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LOOKOUT

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Photo: LS Ogle Henry, MARPAC Imaging Services

As part of her officer training, A/SLt Brigid Woodman practices taking a navigational fix on the bridge of HMCS Nanaimo. The Maritime Surface / Sub-Surface (MARS) Officer is currently sailing in the minor warship on Operation Nanook, and while traversing the Arctic waters she is enhancing her skill set in MARS IV training. Read more on page 16.

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Mobility Cup sets sail in Esquimalt Harbour

Peter Mallett
Staff writer

A team of volunteers are getting set to huff, puff, and put some wind into the sails of this year's Mobility Cup.

The Canadian Forces Sailing Association (CFSA) located at Munroe Head on the north side of Esquimalt Harbour is host to the 24th annual edition of Canada's international regatta for sailors with disabilities, Sept. 7 to 11.

"We have been working all year to get our club ready for this event," said Bill Macdonald, Disabled Sailing Association representative for CFSA. "It is a big effort, but it is also a lot of rote because we have done this so often before."

CFSA hosted the Mobility Cup in 1995 and again in 2001. Macdonald says this year's regatta will require over 150 volunteers to help welcome 42 competitors from across the United States and Canada.

Most volunteer positions have been filled, but Macdonald says they are still looking for a few good men and women to assist. CFB Esquimalt is providing tents, chairs, tables and several other support items. He says the CFSA are expecting a crowd of 300 to 400 people for the five-day event.

"It is just incredible and truly amazing that they have opened their doors to us again," said Emily Boardman, Coordinator of Services at Recreation Integration Victoria. "The ramps and washrooms at the CFSA are easily accessible and have been redone, which will make the experience for participants much easier."

CFB Esquimalt renovated all the heads and wash places to make them accessible in 2001, and a new ramp to the docks was installed in 2008.

Macdonald and Boardman both say the salt water course, which runs to the south of Royal Roads University in nearby Colwood, will pose unique challenges for some sailors.

"Esquimalt Harbour can be quite fluky and unpredictable the way the wind is constantly changing as it blows through the harbour," said Boardman, who once represented Canada's youth national teams as a competitive sailor. "A lot of our sailors are lake sailors, so being out there with ocean tides and waves will be an extra challenge for many."

Macdonald helped facilitate the CFSA's involvement with the DSA in 1994 as it completed its search for a permanent home for the organization's Victoria chapter. Since that time he says "many" of Canada's top Paralympic sailors have honed their skills at the CFSA and brought home multiple medals from past Paralympic games.

The Mobility Cup can trace its roots back to the memorable moment when British Prime Minister Margaret Thatcher presented a Sunbird sailboat to Rick Hansen in honour of his "Man in Motion World Tour" at Expo '86 in Vancouver. Two years later Hansen presented the boat to Sam Sullivan, a quadriplegic, who three years later founded the Disabled Sailing Association of British Columbia (DSABC) at the Jericho Sailing Centre on English Bay with the dream of making sailing accessible to all.



The making of a smooth sail

The Boat: Competitors will use specially-designed Martin 16 sailboats for the event. The Martin 16s are small, fast, and maneuverable craft that are considered "unsinkable" by Mobility Cup organizers. Three of the boats are moored at the CFSA and the remainder will be shipped by rail, thanks to the Mobility Cup's sponsorship partnership with CN.

Technology: While on the Martin 16, competitors have the option of using the Sip 'n' Puff system. It allows "high quads" and those with little or no upper body mobility

to discover, or return to the world of sailing by sipping air or puffing into a mouthpiece to control the vessel's steering and sails.

Categories: There will be two race categories in this year's regatta: Silver Fleet, for sailors who have never sailed competitively, or those who consider themselves inexperienced. They will have a companion sailor on board to provide coaching and advice between races. Gold Fleet is for experienced sailors who have sailed in past Mobility Cups or events like it.



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Atomic bomb survivor makes game-changing donation

Peter Mallett
Staff Writer

So far, Second World War veteran Rudi Hoenson has given away \$4 million of his fortune, but says his latest donation may be his most meaningful.

Earlier this month the 92-year-old Victoria philanthropist, and atomic bomb survivor, announced he would match donations of up to \$200,000 to help cover the costs of new overhead lifts in all the rooms at The Lodge at Broadmead.

The Lodge at Broadmead is a 229-bed residential care facility with 115 priority access beds for veterans, 110 beds for seniors in the community, and four respite care beds for veterans. The Lodge is the primary priority access bed facility for veterans on Vancouver Island.

"This is a complete game-changer and is also critically important for care at The Lodge at Broadmead," said Jennifer Jasechko, Broadmead Care's Fund Development Consultant. "Residents will be able to get out of bed more often and easily, so it's much faster, more dignified, comfortable, and also saves injuries to our staff."

Previously, Jasechko says residents had been forced to wait for caregivers to arrive with portable lift units and then move them into wheelchairs or commodes. The new lifts cost \$5,300 each and will make life "considerably easier" for both residents and care-givers.

"I am veteran myself so I feel quite an association with the people here at the Lodge at Broadmead because I know what many of them went through," said Hoenson. "Many people who live here are war veterans or fought in World War Two as I did. I think it's a good place to give back some money and make their lives here better."

Hoenson was just 1.9 kilometres away from ground zero when the second atomic bomb ever used in warfare was dropped on Nagasaki, Japan. Surviving that experience, he says, gave him a "greater understanding" of humanity and also helped him gain insight into the value of helping others.

Until recently he refused to speak a word about that infamous day, but after suffering a stroke in January, he decided it was time to speak up.

Here is his story:

On December 9, 1941, just two days after the Japanese attacked Pearl Harbor, Hoenson was enlisted to fight for Netherlands forces in the Dutch East Indies (now Indonesia). But the Dutch were quickly overpowered by Japanese forces and when the order was given to surrender on March 8, 1942, Hoenson and the rest of his unit became prisoners of war.

After spending three months at Changi Prison in Singapore, Hoenson was eventually shipped to a POW camp in Nagasaki where he would spend the remainder of the war living under what he describes as "brutal" conditions.

On Aug. 9, 1945, the United States dropped its plutonium-type bomb named Fat Man. The explosion and firestorm that enveloped the city killed an estimated 50,000 people, creating what Hoenson describes as a real-life "hell-on-earth".

"At 11:02 we prisoners witnessed the most unbelievable explosion," Hoenson recalls. "I was outside in the open and the hot blast knocked me over.... Everything was like kindling and it all started to burn. Through the smoke we saw the great mushroom column [cloud] and wondered what kind of explosion or bomb had caused this immense fire and destruction."

