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Fleet School students use the jump bars at the grand opening of the Naden Athletic Centre outdoor fitness equipment on Sept. 29. Read the full story on page 2.

Photo by Rachel Lallouz, Lookout

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PLAYGROUND FOR GROWN-UPS OPENS ON BASE

Rachel Lallouz
Staff Writer

Surrounded by a squad of over 30 Fleet School students in their gym wear, Base Commander Capt(N) Steve Waddell cut the ribbon to officially open the new outdoor equipment outside the Naden Athletic Centre on Tuesday, Sept. 29.

Also in attendance were Danielle Sutherland, Senior Manager Personnel Support

Programs (PSP), and Base Chief Petty Officer, CPO1 Robert Spinelli.

"We welcome this new equipment to the base for use by our members," said Capt(N) Waddell, who also thanked the PSP fitness staff and Real Property Operations for their hard work organizing the delivery and implementation of the equipment.

He and Chief Spinelli then tried the new equipment for the first time, testing their upper body

strength on the incline push-ups, the multi-bars and the arm walk. Both tested their balance on the spring balance beams, and ended the tour with lifts on the body weight pull and press weight lifting equipment.

The Fleet School Students also tested the equipment, completing round after round of high-intensity cardio and strength training circuits, led by PSP fitness instructors Peter Gibson, Takato Tanaka, and Jessica MacDougall.

"With the way fitness trends are going, we have a lot of demand for circuit style classes," said Tom Campbell, Acting Manager PSP Fitness and Sports.

"This will help alleviate that demand and provide our members with all-weather gear that can be used."

The new equipment is now officially available for use by CAF members, DND staff, and Naden Athletic Centre pass holders.



Above: A Fleet School student tests out the new outdoor fitness equipment at the opening on Sept. 29.

Top left: Base Commander, Capt(N) Steve Waddell does a push up on the multi-bars.

Left: Fitness instructors Takato Tanaka and Jessica MacDougall demonstrate how to use the balance beams.

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Naval reservist honoured for rescue role

Rachel Lallouz
Staff Writer

Three people, including a naval reservist, were honoured by the Coast Guard earlier this month for their role rescuing the lone survivor of a capsized commercial fishing boat off Tofino.

HMCS Radisson naval reservist LS Philippe Mercier-Provencher, Canadian Coast Guard Rescue Specialist Juan Burak-Yepez, and Coast Guard work experience student Adele Horbulyk were awarded the Challenge Coin of the Assistant Commissioner of the Canadian Coast Guard.

The three embarked on their mission during the early hours of Sunday, Sept. 6 amidst three metre swells and 20 knot winds after MV Caledonian listed when the crew hauled in a net, and

eventually sunk in the off-shore waters. Three fishermen perished; one managed to climb aboard a life raft.

At the time, LS Mercier-Provencher was enlisted in the Inshore Rescue Boat (IRB) program at the Nootka Sound Coast Guard station, which provides rapid response to emergencies at sea.

The Joint Rescue Coordination Centre received a message at 10 p.m. on Sept. 5 stating a fishing vessel was overdue; it was working more than 28 nautical miles northwest of Nootka Sound. With few vessels near the site and hours until a Coast Guard ship would arrive, LS Mercier-Provencher and his two colleagues were dispatched.

"Before we left I told the crew about the weather conditions, and asked them if they felt comfortable going ahead with the mis-

sion," says Burak-Yepez. "We agreed it needed to be done."

After radioing for a weather forecast, Burak-Yepez was informed there were no impending gale warnings, meaning they could safely continue the search without having to return to shore.

The three boarded an in-shore rescue Zodiac, with an estimated time of arrival on scene of two hours; however, intense winds meant the rescuers had to cautiously navigate the swells at a slower than usual speed of 17 knots, meaning their journey took longer than anticipated.

"Under normal circumstances we would never have gone out on the water. But there was a life at stake, and we had to act," says LS Mercier-Provencher.

At 12:30 a.m. the crew arrived at the position, but couldn't find either a boat or survivors. They carried out an expanded search movement, travelling in one mile straight lines and making 90 degree turns to form a square pattern.

A DND search and rescue aircraft was also dispatched to the vessel's last known position. The survivor heard the aircraft and fired a flare which the aircrew spotted. The red flare was about three miles from the IRB crew. When the flare petered out darkness enshrouded him.

