. The elections generally have a pretty low turnout, and it seems like

a lot of people don't care to participate in a free election, which is a privilege many other countries don't have access to. This can stand as a reminder of the freedoms people put their lives on the line for."

The money from the brick dedications goes directly to the Military Family Resource Centre, providing additional funding for programs and aid for military families. Edge says this was another one of the reasons he chose to memorialize Cpl Cirillo and WO Vincent the way he did.

"The military aspect is a very important aspect of our community, and maybe we don't think about that as much as we should," he says.

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Orca day sail offers a snapshot of navy life

Following an outpouring of public support for Canada's military during this year's Remembrance Day, members of Vancouver's business and new immigrant communities were welcomed on board Orca class vessels Patrol Craft Training (PCT) Renard and Cougar to give them a glimpse of life in the navy.

"These ships were purchased for the sole purpose to provide that introductory level of training for our most junior sailors," said Cdr Lorne Carruth, Commander, Coastal Division Pacific. "Our ultimate goal today is to just improve awareness what the Royal Canadian Navy is all about," Honorary Captain (Navy) Tung Chan agreed that the day sail was an excellent opportunity to give new immigrants to Canada a better understanding of what the Royal Canadian Navy is about. "One of the things I would like to encourage people

to do is gain experience today and, once they get back home, to talk to their friends, to their neighbors and to their colleagues about what the navy is today and what it's doing for them."

PCT Renard and Cougar cruised under the Lions Gate Bridge as they departed Vancouver Harbour, later sailing close together in a tight "foxtrot" formation.

This provided an opportunity to practice the maneuvering that takes place during a replenishment at sea between two larger ships.

The two Orcas then sailed to Howe Sound, where the guests took turns steering the vessels and familiarizing themselves with the various instruments, followed by a tour of the vessels' compartments.

The Orcas' crew mixed

and mingled with their embarked guests over lunch and answered questions about why they decided to join the navy and what their experience has been thus far.

Returning to Vancouver Harbour shortly after lunch, the guests were thankful for the opportunity to get a brief snapshot of navy life and many expressed a desire to see more.



(Left to Right) LCdr Scott Nelson, Cdr Lorne Carruth, Honorary Captain (Navy) Tung Chan and Major Brian Martin with Vancouver community stakeholders onboard one of the Orcas during a day sail out of Vancouver on Nov. 13.

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NEWS Nuggets

Pacific Fleet Club General Mess Meeting Dec. 1

Due to not being able to obtain a quorum as only 191 members of the PFC attended the general mess meeting (GMM) on Oct. 31, the Pacific Fleet Club has rescheduled their general meeting to Dec. 1 at 10:30 a.m. in the PFC upper lounge.

Attendance at GMMs shall be considered a parade and each unit, branch and/or section will provide designated representation from its Master Seaman and below. Commanding officers, branch heads and/or section heads will ensure that 20 percent of

their MS and below or one MS and below, whichever is greater, attends the GMM.

Agenda items are to be submitted no later than Nov. 24 to the mess president, MS Brandon Ensom, brandon.ensom@forces.gc.ca. The agenda will be published at least two days prior to the mess meeting and posted on the Pacific Fleet Club website.

The meeting will address the PFC revised budget, which will be posted seven days prior to the meeting.

Our messes continue to be a relevant part of personnel and professional lives of defence team members.

To this end, members' participation in the operations of their mess is important. Commanding officers are requested to encourage maximum participation.

Soldier found dead in Halifax

Canadian Armed Forces member, PO2 Dean Hicks, was found dead Wednesday, Nov. 12 at CFB Halifax.

The Canadian Forces National Investigation Service is investigating the circumstances surrounding the death. Foul play is not suspected at this time.

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Reservists train for 2014 Canadian Patrol Concentration



Bdr Albert Law, 39 CBG Public Affairs



Sgt Doug Setter 39 CBG Public Affairs

"Look this way." "Short find." "Insert. Insert. Insert." On the final order from MCpl Owen McIntyre of The Royal Westminster Regiment, four soldiers drop their rope bags, swing onto the skid of a CH-146 Griffon helicopter and drop into empty space.

Rappelling down 80 feet of rope, the four hit the ground and run clear to complete the first stage of their insertion drill. The following practises

would consist of simultaneous rappels and then rappels with equipment.

These drills were part of the training for the 39 Canadian Brigade Group (CBG) team preparing for the 2014 Canadian Patrol Concentration (CPC).