Despite suffering radiation sickness from the blast, Hoenson



Peter Mallett Lookout Newspaper

Second World War veteran Rudi Hoenson (left) meets veteran Maurice Hundleby at the Lodge at Broadmead. Hoenson, a Victoria philanthropist, recently announced he will donate up to \$200,000 to match bids for badly needed lifts in residents' rooms, a gesture that Hundleby and other residents at Broadmead are very grateful for.

survived the nightmare. The Japanese surrendered to the allies six days later.

He says moving to Calgary in 1951 and meeting his wife Sylvia Mae - who he wed in 1956 - helped him come to grips with the events in Nagasaki.

Rudi and Sylvia would never have any children though, a painful decision Hoenson says he still "struggles" with today. Hoenson feared the radiation his body absorbed would have led to deformations in any children he fathered.

Since there were no children to care for, Hoenson invested his money on a small portfolio of oil patch stocks, initially valued at \$40,000. By the time he and Sylvia moved to Victoria in 1979,

in the midst of the energy crisis, the value of the shares he owned began to grow exponentially.

"I said to myself, 'what am I going to do with my money?' I have to spend it somehow and we both agreed that this was best," he said.

In their retirement years the Hoensons travelled the world and decided to start giving small amounts of their fortune to charity.

After Sylvia's death in 2008, Hoenson said he began making larger donations. Those included a \$1 million donation to the Victoria Hospitals Foundation; \$400,000 each for the B.C. Children's Hospital and the Saanich Peninsula Hospital, and a \$350,000 donation to the B.C.

Cancer Foundation.

Prior to his latest work of philanthropy, Hoenson has made close to \$400,000 in donations to Broadmead Care.

One Lodge resident who will benefit greatly from Hoenson's latest gift is Maurice Hundleby. Hundleby, 92, was stationed in Hoenson's home country of Holland with the Canadian Armed Forces during the Second World War.

"It [the lift] will help me quite a bit," said Hundleby. "Things like being able to get out of bed and move freely when I want to may seem like little things to some people, but to me they are huge."

For more information on the Lodge at Broadmead visit www.broadmeadcare.com.

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People Talk

At the Raven graduation ceremony on Aug. 20, Lookout asked the new Raven graduates this question:

What is your future looking like after completing the Raven program?



I'm going to go to university for four years to study music!"

OS Megan McNab



My life will possibly head in the direction of teacher's college, or I'll see if I can join the Reserves.

OS Olivia Tourangeau



I want to study something to do with medicine, but tying that into the military is definitely an option I'm looking at now.

OS Kennidy Sandy



"Well, for my future plans I'm going to study science with a minor in drama. But my long-term goal is medicine. A recruiter explained to me that I can be a full-time student and part-time military member with the Reserves, so that's an option too."

OS Christian Garnons-Williams



My immediate plan is to join the Reserves right when I get home – either the Royal Westies or a B.C. armour regiment. While doing that I'll be going to school for something like health administration."

OS Karissa Brown

Celebrating Excellence Awards

DND

As the DND/CAF Awards and Recognition Champion, I am proud to announce the new Celebrating Excellence Awards Program.

The program replaces the previous Corporate Awards and Recognition Program and will showcase the achievements of colleagues that have gone above and beyond to deliver on defence priorities.

The Celebrating Excellence Awards Program has been modernized, providing an opportunity to recognize accomplishments and sustained performance.

The DM Award for Excellence has been retained as the highest expression of recognition under the Celebrating Excellence Awards Program.

The DM/CDS Innovation Award now includes criteria linked specifically to Defence Renewal.

Four new awards have been added in place of some of the previous awards:

- The General Tom Lawson Team Builder Award
- The DM/CDS Award for Management Excellence
- The DM Emerging Leader Award
- The DM Sustained Contribution to Defence Award.

The updated suite of awards provides nominators with many possibilities to recognize the noteworthy accomplishments achieved by members of the Defence Team. DND employees and

CAF personnel are eligible to be nominated. I encourage you to use the results from the Performance Management cycle to reflect on individuals with exceptional ratings on their performance.

Recognition should be expressed through clearly written nominations to fully highlight the candidate(s) outstanding achievement. The Awards and Recognition site offers examples of written nominations and a writing guide.

For additional information on nominations, forms, awards criteria, writing tips, and to view the list of previous recipient's accomplishments, I invite you to visit our intranet site on this link <http://hrciv-rhciv.mil.ca/en/p-awards-types-corporate-awards.page>.

You can also contact your L1 Awards and Recognition Coordinator or contacting Micheline Hickeson, Manager of Awards & Recognition, EAP and Well-being at 613-971-0402 or by email.

The Celebrating Excellence Awards Program is an important initiative to highlight the remarkable accomplishments and hard work of members of the Defence Team.

Nominations for the 2015 annual Celebrating Excellence Awards must have L1 approval and are due no later than Sept. 18, 2015.

Thank you in advance for your support and cooperation.

Bill Jones DND/CAF Awards & Recognition Champion

Above and beyond, letter of gratitude

Good morning Vice-Admiral Norman, On Thursday afternoon August 13th, my folks were in Ottawa visiting from Oromocto/CFB Gaagetown, New Brunswick.

My children took their Grandparents downtown and stopped at the National War Memorial for their grandfather to pay his respects.

True to his nature, my Father (retired Armoured Corps SNCO now 75 years) struck up a conversation with a young sailor with the Sentry Duty team.

I am not sure of the entire conversation, but in short order she was ushering him up the steps close to the cenotaph, signalling to two guards, who in perfect formation, came over and saluted him. As it was unfolding my Father asked his kind host if this was for him. She said yes, at which point of course, he stood perfectly still, took and returned

the salute.

Ushering him back to the viewing area she thanked him for his service.

That afternoon, my father, retired WO Dennis Arsenault felt so humbled and so honoured. After serving 35 years of very dedicated service to the CAF, at the supper table that night he said this was definitely the highlight of his post-military career.

On behalf of the Arsenault family, thank you from the Army to the Navy for going way above and beyond the call to honour an old Soldier.

If you have the opportunity to pass along my sincere thank you to the team that stood duty that day, and the young sailor who took the initiative to say "Thank you", it would be deeply appreciated.

Most sincerely,
Ann Arsenault

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SEGWAY: personal green transportation with style

Ride the Glide at the CFB Esquimalt Industrial Supplier Trade Show

**INDUSTRIAL
SUPPLIER TRADE SHOW**

Rachel Lallouz
Staff Writer

Want to get to from point A to B quickly, in style, off road, and use green transportation?