"Luckily the survivor had one flare left. He lit it and when we spotted it. I told Philippe to go straight towards it," said Burak-Yepez. When it petered out, the crew used a heavy duty flashlight to scan the waves. Minutes later, the light reflected the shiny material coating the outside of the life raft.

"We got close and saw a man in a life raft full of water waving frantically at us," says Burak-Yepez.

Once they had the survivor on board, he could not stop hugging

and thanking the crew. "He knew he was lucky," says Burak-Yepez. "I think his perspective on life was changed a little bit after that."

LS Mercier-Provencher quickly put his training to use by assisting the fisherman who was suffering from hypothermia.

"Our training and experience enabled us to respond without fear and administer first aid," he says.

As the survivor's hypothermia was being treated he explained to his rescuers what had happened to the MV Caledonian.

"He told us the boat had overturned around 3:30 p.m. that day, and he and the skipper had been forced to cling to the keel of the boat. At that point, he had lost track of where the other two crewmates had gone. After floating in the freezing ocean for five hours, he spotted the life raft, and swam towards it. He ended up spending another 2.5 hours in the raft," says Burak-Yepez.

Burak-Yepez attributes the fisherman's survival partly to the fact he was the only crew member wearing a life jacket.

Being found didn't mean he was out of the danger. He needed medical attention and the Coast Guard Station was too far away. They radioed the Coast Guard, who provided them with coordinates of a cruise ship close by.

With the fisherman receiving medical attention on the cruise ship, the team headed for home. However, they encountered one final challenge when one of their two engines died due to overheating, forcing them to limp back to the station at eight knots. When the second engine died, they paddled through the waves to shore.

Later the next day the bodies of the three other crew members were recovered by the Canadian Coast Guard.



LS Philippe Mercier-Provencher received his Assistant Commissioner's Challenge Coin from the Assistant Commissioner Roger Girouard on Sept. 8.


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CFAV Glendyne, a hit at Vancouver tugboat festival

Dave Jones
CFAV Glendyne

Our crew planned and executed a weekend trip that generated good public relations, gave the crew opportunity to work away from home base, and show off a very special member of the auxiliary fleet.

CFAV Glendyne sailed into the spotlight during the Vancouver Tugboat Festival Sept. 18 at the Granville Island public dock.

Heavy rain Saturday morning was not an obstacle for Glendyne crew members who prepared for visitors.

The crew opened the vessel a half hour early to accommodate two families with young children wanting to come aboard. Even with the heavy rain all day Saturday hundreds of guests toured the vessel. Guests walked over the brow, making their first stop at the engine room fiddley, looking down one story to the vessel's two Ruston Paxman 900

horsepower diesels. We heard many glowing remarks about the shiny brass and copper on ship, but an old cassette radio mounted on eye level was considered a real oddity.

Guests moved on to the galley where the table was laid with Glendyne information pamphlets, Glendyne baseball cards and stickers, Canada flag lapel pins, small Canadian flags on a stick, and Maple Leaf temporary tattoos; the crew gave away approximately 3,000 pieces.

The tour then headed upstairs with people poking their head into the cabins and some asking how we slept in beds so small.

Everyone climbed one more deck to the wheelhouse, where we explained the way the tug operates as both a ship berthing and barge towing tug for the Pacific Naval Fleet. That explanation started with "our tug has no propellers or rudders" leaving most people with no idea how we run.

I downloaded an application

from Voith Schneider to demonstrate our unique cycloid drive system. Our tug has two drive units mounted on the forward section of the tug making Glendyne a front wheel drive, an unusual configuration for tug or ship. The Voith drives are best described as an egg beater mounted under the tug with five five-foot long vertical blades with a controllable pitch rotating in a circle, allowing the tug to move in any direction. This allows us precise control of the vessel and the ability to move her at two knots sideways in either direction, a huge benefit for a ship berthing tug.

Glendyne and Glendale are the only Voith drives in western Canada.

Guests exited on the exterior decks, climbing ladders to the after deck where our Samson braid tow lines were laid out, looking like giant anaconda snakes according a few of our younger guests.

Sunday morning tours con-

tinued with better weather, doubling the guests per hour touring Glendyne with approximately 1,300 guests onboard over the two days.

With tours completed, the tugboat parade departed, winding around False Creek with the SS Master leading and sounding her distinctive steam whistle, and the Glendyne following another six tugs and sounding her air chime whistle with crew waving to the crowds gathered along the Creek.