The CPC is a nation-wide competition designed to test the endurance and patrolling skills of both regular and reserve soldiers from across Canada. This year, the 39 CBG team is one of three army reserve teams from 3rd Canadian Division competing with both regular force and

reserve brigades from across Canada.

Each team has to know how to deploy for their mission by rappelling from a helicopter and later be able to extract via helicopter at the end of a 25 hour reconnaissance mission.

Behind the scenes, Capt Jamie Galt of The Rocky Mountain Rangers co-ordinated the insertion, securing Griffon helicopters from Edmonton's 408 Squadron and getting the team the best "production gear" so they have a good chance of not only completing, but also winning the 2014 CPC.

BATTLE TASK TRAINING HONES RESERVISTS' SKILLS

2Lt Cameron Park Canadian Scottish Regiment

At the military rifle range in Nanaimo, B.C., a single voice cuts through the morning mist that drifts in front of waiting targetry. "With a twenty round magazine, LOAD!"

The command is echoed by a ripple of voices up and down the firing point, punctuated by the hard metallic "clack" of magazines being seated in rifles. Soldiers wriggle and adjust their positions, prone behind their rifles, breath visible in the morning air, and wait for their next commands.

On Oct. 18 and 19, soldiers of The Canadian Scottish Regiment (CSR) (Princess Mary's) gathered for Exercise Scottish Fire to conduct weapons training and marksmanship practice as part of their annual Individual Battle Task Standards (IBTS) training. Integrated into the start of the training year, which begins each September, the practice and proficiency required to pass IBTS allows a reserve regiment to maintain the required degree of readiness

demanding of the army in B.C. Soldiers fired C7 rifles, C9 Light Machine Guns, and C6 General Purpose Machine Guns throughout the day and at night.

Overseeing the exercise, Capt Mike Soley emphasized the importance of honing individual skills. "It's one of the key components of what we need to do to be trained, to be ready to fight, whether that means a deployment or whether

that means conducting a security task. At the end of the day each soldier has to be confident on his own weapons systems and in his own abilities."

In addition to ensuring their own readiness, soldiers of The Canadian Scottish Regiment (Princess Mary's) worked side by side with soldiers from 39 Signals Regiment and 39 Service Battalion as part of the weekend training. Infantry

Sergeants and Master Corporals, many with one or more tours in Afghanistan, lent their experience to their Signals counterparts as part of the integrated marksmanship training. In years past, units have often conducted IBTS training on their own.

"It's excellent for both trades," said Sgt Fraser Rankin of The CSR (Princess Mary's). "The infantry get to pass on their skills. The non-combat trades, who may not get a lot of trigger time, get to see their marksmanship skills improve."

Sgt Rankin believes that this is a force generator by aiding in the retention of soldiers.

With the weekend complete, the reserve soldiers headed back to their civilian jobs, although not for long. Each coming month will provide a new challenge as The Canadian Scottish Regiment (Princess Mary's) conducts further training ranging from tactical field exercises to practicing winter warfare skills. These varied challenges will ensure that the soldiers of the regiment continue to exemplify their motto: "Deas Gu Cath" - "Ready For The Fray."



Capt Randy Evans, Canadian Scottish Regiment (Princess Mary's)

MCpl Chris Pearson watches closely as soldiers fire the C7A2 service rifle.

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In early October 2014, Tutor fans gathered at 15 Wing Moose Jaw, Saskatchewan, to celebrate the 50th anniversary of the CT-114 Tutor.

After 50 years of steadfast service to the Royal Canadian Air Force (RCAF), the Tutor was fêted by former and current pilots and technicians, aviation enthusiasts, photographers, and members of 15 Wing during a two-day celebration. Guests had an opportunity to tour the wing; view a static display and fly past; watch the iconic Snowbirds, 431 Air Demonstration Squadron; and celebrate with a formal dinner in the Snowbirds' hangar.

Hundreds of guests, military personnel, family members and friends saw the Snowbirds perform their final air display of 2014. Bundled against the cold, spectators watched the distinctive red and white Tutors perform precision formation flying in the blue prairie sky.

"The CT-114 Tutor is an ideal aircraft for both pilot instruction and air demonstration," said Col Alex Day, 15 Wing Moose Jaw Commander.