Segways are the total solution. Not sure what a Segway is? No worries, vendor Ride the Glide - Segway Tours and Events, the self-balancing specialists, will be showcasing the personal transporters at the Sept. 17 CFB Esquimalt Industrial Supplier Trade Show.

"We love the fact that they are green technology with their rechargeable lithium ion batteries," says Corinne Besler, co-owner of Ride the Glide Segway Tours and Events, Victoria. "Rather than hop in your car, you can hop on a

Segway. Plus it's just so much fun," Besler says Segways and other self-balancing products are a great form of travel for the average person who needs to commute a short distance, such as to and from work. Segways are a staple in warehouses, airports, and can assist anyone who owns a large property to get around quickly.

"They actually decrease the fatigue of people who need to get from point A to point B multiple times a day; so they can increase productivity as well," she says.

On display at the tradeshow will be the Segway x2, an off road model that can travel between 15 to 19 kilometres on one charge, and has large wheels that are perfect for traversing multiple terrains on a property. Also showcased

will be the Segway i2, which can carry a person between 30 and 38 kilometres on one charge, and the Chinese version of the Segway, the Ninebot Elite, which has smaller wheels and a more streamlined shape for commuters. Also on display, the Ninebot One, an electric unicycle that uses Segway technology.

"They are all highly maneuverable and take up about as much space as your own personal body space. Plus, they can stop on a dime or go as slow as crawl and then pick right up to the maximum speed," says Besler.

For a small fee, attendees can trial a two-wheeled, self-balancing, battery-powered electric vehicle around the Naden Drill Hall. Those who try the Segway

products at the tradeshow will be entered into a draw to win an electric unicycle, the Ninebot One C+ valued at \$1,295. The draw itself is free, but the only way to enter is to try one out.

"Being on a Segway allows you to have a higher sightline than sitting on a bike, and once you get the hang of them, they are incredibly easy to use," says Besler. "Segways are a method of transportation that actually let you stop and smell the roses while you travel."

You can also check out Ride the Glide at the Saanich Fair from Sept. 4 - 6. If you don't get a chance to demo a Segway at the Saanich Fair or the Industrial Supplier Trade Show, they will also be at the Cowichan Valley Exhibition in Duncan from Sept.

11, 12 & 13th, where you will have your last chance to demo a Segway and be entered into the draw. The draw will take place on Sunday Sept. 13 at the Cowichan Valley Exhibition.

Ride the Glide offers Segway tours, corporate team building events, birthday parties, and other personalized events - your imagination is the only limitation, says Besler, adding, they service what they sell and are committed to customer satisfaction both before and after a sale.

For more information, visit RideTheGlide.ca or SegwayVictoriaBC.ca, or call 250-418-0812. To watch their product demonstrated online, visit YouTube and search "Ride the Glide."



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Therapeutic yoga helps sailor heal

PTSD, depression, anxiety of first responders addressed with alternative medicine

Rachel Lallouz
Staff Writer

When Master Seaman Jordan Buxton returned home from an Afghanistan tour in 2011, he began noticing the red flags of post-traumatic stress disorder (PTSD): hypervigilance, difficulty sleeping, and severe anxiety attacks.

He felt hopeless when medication and talk therapy garnered little results.

"I noticed that a lot of research supported alternative methods, so I started trying things like meditation, and focusing on physical fitness and yoga," he says.

One day while walking the aisles of a health show, he came across Kimberly Maine's Inner Warriors Yoga and Wellness Society. Maine's non-profit organization offers a six-week therapeutic yoga program -Wellness for Critical Task Performers - to help manage anxiety disorders such as PTSD, depression, trauma, and chronic stress that individuals such as military members or first responders experience in their work environment, or on deployment.

Even though he was well on his way to recovery when he met Maine, MS Buxton was immediately drawn to the program. It offered a combination of what he was already doing on his own, but it was guided by someone with the experience to teach and reaffirm that he was on the right path.

MS Buxton started the program in the spring. Over the course of 12 sessions, held twice weekly, he learned specific Hatha yoga poses, mindfulness techniques, and breathing exercises, all intended to help him heal

mentally, emotionally, and physically.

The small class size helped him feel comfortable enough to connect deeply with his physical body.

"The course gave me more tools to manage my healing and helped me continue making great strides to live my life normally again," he says.

MS Buxton says Maine's program was a welcome alternative to treatment that wasn't yielding the results he wanted.

"Before trying alternative methods to treat PTSD, like yoga, meditation, and physical fitness, I was walking into a room and scanning it and feeling that anxiety. And taking pills didn't make me feel right. I wanted to try meditation and breathing techniques to learn mindfulness and focus on what was around me," he says.

Participants can also try other treatment sessions throughout the program, such as Cranial Sacral Therapy, which involves applying light touch to the body to release tensions in the central nervous system; Thai massage, a full body massage using acupressure; restorative yoga postures; or registered massage therapy.

Maine encourages participants to commit to all 12 sessions, and there is an option to attend with a spouse who may also require healing. She hopes participants practice her breathing and mindfulness exercises at home.

"Part of the goal of the program is to provide participants with tools they can use in their daily lives. They are learning how to notice the body and befriend it, so they can build an awareness of deeper sensations and emotions they are experiencing within themselves," she says.

Maine explains that many participants such as MS Buxton enter her program with a sense of emotional numbness.

"Military members and first responders have been trained to act quickly in any given situation and to not feel emotion so they can act and operate in high-stress environments" she says. "Taking the time to feel something in a specific moment could risk their lives."

Her program seeks to break down that "fight or flight" mentality by practicing methods that participants can use in high-anxiety situations, rather than allowing the immediate physiological response of the body to take over.

Maine says her background as a therapeutic yoga instructor and Certified Strength Conditioning Specialist led her to identify a need in the military community for an alternative healing program.

"We do very well with physical healing and offer extensive talk therapy, but most trauma sensitive people need some sort of body oriented therapy to facilitate healing and a sense of safety in their bodies," she says. "With regular talk therapy, a person may not be able to express their trauma or feelings in words. They may need alternate tools to express those things."

Her goal is to work collaboratively with mental health services offered by DND as an option to be offered in conjunction with traditional healing methods.

She held a trial program two years ago, and since then has had 22 military members and civilians complete the program successfully.

"When you have the ability to do something, and you experi-



Image by Rachel Lallouz, Lookout

Kimberly Maine, program developer and therapeutic yoga instructor for Wellness for Critical Task Performers, poses with Master Seaman Jordan Buxton, a past participant of her program.

ence trauma and lose that ability, it's a pretty hard pill to swallow. But to regain it, that is just amazing," says MS Buxton.