Coming past the Granville Island public dock, before 400 spectators, Glendyne showed off her maneuverability, spinning on a dime then walking sideways at 2+ knots with maximum flow of water shooting out from the Voith's mid channel. She put on a good performance.

At the end of the parade we sailed for CFB Esquimalt settling back into our duties aboard our hardworking tugboat.

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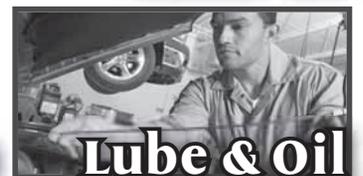
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Memorial remembers 11 lost in 1945 Liberator bomber crash

Rachel Lallouz
Staff Writer

Thompson Lake Park in Chilliwack swarmed with upwards of 600 guests on the rainy afternoon of Sept. 26, all looking to catch a glimpse of a new monument to commemorate 11 men who died on June 1, 1945, after crashing their B 24 Liberator Bomber KK-241 in a Second World War training mission.

The Airplane Creek Memorial features three large slabs of granite positioned around the 14 cylinder engine captured from the bomber's wreckage.

Present at the ceremony were the families of victims who died in the crash, travelling from England, Norway, and New Zealand.

Fay Jenkin, niece to Sergeant David Robertson Langlands, a 33-year-old volunteer Royal Air Force (RAF) member and police officer who died in the crash, found herself getting more emotional than anticipated as a formal fly-past was made.

"It's always been something we've known about in our family history," says Jenkin, whose family lives in Scotland, home to Langlands family. "But there was never any memorial the family could visit, and no site to commemorate him."

Cadets, members of the Branch 280 Legion, and Guards of Honour stood in the down-pour to watch the unveiling.

"When the young cadets were asked by their commanding officers if they wanted to leave, they stood their ground," says Jenkin. "We all found it hard to control the tears at some points."

On the rainy day of June 1, 1945, Jenkin's uncle and 10 other RAF airmen training at the Abbotsford 5 Operational Training Unit climbed into their bomber and flew into thick clouds.

Their last radio transmission was to the Abbotsford airfield querying their position – but Abbotsford's response was not acknowledged, and the bomber failed to report in at its first checkpoint.

Unbeknownst to officials in

Abbotsford, the plane had flown into the side of Mount Welch in Chilliwack, killing all on board.

For the next 16 days, over 200 men and 50 planes searched desperately for the lost members.

The wreckage was found near the summit of Mount Welch on June 16.

Once the remains of the plane were found, a retrieval group used trucks, jeeps, and pack-horses to reach an advance camp eight miles from the base of the mountain. Due to the difficult terrain, the group was forced to dismount and travel by foot over the course of three days to reach the wreckage. The terrain made it impossible to return the deceased back to Abbotsford, and their remains were buried in a mass grave on July 1 between the summits of Mount Welch and Mount Still. A simple wooden cross marks the grave.

Years later, on June 11, 1983, air cadets from 861 Silverfox Squadron in Abbotsford built a cairn to commemorate the airmen on an island in Airplane Creek, close to the camp location of the 1945 search group.

Over time, rumours were heard by nearby 147 Airwolf Squadron in Chilliwack that the cairn was weathered and in poor condition.

By 2013, Lieutenant (N) Ron Shore and other cadets from the Airwolf Squadron had pieced together a plan to visit the cairn. They braved the terrain to find that it was in complete disrepair.

"We arrived at the location and found most of it lying right in the middle of Airplane Creek," says Lt(N) Shore.

From that day onwards, Lt(N) Shore made it his mission to rebuild a new memorial for the lost airmen.

With the help of Royal Canadian Legion Branch 280 and a large group of volunteers, Lt(N) Shore directed efforts to raise funds for the new memorial. He and his team were able to raise a total of \$85,000, resulting in the granite memorial in Thompson Lake Park.