The first aircraft to be designed from scratch by Canadair, the Tutor was manufactured to Air Force specifications and delivered on Oct. 29, 1963. A year later, the nimble aircraft was put to use as the RCAF's basic jet trainer and, by 1967, 190 Tutors had been delivered. Most of the CT-114s spent their days in Moose Jaw as primary trainers.

In 1967, 10 Tutors were modified to form an aerobatic team. Painted gold and blue, the Golden Centennaires were created to celebrate Canada's centennial with 100 shows across the nation. The team flew just that one

year, but in 1970, pilots at 2 Canadian Forces Flying Training School (CFFTS) in Moose Jaw began flying the Tutor again as a demonstration aircraft. In 1971, the team was named the Snowbirds and they officially became the Canadian Forces Air Demonstration Team in 1975. Three years later, the team of Tutors and pilots were organized as 431 Air Demonstration Squadron.

The single-engine jet trainer is now used exclusively by the Snowbirds in Moose Jaw for air demonstrations, and by the Aerospace Engineering Test Establishment at 4 Wing Cold Lake, Alberta, for aircraft testing.

Guests at the Tutor 50th Anniversary dinner included a number

of accomplished Tutor and Snowbird pilots and technicians. The guest speaker for the evening, Honorary Colonel Yogi Huyghebaert, accumulated more than 5,000 flying hours on fighter and training aircraft during his military career. He flew number nine solo for the Snowbirds from 1974 to 1975 and was the commander of the Snowbirds squadron from 1985 to 1986.

"The Tutor continues to provide venerable service to the RCAF after 50 years of operations," said Col Day, who served as anniversary event host.

A commemorative coin, minted in pewter to mark the 50th anniversary of the Tutor, depicts the fighter jet in its first paint scheme of aluminum and red as

the 2 CFFTS trainer. A limited edition of only 350 coins was ordered.

The Tutor is expected to continue flying as an air demonstration aircraft until about 2020.

"The Tutor provided the RCAF with generations of pilots well versed in the many required skills of military aviation while capturing the imagination of the public at large and nurturing a desire to fly in the CF," said Col Day.

The Snowbirds are an icon and a source of pride for all Canadians. The dedicated team members embody the high levels of professionalism, teamwork, excellence, discipline and dedication that are demonstrated by the men and women of the Royal Canadian Air Force and the Canadian Armed Forces.



Above: Tutor jet fighter displaying the Snowbirds distinctive paint scheme (top) and a Tutor with older markings.
Below inset: The CC-114 Tutor 50th commemorative coin as pictured in blueprint sketches.

The Snowbirds 431 (Air Demonstration) Squadron wow the crowd with their year-end aerial display in their CT-114 Tutor jets during the Tutor 50th Anniversary celebration at 15 Wing Moose Jaw, Saskatchewan.

photos by Mike Leudey



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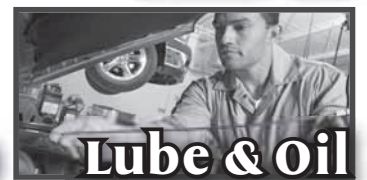
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LCdr Raymond Trotter, with his wife Caitlin and son Maddex, is promoted to his current rank by Capt(N) James Clarke, Commander of Naval Operations at Maritime Forces Pacific Headquarters.



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Italian owes life to Second World War Canadian soldiers

■ C platoon soldiers ensured five-year-old orphan survived the war

Helen Bobat
Army Public Affairs

In 1944 in a quarry outside the Italian town of Torrice, Canadian soldiers Paul Hagen and Ike Klassen investigated the sounds of what they believed to be a dog in distress. Instead, the two men stumbled across an almost-naked little boy near the battle ruins from a deadly encounter between Canadian and German armoured units. The five year old child was covered in filth, cowering in the middle of the wreckage and rubble of the quarry and so malnourished his belly was distended.

This is the story of Gino Farnetti-Bragaglia, now 76 years old. It is also the story of the brave and compassionate soldiers of C Platoon who tended to the boy's wounds and fed him. The men managed to decipher that the boy's name was Gino and his father had been killed in the rampaging war, while his mother had wandered off into the woods and could not be found.

In June of this year, Farnetti-Bragaglia travelled from his native home in Italy to Canada to honour four Canadian soldiers from the Second World War Italian Campaign who touched his life when they rescued him from the ravages of war more than 70 years ago.