He attributes part of the program's success to the sense of community built through the 12 weeks.

"With the support of this community, I resolved to speak to friends, co-workers, and loved ones about what I was going through, and to try alternative healing methods," he says.

In order to continue running Wellness for Critical Task Performers, Maine is seeking

donations from organizations, businesses, and private individuals through her Go Fund Me campaign. Her goal is to raise \$10,000, which will cover the operating and instructing costs of the Sept. 29 to Nov. 5 fall program.

To donate, please visit www.gofundme.com/z49a4d5

Maine's program is run through the non-profit organization Inner Warriors Yoga and Wellness Society. For more information on the program, visit www.innerwarriorsyoga.com or contact Kim Maine at 778-432-4334.

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VICTORIA • VANCOUVER

Marching team defeats Nijmegen four day course

Peter Mallett
Staff writer

A crowd of thousands cheered wildly as the MARPAC marching team made their triumphant way along Nijmegen's historic Annastaadt Street.

Canadian military members participating in the Four Days International Marches Nijmegen, July 21 to 24, were treated to a hero's welcome because of Canada's role in the liberation of Holland in the Second World War.

"It was like a victory march. I'll never be able to replicate it unless I go back," says WO Kevin Legg. "On both sides of the street in all of the buildings, on rooftops and balconies, there were people cheering as we marched down the street with 140 other Canadian military members. I heard people chanting 'Canada-Canada' as we walked by."

For a brief moment it was as if the clock turned back 75 years. "It's like I was walking through history."

Young children and grown adults ran from the

crowd to greet and even hug Canadian Armed Forces (CAF) marches.

The event is the largest of its kind in the world and this year's 99th annual march drew a record 47,000 participants and an estimated one million spectators. Team MARPAC was one of 14 CAF teams participating, and left the competition in the dust, posting the top times of any CAF team each of the four days.

The march closed the circle on an inspirational personal journey for the 42-year-old Nova Scotian. In 2008, WO Legg was severely injured by an IED (Improvised Explosive Device) in Afghanistan when it detonated while he was repairing an air conditioning unit.

The lower portion of WO Legg's lungs were burned and permanently damaged in the explosion and he now requires regular puffs from an inhaler to breath properly. His left knee cap and tendons in his leg were also damaged and he walks with a limp. WO Legg also suffered a concussion, and loss

of short-term memory from the blast.

At many points during the four days Legg admits he and many of his teammates were in considerable pain, suffering from blisters and other foot and lower body ailments. But each time the team approached a village there would be people clapping and cheering them on and the throbbing seemed to melt away WO Legg says.

"All of the sudden you forget the pain. The end result is I was on an outstanding team and had an outstanding time. All of it exceeded my expectations and if anyone ever asked me if I would do it again, I would respond I'd do it again in a second."

WO Kevin Legg displays his Cross for Proven Marching medal awarded to the MARPAC team and all marchers following their completion of this year's Four Days International Marches Nijmegen in Holland, July 21 to 24.

Peter Mallett, Lookout



ADVERTORIAL

Speed dating: the quickest way to find lasting love

Speed dating has taken Canada by storm; but with a few small exceptions, it is only offered in major cities such as Vancouver, Toronto, Montreal, Calgary and Ottawa. Victoria is an underserved and under tapped market.

Moon Under Water Brewpub and Drop The Needle Entertainment have partnered to bring speed dating to Victoria in September.

"Speed dating is a wonderful, risk-free way to meet lots of eligible singles in a comfortable setting," says DTNE co-owner, Craig McNeil.

Here is the "elevator version" of how speed dating works: singles sign up and come to Moon Under Water where they will have a row of tables for two set up. The single ladies will remain seated while every 2-5 minutes a different single gentleman will sit down for a chat. The event continues on until everyone has met each other. There will be a brief intermission where appetizers are served and people can mix and mingle. At the end of the event, participants select who they would like to give their contact information.

There is really no reason to be shy. At the very worst, singles spend an evening talking



to new people while having a drink and some yummy food, and at the very best, they meet that "special someone" to create shared memories with.

With the popularity of websites such as Plenty of Fish and Match.com, meeting people in unorthodox ways is becoming mainstream.

"We all want to feel connected, but some of us are not good at reaching out to new people," says, Katrina Cain, co-owner. Speed dating is a way to meet lots of like minded singles in a short amount of time and may be more appealing to those who are not comfortable with the online scene.

Your evening at Moon Under Water includes two craft beers and appetizers. Our staffers will meet with you briefly at the end to give you the contact information for those dates you are interested in getting to know better. Don't worry, we only pass along your contact information to people you have

We all want to feel connected, but some of us are not good at reaching out to new people.

Katrina Cain
Co-owner Drop the Needle Entertainment

selected who have also selected you.

The following times and dates are available:

- Monday, Sept. 14, Group A - Men and Women Ages 25-35
- Monday, Sept. 14, Group B - Men and Women Ages 36-45
- Tuesday, Sept. 15, Group C - Men and Women Ages 46-55
- Tuesday, Sept. 15, Group D - Men and Women Ages 56 +

For more information and registration, contact Drop the Needle Entertainment at 250-218-1071. You can also send an email to info@dtne.ca. Registration is online at dtne.ca/speed-dating.

ROYAL ROADS UNIVERSITY

Alumni award recipients embody 75-year legacy of learning and leadership

As part of its “75 Years of Changing Lives” celebrations, Royal Roads will present its 2015 alumni awards to an alumnus with a decorated military career, and an alumna who is an ally of the United Nations Association of Canada (UNA-Canada).

Major General (Ret'd) Herb Pitts, who has been a leader in his military career and in his volunteer work for organizations such as Scouts Canada and the Royal Canadian Legion, will receive the Royal Roads Alumni Leadership Award. The leadership award is open to Royal Roads Military College ex-cadets (1940-1995) and university alumni (1995-2015).

The Royal Roads Alumni Excellence award will be presented to Vivian Giang, a communications and grants strategist at the University of Alberta. Giang also works with the UNA-Canada to enhance intercultural understanding and to promote and build leadership capacity among vulnerable Alberta youth. The alumni excellence award is open to university alumni who bring meaningful and positive change to their workplace, community or the world.

“Our alumni continue to demonstrate the life-changing experience that a Royal Roads education provides

and we feel privileged to be part of an educational journey that helps them achieve their personal and professional goals,” says Royal Roads University president and vice-chancellor Allan Cahoon.