He says the memorial, apart from remembering the 11 lost that day, pays tribute to the 55,573 personnel who died in

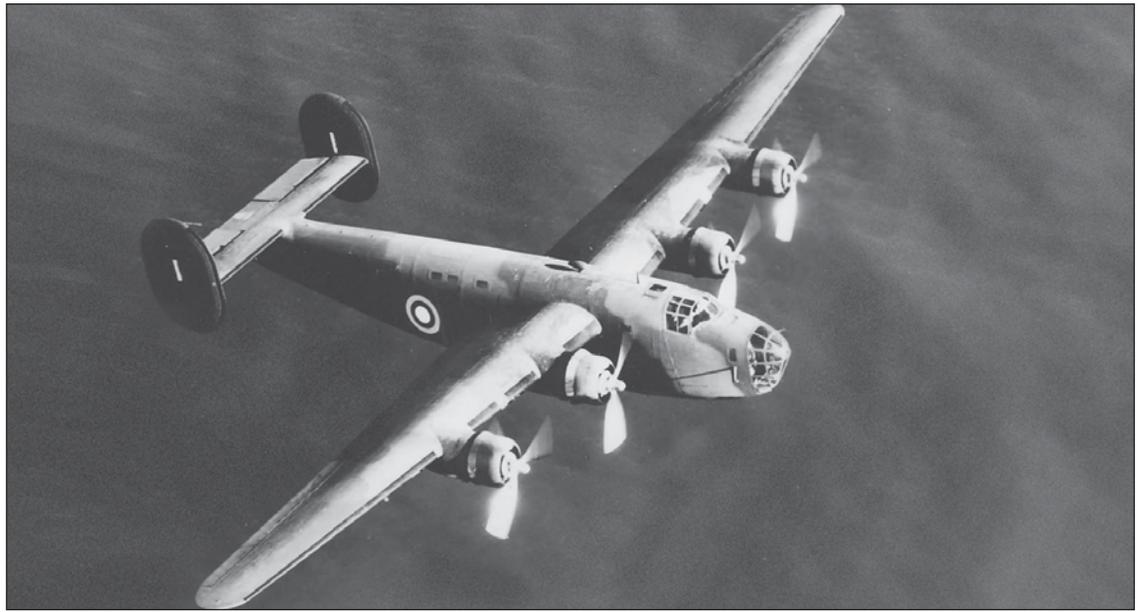


Image courtesy www.worldwarphotos.info

Above: This Consolidated RAF B-24 Liberator Bomber is similar to the crashed plane. **Below left to right:** Francis Langlands (niece of Sgt David Robertson, who died in the crash), Dereck Watson (friend of Sgt David Robertson), and Fay Jenkin (also a niece of Sgt David Robertson) stand at the new memorial in Thompson Lake Park, Chilliwack, which commemorates the 11 RAF members killed in the 1945 plane crash at Mount Welch, Chilliwack.



service to Bomber Command during the Second World War.

Lt(N) Shore says his motivating reason for organizing a new memorial was because "it simply was the right thing to do."

"We need to remember all of those who passed in World War Two," he says. "We served shoulder to shoulder, and the

memories always need to be honoured."

But despite a successful unveiling, Lt(N) Shore says roughly \$20,000 is still needed to pay for the new memorial.

For those interested in donating towards the project, please call Rob Love, President of the Veterans Memorial Restoration

Society at 1-888-888-4124 or donate at www.GoFundMe.com/AirplaneCreek. People donating more than \$2,000 will have their name engraved on the monument, and people who donate more than \$500 will receive a plaque with an engraved 50 calibre shell from the Liberator on it.



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Fleet School students assist injured man

Rachel Lallouz
Staff Writer

Ordinary Seaman Jacob Barrett and Ordinary Seaman Nico Araujo, both Fleet School students, were out for a drive on the night of Sept. 17 in the Gorge area when they noticed a car stopped half way through making a left-hand turn from Burnside onto Harriet.

Lying in front of the car was a semi-conscious pedestrian askew on the road.

At first, says OS Barrett, the two could barely believe

what was going on.

"But we realized pretty quickly, and pulled over right away to see what was going on and to offer assistance," says OS Barrett. "With our first aid training from basic we jumped right in."

When they reached the injured man, a civilian had already secured the man's head to safeguard against spinal injuries.

"At that point, I took over for the civilian as I have my Emergency Medical Responder Certificate," says OS Barrett. "I had the civilian call for 9-1-1, and got

OS Araujo to check the man over any other injuries."

He says his main goal was to ensure the man didn't move, as doing so could potentially cause spinal injuries.

The pedestrian, says OS Barrett, had a large cut over one of his eyebrows and was complaining of leg pain. OS Barrett suspected the man might also have a concussion.

"As I was securing his neck and head, I explained the situation to him and kept him calm until the

paramedics arrived," says OS Barrett. "OS Araujo went over to the driver and checked in with him, because sometimes the driver in accidents goes into shock."

Once the ambulance arrived, OS Barrett helped the paramedics load the pedestrian into the ambulance on a backboard.