Paul Hagen, Merton Massey, Doug Walker, and Lloyd 'Red' Oliver survived the war, but have since passed. Gino met with family members of his rescuers and reunited with members of his own extended family that he only recently learned reside in Canada.

"I often go back to those days during the war. This was an incident that changed my life completely," explained Gino through an interpreter during an evening

affair held at the Canadian War Museum on June 18, 2014. Of the time prior to being rescued, Farnetti-Bragaglia recalled, "My most important concern before I was found was about food. When I could find food, I could satisfy my needs."

The Allied invasion of Sicily, code named Operation Husky, was a major Second World War campaign, in which Canadians and allies took Sicily, a southern Italian island. It was a large scale operation which launched the Italian Campaign. The region was extremely dangerous and troops had to maintain a continuous stream of transport and supplies to the allied partners under the cover of darkness and the noses of the enemy.

By 1944 the battle for Sicily was won. In a fortunate twist of fate, June 1944 would see Canadian troops north of Frosinone, and in particular, C Platoon soldiers, who would go on to play a pivotal role in the life of an orphaned Italian boy. Deciding they could not leave him alone, the soldiers returned to base with Gino who spent his first night with the platoon, in a tent with Paul Hagen and Ike Klassen. His presence was only reported to the Platoon Commander, Lieutenant Smith the following morning.

"What I remember most is the care and love the men immediately had for me as soon as they found me," recounted Farnetti-Bragaglia.

Lt Smith quickly located Gino's village and people who knew him. The soldiers were told there were no known relatives. Due to the war, most of the villagers were destitute and few of them could feed their own, let alone an additional orphaned child. It was decided Gino would stay with C Platoon as they were



Cpl Andrew Wesley, Directorate of Army Public Affairs
Gino Farnetti-Bragaglia (right), guest of honour, and Mariangela Rondinelli (left), speak during an event held in Farnetti-Bragaglia's honour at the War Museum in Ottawa.

better positioned to care for him.

Gino moved into the larger tent belonging to Lloyd 'Red' Oliver and Merton Massey, and the two Canadian soldiers became surrogate father figures, mentoring and tutoring him. The little orphan quickly won over the hearts of all his rescuers. He was taught English, numbers and the Bible passages by Red Oliver, was promoted to Corporal and became jokingly the mascot for C Platoon. He was often seen riding a bicycle around the base, doing his duty for the war effort as a dispatch rider.

"The soldiers were good to me. They had fun with me. They brought me back to life," he recalled with tears welling in his eyes.

When the platoon moved locations, he moved with them, but Gino, who had no official documentation, could not leave the country. When it came time for the soldiers to leave Italy, Red Oliver, who had developed a particularly strong bond with Gino, received special permission to travel with Gino to Viserba, Italy.

On arrival, Oliver made arrangements with the town mayor and the Office of Strategic Services (OSS) unit under the leadership of Tony Monti to care for the boy. An Italian partisan who was also part of the OSS unit adopted Gino and welcomed him into their family. It wasn't until 10 years later that the courts would allow Gino to use

the family name Farnetti.

Researchers who stumbled across his story three years ago were so intrigued they traced Gino and two of the Canadian soldiers, Paul Hagen and Red Oliver, and Gino's adopted mother Rina Farnetti. The missing pieces to Gino's life before his rescue were solved when a researcher found a christening certificate for Gino Bragaglia, son of Giuseppe and Filomena. With this vital piece of information they were finally able to trace the family roots.

In October 2013, Farnetti-Bragaglia travelled to Torrice, Italy for the first time since leaving in 1944. He met with his nieces and nephew and visited the cemetery where his parents and a brother are buried. He was given honorary citizenship of the town in December 2013 and has finally come full circle, filling in the missing pieces of his heritage.

Former Canadian Defence Attaché to Italy, Tony Battista, was instrumental in the coordination of Farnetti-Bragaglia's visit to Canada. He worked with The Peace Through Valour Committee, which raised funds for a permanent monument to Canadian soldiers who helped liberate Italy, and organizers of Operation Husky 2013, an initiative that retraced the route that Canadian soldiers took during the Operation Husky, to ensure the success of Farnetti-Bragaglia's visit.

Many Canadians are unaware of the great contributions made by our soldiers during the Italian Campaign and even fewer are aware of stories like Gino's. Like all Canadians who have fought in wars before or since the rescue, Paul Hagen, Merton Massey, Doug Walker, and Lloyd Oliver demonstrated compassion and selflessness.

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