He says the university asks its alumni to use what they have learned to lead positive change.

“It’s clear that Herb Pitts and Vivian Giang have taken that challenge and made an impact in themselves, their workplaces and their communities. They embody our 75-year legacy of learning and leadership and we celebrate their accomplishments.”

About MGen (Retired) Herb Pitts

He began his military career by entering Royal Roads in 1948, then called the Canadian Services College.

His leadership was put to the test in several critical conflicts during the Korean War and the 1956 Suez Crisis.

He rose to the rank of Major-General in his last role as chief of army operations.

Throughout his post-military career, Pitts devoted much of his time and leadership skills volunteering. He volunteered as president of Scouts Canada, as well as international and national commissioner.

He received the organiza-

tion’s highest award – the Silver Wolf Award – for his efforts.

About Vivian Giang

In just a few short years since graduating with a Master of Arts in Professional Communication degree in 2012, Giang has established an impressive track record of achievement.

In addition to her communications role at the University of Alberta, she is bringing meaningful positive change to communities across the province as Alberta Project officer for UNA-Canada.

Her work in the UNA-Canada Multimedia and Multiculturalism Programme saw her actively engaging with youth and collaborating with First Nations communities, educational institutions, ethno-cultural communities and the media, creating media free of stereotypes, racism and other forms of discrimination.

Through this year’s FIFA Football for Hope/Sports-in-a-Box Programme, Giang promotes and builds leadership capacity for vulnerable Alberta youth – helping them realize their potential to lead change.

Royal Roads University will present its 2015 alumni awards at a private celebration on Sept. 10 in Hatley Castle.

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– Herb Pitts, Ex-Cadet and 2015 Alumni Leadership Award recipient

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John (Chico) Halkett, Crew Leader Type 1 Firefighter with Wildfire Management Saskatchewan, briefs Captain Elijah Macaluso of B Company, Immediate Response Unit (West), before they begin fire suppression operations near La Ronge, Saskatchewan, during Operation Lentus.

Images by: MCpl Mélanie Ferguson, Canadian Army Public Affairs



Members of 1 PPCLI B Company, Immediate Response Unit (West), extinguish a hot spot.

With some heavy lifting and good aim, military members douse smoldering embers with water.

Fighting the forces of nature - Canadian Army soldiers help fight wildfires in Saskatchewan during Operation Lentus

Natalie Flynn
Army Public Affairs

Fighting an unconventional enemy is one thing the Canadian Armed Forces (CAF) do best. So when the call came July 5 to join forces with experienced firefighting crews who were battling the wildfires scorching the landscape of northern Saskatchewan, Lieutenant Devin Kruk and Sergeant Bryon Crowhurst were ready to deploy.

Both are members of the 1st Battalion of the Princess Patricia's Canadian Light Infantry (1 PPCLI), a unit belonging to 1 Canadian Mechanized Brigade Group headquartered in Edmonton, Alberta.

A major mobilization of troops during any crisis in Canada falls under Operation Lentus, a CAF contingency plan that is available to augment provincial, territorial and/or municipal authorities' emergency response abilities following natural disasters, such as hurricanes, flooding or, as in this case, forest fires. Through Op Lentus, the CAF stands ready to provide not only troops on the ground, but engineering, health services, aircraft and other specialties as needed.

Approximately 850 members of the Immediate Response Unit and Primary Reserve units from 3rd Canadian Division were called upon to conduct both firefighting and support activities. Troops were trained by Saskatchewan Wildfire Management and from July 8 to 20; they conducted 12 days of fire line operations in

the vicinities of Montreal Lake and La Ronge.

Soldiers conducted many activities in support of the front-line fire crews, including patrolling the fire lines, putting out hotspots in and around vulnerable communities, and providing logistical support, such as moving fire hoses and sprinkler systems that were in place to protect houses and critical infrastructure. These contributions allowed civilian authorities to focus their attention on the critical task of containing the active fires.

Sgt Crowhurst, who led a section of 7 Platoon in Charlie Company, remarked that it was rewarding to see the potential for great damage averted, to see houses remain intact, and witness people returning to their communities. "It gave us recognition that we were able to achieve something," he said.

Lieutenant-General Marquis Hainse, Commander of the Canadian Army, expressed his appreciation for what the soldiers accomplished.

"The members of the Canadian Army displayed remarkable grit and military bearing in the face of challenging and demanding circumstances. Their performance and dedication throughout this operation have exceeded all expectations and Canadians across the country applaud their outstanding achievements. Well done."

Conditions were challenging, but nothing a well-trained soldier couldn't handle. Distances of several kilometres needed to be traversed on foot. Dehydration and hyperthermia were constant challenges, and there was a lot of thick brush and treacherous burned-out

wood debris that was susceptible to collapse.

The terrain was also mountainous at times, making some areas only accessible by helicopter and boat. Two military CH-146 Griffons from 408 Tactical Helicopter Squadron and various civilian contracted air- and watercraft supported transportation needs, shuttling troops and equipment to and from work sites.

Lt Kruk, who served as Charlie Company's 6 Platoon Commander and then as Liaison Officer at operation headquarters in La Ronge, explained, "We were working in 30 degree weather, doing physical labour. We did have a little bit of rain, some wind, a little bit of lightning at points. There were a lot of insects: mosquitos, black flies, horseflies, deerflies, all that."

Both Lt Kruk and Sgt Crowhurst spoke fondly of the

positive working relationship with municipal authorities and the local communities that soldiers established in a short period of time.

"We got to know them pretty well. It was nice to see. They were very happy that we were out there helping them," said Lt Kruk.

Lt Kruk also commended the Army's ability to adapt and overcome any situation to protect the Canadian people. "If you had told me a year ago that we could deploy the entire battalion in 24 hours, and affect firefighting on the ground, I probably would have said, I don't know about that. But we're ready! Plans and preparations were in place before we even got the call, and everyone performed very, very well," he concluded.

A Company of the Immediate Response Unit (West) leaves Prince Albert in a Light Armoured Vehicle convoy to travel to a fire-affected zone of Saskatchewan.



As part of extinguishing hot spots, military members dig into the earth to ensure all embers can be put out.



Members of 1 PPCLI, B Company, Immediate Response Unit (West) prepare to be airlifted to access a wildfire.



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Regional cadet sailing team takes first at National Regatta

Capt Cheryl Major
RCSU (Pacific)

Two Pacific Region Cadet sailing team members took home the first place prize at the Sea Cadet National Regatta two weeks ago in Kingston, ON.