"I think having my first aid training definitely helped," says OS Barrett. "But it was the feeling of duty to help this person in need that ultimately caused us to intervene."



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New program for aspiring directors

DND

The Canada School of Public Service (CSPS) has just launched the new Aspiring Directors Program. Designed for aspiring civilian directors in the Public Service, the Program enables them to acquire the essential knowledge, skills and competencies needed to equip them for their management and leadership duties in the Public Service, and will further their career development.

The Program is comprised of three phases, blending two sessions of classroom instruction (total of six days

spread over about six to eight months) with multi-dimensional learning (online, on-the-job, with peers, etcetera.). The cohorts will be available in various regions.

The Program registration process is based on the seat allocation process and DND has been allocated 40 seats this year. All selected participants must meet the following requirements:

- EX-minus 1 level (or its equivalent);
- Potential to attain a Director's position within the following two years;
- Talent management plan in place (rating 4 or 5);

- Substantial experience in people management and financial management (human resources experience highly recommended); and

- Available during the entire duration of the program.

In DND, the candidate course loading will be completed through the identification of candidates by their LI organizations through the new performance management/talent management process.

Comments or questions are to be transmitted to your respective regional Civilian Human Resources Service Centre.

Advance polls for military voters

To facilitate voting in the upcoming Federal Election, CAF members have special voting rules allowing these electors to vote in advance of the election date. This year, the advance polling will take place during the period of Oct. 5-10.

On enrollment, all Regular Force members should have completed a Statement of Ordinary Residence (SOR) to identify where they would like to vote during upcoming federal elections. This information is available on your MPRR under the heading "Federal Electoral District".

Reservists and Members of the Regular Forces who have not filled out a SOR can, on polling day, complete an SOR form and vote immediately thereafter.

CF Electors who do not vote under the special voting rules at a military polling station may vote at a civilian polling station during a general election if the following conditions apply:

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Royal Canadian Navy earns first for military film in festival

DND

The Royal Canadian Navy's (RCN) film production team won the Golden Sabre award for the best military film production at the Sixth International Historical and Military Film Festival in Warsaw, Poland, Sept. 8.

Canadian Ambassador to Poland, Alexandra Bugailiskis, received the award on behalf of Canada.

"I am very pleased to accept this award on behalf of the Royal Canadian Navy and producer Mr. Charles Hutton Brown," said Bugailiskis. "We are very proud of our film, which documents the successful program to modernize the Halifax-class frigates. One of these modernized frigates was in port in Gdynia just last June as part of a major NATO exercise. There seems to always be a Polish connection when it comes to Canada and this film is no exception.

The co-producer and director of photography of our winning entry, Halifax Class Modernization – HCM FELEX, was Mr. Jacek Szymanski, a Polish immigrant to Canada. To hone his skills in the art of time-lapse photography he spent the summer of 2011 here in Poland studying with the Polish photographer Patryk Kizny in Wroclaw."

Brown, the RCN film production team manager, was delighted at the news.

"We are thrilled to have won this award after competing for it with so many respected peers from other armed forces," he said. "It was a challenging process, but we are especially glad because it brings such deserved attention to HCM project personnel. They accomplished so much; military and civilian members alike. They are a fantastic team."

The prize-winning video features details of HCM/FELEX (Halifax Class

Modernization and Frigate Life Extension) Project, taking the viewer on site in the shipyard and on board a ship going through the refit program.

This project is key to the transition to Canada's future fleet. The project manages both the modernization of the combat systems and a planned mid-life ship refit to ensure the frigates remain effective throughout their service life. This work encompasses modernization of the ships' platform, including ships' systems upgrades, acquisition and installation of new capabilities such as enhanced radar, changes to the platform needed to accommodate the new capabilities, and integration of all aspects of the ships' operations into an upgraded Combat Management System.

To view the winning video, go to:

www.navy-marine.forces.gc.ca/en/multimedia/video-gallery.page



Canadian Ambassador to Poland, Alexandra Bugailiskis, accompanied by Sergeant Lyne Paquet, receives the Golden Sabre Award on behalf of Canada from Lieutenant-General Lech Konopka, the chief juror of the Sixth International Historical and Military Film Festival in Warsaw, on Sept. 8. The Golden Sabre Award is the first prize for a military film production.

National Défense nationale

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RAdm Couturier meets with local CISM athletes

Peter Mallett
Staff writer

Before the eight athletes from CFB Esquimalt departed for the 6th CISM Military World Games in South Korea, RAdm Gilles Couturier told each one of them they are champions in his books.

"It doesn't matter the results, the fact that you are representing the Canadian Armed Forces and doing the best you

can do is really what it's all about," said the Commander of Maritime Forces Pacific. "The old sports mentality is never give up and win at all costs, but you've already won by just being there. We are all very proud of you."

RAdm Couturier made the comments during a farewell ceremony in D100 on Sept. 26. Soon after, the athletes departed for the CISM games, being held Oct. 2 to 11 in

Mungyeong, South Korea. Seven of the eight athletes were able to attend the ceremony. They were swimmers Pte Claire Bortolottie, OS Marjolaine Plante, and SLt Emily Wood; men's soccer team members midfielder LS Liam Chambers, defender Lt(N) Landon Zeeman, and Lt(N) Demetris Mousouliotis; and men's basketball shooting guard SLt Connor Duke.

"I applaud the sacrifices you have made to be able

to succeed in your sport while balancing career and family life," said RAdm Couturier. "The next challenge is to build on that training and deliver your best performance at the CISM Military World Games."

This year's games are the largest ever with over 8,700 participants from 110 countries competing in 24 sports.

Canada will be competing against countries that have full-time ath-

letes and enormous talent pools to draw on because of compulsory military service.

"We all understand the context," said RAdm Couturier. "But know that you have our full support as you proudly wear the CAF colors at the CISM World Games. Well done!"

LCdr David Dallin who will compete in triathlon and golf coach Tom Campbell were unable to attend.



RAdm Gilles Couturier, Commander of Maritime Forces Pacific, wishes good luck to CISM destined athletes.



The Admiral and CPO1 Mike Feltham with seven of CFB Esquimalt's elite CISM athletes

Photos by: MCpl Chris Ward, MARPAC Imaging Services

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Holidays

Former Olympian readies roundballers for battle

Peter Mallett
Staff Writer

Former Canadian Olympian Eli Pasquale wants CFB Esquimalt's SLt Connor Duke and the other members of the Canadian Armed Forces CISM basketball squad to know he is in their corner.

The two-time Olympian and backcourt leader of Canada's national team during the 1980s dropped in on the team as they practised at Naden Athletic Centre Sept. 25.

"The level of intensity in any international competition is incredible," Pasquale told them. "It's not like playing university ball or for a club team. In a tournament where people are representing their countries that intensity is ramped right up, the level of competition is a notch higher."

Since many of this year's squad have little or no international competition experience, Pasquale was there to ready them for their initiation on the international stage.

"He [Pasquale] is considered one of the greatest Canadian basketball players of all time and has that crucial experience playing at the international level," said SLt Duke. "Only about five or six players on this team have ever played in CISM or international competition, so it is great to get advice from someone who has been there."

SLt Duke says he and his teammates need all the motivation they can get. Canada faced some stiff competition in the opening round, with their first opponent, the United States on Oct. 3, and then against basketball up-

and-comers South Korea Oct. 4 and Germany Oct. 5. (Results unknown at press time.)

"I know the opening game against U.S. is going to be really tough," said SLt Duke. "Even when their team, built from one of their [visiting] ships, plays our base team, they usually beat us in scrimmages."

Canada's CISM coach Sandy MacIntosh, base sports coordinator at CFB Borden and former team manager with Basketball Canada's national teams, asked Pasquale to attend. MacIntosh said he was delighted to see all eyes "locked on" Pasquale when he spoke.

"It's good to know guys like Eli are rooting for us, and there are others who know about us in the Canadian basketball community and will be following us," said



Canadian Armed Forces shooting guard SLt Connor Duke defends during a CISM Military World Games training camp at Naden Athletic Centre, Friday, Sept. 25.



Swimmers ready to beat CISM odds

Peter Mallett
Staff Writer

CFB Esquimalt's three female swimmers, SLt Emily Wood, OS Marjolaine Plante, and Pte Claire Bortolotti, are cautiously optimistic about Canada's CISM medal hopes in the pool.

"It's been great having three of Canada's five female swimmers here from CFB Esquimalt," said SLt Wood. "We are able to train together and that's great because having other fast swimmers to compete against really helps."

She already knows what to expect in South Korea. She competed for Canada's team at the CISM swimming worlds in Fontainebleau, France, last February going up against elite swimmers from around the world.