Traditionally, the Pacific Region Cadet sailing team does very well at the National Regatta, and this year was no different as the team took four of the top 10 final race slots with Casey Kent, of Nanaimo, and Ian Curran, of Ashcroft, taking first place overall.

During the week of sailing, 25 teams from across the country raced up to 12 times in an effort to make the top 10. This year, due to a combination of high and low winds, there were only six races held to qualify, and just one race for the final. Each race took approximately 50 minutes and teams raced up to four times per day.

Adding in time for preparation and clean-up, it made for some very long days.

Coached by Lieutenant(N) Mark Schippers and Sub Lieutenant Katelynn Brissard, both of Victoria, the Pacific team focused on physical fitness and mental preparation for the duration of the regatta.

The final standings for the Pacific Region National Cadet Sailing Team are:

- First Place: Skipper: Casey Kent (136 Amphion RCSCC in Nanaimo), Crew: Ian Curran (347 Avenger RCSCC in Ashcroft)
- Fifth Place: Skipper: Kenneth Ellis (81 Hampton Grey VC RCSCC in Nelson), Crew: Lauren Christensen (263 Beacon Hill RCSCC in Langford)
- Eighth Place: Skipper: Fraser Smith (5 Rainbow RCSCC in Victoria), Crew: Charlotte Clark (5 Rainbow RCSCC)
- Tenth Place: Adam Mikus (136 Amphion RCSCC in Nanaimo), Crew: Elizabeth Hemlin (47 Captain Vancouver RCSCC in Vancouver)

Sea cadets will compete in the upcoming Commodore's Cup Regatta at Royal Vancouver Yacht Club and the Fall Dinghies Championships at Royal Victoria Yacht Club. The 1,200 sea cadets in BC have the opportunity to achieve Sail Canada levels free of charge through local, regional and national instruction.



First place team cadets Casey Kent and Ian Curran (standing) were in high spirits despite gusting winds and cold temperatures during practice races for the National Qualifying Regatta in Victoria in March. The team recently took First Place at the National Regatta in Kingston, ON.

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MARS IV course tests officers' mettle on Northern deployment

A/Slt A.M. Patterson
HMCS Hunter, Attach Posted
to HMCS Nanaimo

For a Maritime Surface and Sub-Surface (MARS) officer in the Royal Canadian Navy (RCN), the MARS IV course is known to be one of the most pivotal points in a their career.

The course is a challenge of skill, determination and time management, and is seen as the final choke point for MARS candidate selection for fleet integration.

It marks the point in one's career that all MARS officers look back on and share stories of success and failure, and of the friendships and experiences they had. It represents the first time a Junior MARS officer engages with a ship and its company beyond that of the Orca Patrol Craft Training platform.

This year the *Glace Bay* MARS IV Division has been privileged to deploy with two ships en route to conduct Operation Nanook 15 in Canada's western Arctic.

As *Her Majesty's Canadian Ships Nanaimo* and *Saskatoon* departed Esquimalt Aug. 4, the forecast was for high winds, three meter seas, and rain across the North Pacific with no thought of change for the next 10 days. As we looked up at the clear blue sky and the flag flapping lazily it was hard to believe. But sometimes the weatherman is correct.

For the next six days our senses would be tested, our sea legs hardened, and our uniforms salted, as we made a bee line across the North Pacific to our first stop on the over 3,500 nautical mile journey.

Aboard *Nanaimo* the excitement was palpable; the crew was in high spirits despite the constant rain, fog and high seas of the

six day transit across the North Pacific, from Esquimalt to Dutch Harbor, Alaska.

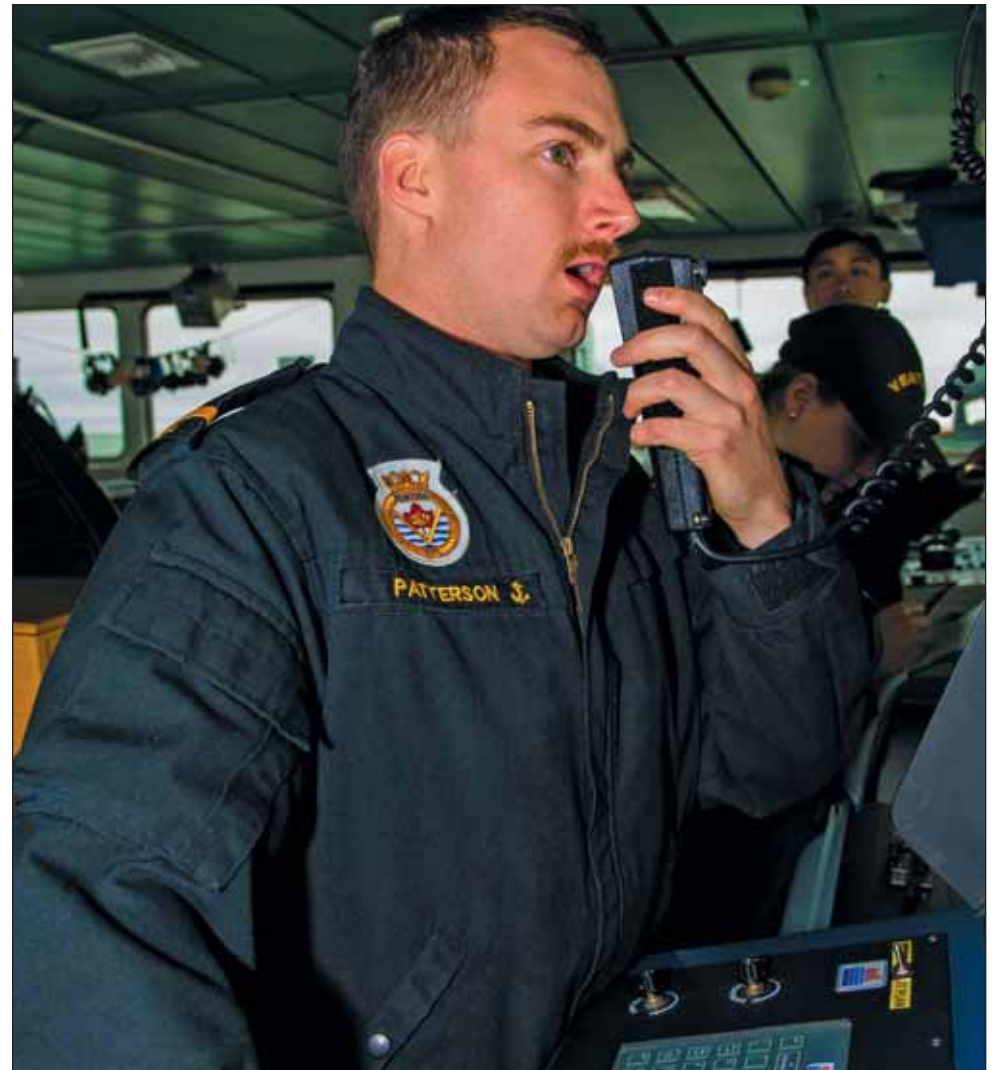
Every day was a continuous test of knowledge and an opportunity to learn from an experienced crew. The daily routine included standing watches, maintaining the ships operations, and responding to emergency exercises such as firefighting, recovery of personnel falling over board or force protection threats. These exercises prepare the crew to respond in the event of real world scenarios where the ship and crew are alone hundreds of nautical miles from aid. It is critical the team is cohesive, skilled, and can act with limited resources, as a poor response to an emergency on board can mean the difference between life or death.

As the fog and high seas finally dissipated in the early afternoon of Aug. 9, the cold unforgiving shores of the Aleutian Islands came into view. Their dark grey stones jutting out into the skyline, the frozen peaks of long dead volcanoes loomed over the low laying cloud line. The ships were greeted by pods of whales breaching the cold black water in the distance, and harbour porpoise leading the bow of our ship into the bay.

Crews enjoyed the local restaurants and hearing tales of crab fishing and the dangers of the cold sea from friendly residents.

After a short 24 hour stay on these cloudy islands the sun peaked through and we departed north for the next leg of the journey.

The opportunity to be deployed on a real world exercise has added depth to this training. Working in consort with *Saskatoon*, the embarked junior officers have had a unique western Arctic training experience not seen in over 60 years.



Images by LS Ogle Henry, MARPAC Imaging Services

A/Slt Andrew Patterson relays tactical information to the Operation Room on board HMCS Nanaimo during an exercise as the ship transited through the Arctic Ocean on Aug. 19.



Image by LS Ogle Henry, MARPAC Imaging Services

LCdr Jeff Hopkins, Commanding Officer of HMCS Nanaimo, signals his satisfaction of the painting of the bullring by junior members, A/Slt Brighid Woodman and AB Scott Day, as the ship transited on the Bering Sea.

The painting of the bullring is a naval tradition symbolizing a ship crossing the Arctic Circle, and their crew members are known to be a "bluenose" crew.

Becoming a "Blue Noser"

Crossing the Arctic Circle for the first time

A/Slt Brighid Woodman
HMCS Nanaimo

As one of four Marine Surface and Sub-Surface (MARS) IV students, I was lucky enough to sail among the crew of *HMCS Nanaimo*, sailing in company with *HMCS Saskatoon* as the first Royal Canadian Navy (RCN) ships since 1954 to deploy to the western Arctic.

Crossing the Arctic Circle comes with a price to pay, especially for those of us who happen to be "Tadpoles". (Sailors who have already crossed the Arctic Circle are known as Shellbacks, and those who have not are nicknamed Tadpoles.)

I cannot divulge the details of the ceremony; however, I can speak to the significance of this event from the perspective of a new officer.

As I watched each individual Tadpole go through the fun challenges of becoming a Shellback, I realized the importance of this special ceremony that sailors have been doing for centuries.

Crossing either the Arctic Circle or the Equator you must travel thousands of miles, sometimes without seeing land for days or weeks. All sailors know that to get through the challenging times of sea life you need to have a great crew supporting you. As I heard the applause and

laughter from the crew as each Tadpole became a Shellback, it was clear the ceremony truly showcased the friendship and camaraderie of *Nanaimo* and the RCN, and I was honored to be part of it.

As the youngest officer, I had the privilege of painting the ship's bull ring along with Able Seaman Scott Day, the youngest Non-Commissioned Member. It was a fun experience, and on completion the Buffer jokingly inspected it and pointed out our fine job.

"I realized that getting to be part of crossing the line at such a young age is a privilege and very few people get to experience such a rare and unique tradition," said AB Day.

Each line crossing has a different color associated with it. Because our ship crossed the Arctic Circle we painted *Nanaimo's* bull ring blue, which is where the term Blue Noser originates. It is customary to wear shorts and T-Shirts during the painting, and of course it was very cold.

As our northern deployment comes to an end, I am grateful to be counted among a select group who have crossed the Arctic Circle and taken part in an ancient maritime tradition. That day ranks as one of the best in my life, and I am proud to have had the opportunity to sail with *Nanaimo* as it accomplished such a historical moment for the RCN.



PSP Movie Night

More than 60 people - adults and children - spent the evening outdoors, bundled in blankets, to watch "Big Hero 6". The movie night was held in the woods behind the Colwood Pacific Activity Centre, and was hosted by Personnel Support Programs Recreation department.

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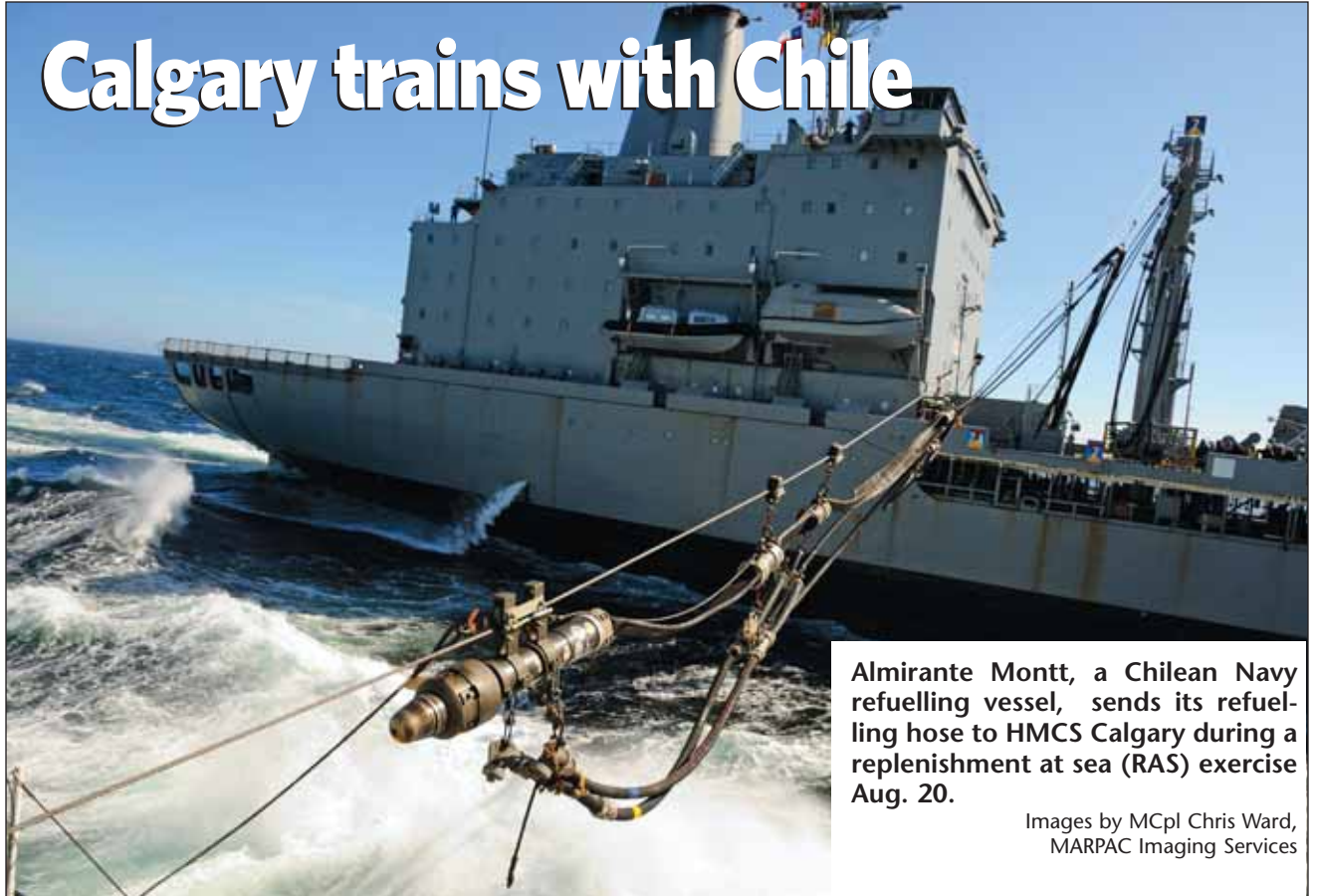
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MORE INFO:

Lt(N) Malorie Aubrey via DWAN email at Malorie.Aubrey@forces.gc.c or at 250-363-2801.

Calgary trains with Chile



Almirante Montt, a Chilean Navy refuelling vessel, sends its refuelling hose to HMCS Calgary during a replenishment at sea (RAS) exercise Aug. 20.

Images by MCpl Chris Ward, MARPAC Imaging Services



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A team of sailors in HMCS Calgary carefully guide the hose into the ship. The RAS exercise with the Chilean ship is in preparation for future joint operations.

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BRAVO ZULU



MS Elysia Stevens receives her Canadian Forces Decoration from LCdr Judith Harlock, Officer Commanding JPSU Pacific.



Cpl Carol Wozny receives her Canadian Forces Decoration from LCdr Judith Harlock, Officer Commanding Joint Personnel Support Unit Pacific.



PO1 Read was promoted and commissioned to Sub-Lieutenant by the Canadian Forces Fleet School Esquimalt Commandant (right), Cdr Hooper, and LCdr Horsman.



MS Gariepy was promoted to PO2 by Cdr Hooper and CPO2 Bricknell.



Image by Wayne Emde

LCol Judy Peter was surprised at the final Parade and Sunset Ceremony at Vernon Cadet Training Centre when BGen (Ret'd) Ray Romses, Colonel Commandant Royal Canadian Army Cadets, presented her with the second clasp for her Canadian Forces decoration.



AB Stephanie Doucet from the Base Orderly Room Pay and Records Section recently received her first chevron from Executive Officer, LCdr Sean Keoughan, and BOR Supervisor, MWO Mark Dankwerth.

Skeena MARS IV Graduation

Capt(N) David Mazur, from Maritime Forces Pacific, made presentations to graduates of the Skeena MARS IV Course and staff.

Images by Cpl Brent Kenny, MARPAC Imaging Services



A/SLt Askett (centre) accepts the Top Overall MARS Student Award from Capt(N) David Mazur (left), and LCdr (retired) Bud Rocheleau (right)



A/SLt Bengle (centre) receives the VENTURE Association Award (Pullen Cup) from Capt(N) David Mazur (left), and Capt(N) (retired) Collinson (right).



Acting Sub Lieutenant (A/SLt) Quathamer (center) receives the David W. Groos Memorial Shield from Capt(N) David Mazur (left) and Hillary Groos (right).



SLt Agier is promoted to her current rank.



SLt Bechard is promoted to her current rank.



SLt Coleman is promoted to her current rank.



SLt Caldwell is promoted to his current rank.



SLt Dionne is promoted to his current rank.



SLt Elliot is promoted to her current rank.



SLt Gosselin is promoted to his current rank.



SLt Harris is promoted to his current rank.



SLt Lee is promoted to his current rank.



SLt Mullen is promoted to his current rank.



SLt Quong is promoted to his current rank.



SLt Walker is promoted to his current rank.



SLt Wilson is promoted to his current rank.



SLt Harris receives his Commissioning Scroll.



SLt Mullen receives his Commissioning Scroll.



SLt Wilson receives his Commissioning Scroll.



SLt Quong receives his Commissioning Scroll.

Bravo ZULU



SLt Caldwell receives his Commissioning Scroll.



SLt Agier receives her Commissioning Scroll.



SLt Quatham receives her Course Certificate.



SLt Bechard receives her Course Certificate.



SLt Askett receives his Course Certificate.



SLt Mullen receives his Course Certificate.



SLt Wilson receives his Course Certificate.



SLt Dionne receives his Course Certificate.



SLt Gosselin receives his Course Certificate.



SLt Lee receives his Course Certificate.



SLt Quong receives his Course Certificate.



SLt Elliot receives her Course Certificate.



SLt Harris receives his Course Certificate.



SLt Elliot receives a Bravo Zulu from Capt(N) Mazur (left) and LCdr Karen Belhumeur (right).



SLt Quong receives a Bravo Zulu from Capt(N) Mazur (left) and LCdr Karen Belhumeur (right).



SLt Benge receives her Course Certificate.



A/SLt Bush receives his Course Certificate.



A/SLt Walker receives his Course Certificate.



SLt Coleman receives her Course Certificate.



Lt(N) Pilkey receives the General Campaign Star.



MS Coulombe receives the General Campaign Star.



Lt(N) Eagle receives the Operational Service Medal - Expedition.



Lt(N) Cote, accompanied by his daughter, receives the Canadian Armed Forces Decoration.

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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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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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