"I stood up there on the blocks in France against swimmers from Brazil's Olympic team," says SLt Wood, who will compete in the 100 metre and 200m freestyle races in South Korea.

"In Canada we are military first and athletes second, but we are facing countries where their competitors are athletes first and have experience in the Olympics and other international competitions."

That's why she and her teammates are staying level-headed and realistic when they get visions of gold medals dancing in their heads.

If they manage to top or step onto

the podium, Pte Bortolotti says that will likely occur in one of the relay events.

"We usually perform better in relays and events involving team participation," she says.

Pte Bortolotti describes her swimming background as "minimal", but comes to the sport with 14 years experience in water polo. She will compete in the 50m freestyle, 50m butterfly, 50m breaststroke, 50m backstroke and relay.

For OS Plante, merely participating in the event will be enough for her. The 36-year-old walked away from the sport to take up long-distance running at the age of 13, but returned to the water when she was 34.

In August 2014 she reached her highest level of elite competition, the FINA Swimming Masters in Montreal.

OS Plante competes in masters categories (ages 30 to 44) of swimming events.

"I'm going to do my best to win but it's certainly far from an expectation to walk away with a medal," says OS Plante. "I've been working and training hard at this for weeks: weights, running, cycling. I might not win but I know my upcoming race is going to be my best personal time ever."

OS Plante will compete in the 50m butterfly, backstroke, breaststroke and the 100m Freestyle relay.

Triathlete's resolve grows stronger after crash

Peter Mallett
Staff Writer

Triathlete LCdr Dave Dallin, 34, rallied to put a nasty cycling crash behind him in order to shine at this year's 6th CISM World Military Games.

"It's such an honour to compete; it really doesn't matter how I place, but I want to put on a show for all Canadian Forces members," says LCdr Dallin of Naval Force Readiness.

He almost didn't make the CISM games due to a wipeout at the PATCO Sprint Triathlon Pan American Cup race on March 8, 2015, in Clairmont, Fla, that involved one other cyclist.

"I rolled on the cement and then landed in the sand at 50 kilometres an hour," says LCdr Dallin. "I was scraped up pretty bad, it was ugly. My shoulders and arms and some of my legs were all covered in road rash and blood."

It was serious enough to require a

lengthy trip to the hospital.

While his teammate emerged from the collision virtually unscathed, LCdr Dallin suffered a level three shoulder separation and broken scaphoid bone in his left hand. He bike suffered a damaged rear wheel making it inoperable.

Despite his injuries, LCdr Dallin was back in the swimming pool just three weeks later. His left hand was wrapped in a splint, so he placed it on a kickboard and swam with one arm.

"I've always known that when I'm injured I'm going to get better," he says.

He credits his swimming coach Cpl Alex Cape, a medical technician at the base clinic and accomplished long-distance swimmer, with helping him re-adjust his stroke after the injury.

By May, he was back into his usual training routine. His condition had improved enough for him to compete in the U.S. Armed Forces National Championships in Chicago on June 7,

but he finished a disappointing 33rd place, and ninth Canadian.

The triathlon has long been considered the athletic benchmark for endurance, physical exhaustion and pain, along with the overlying risk of fatigue and physical harm. Despite his recent mishap in Florida, LCdr Dallin says he's now "fully focussed" on the task at hand in Mungyeong, South Korea.

On Oct. 10 he competes in the Games' most physically-gruelling event that requires participants to swim 1.5 kilometres, bike 40 km and run the final 10 km.

While he doesn't feel CISM Games glory or victory is in the cards for him, LCdr Dallin believes a few of his Canadian teammates have a legitimate shot at finishing in the top 10.

"I really think we have a chance at doing well," he says. "We have done a lot of work this year, participated in multiple races, and each event seems to have made us stronger."

CISM People Talk Who is your favourite athlete and why?



For me it's swimmer Michael Phelps because he has brought so much publicity to the sport of swimming. When he won those record eight gold medals at the Beijing Olympics in 2008, he got kids involved in swimming and brought our sport into the spotlight.

Pte Claire Bortolotti, Swimmer



Steve Nash because of his work ethic. He's undersized for the position he played, wasn't recruited that heavily, was an unknown Canadian kid, and he still emerged as an NBA superstar. He won back-to-back MVP awards and has gone on to achieve great things off the court.

Sandy McIntosh, CISM Basketball Head Coach



NBA player Kevin Garnett is my favourite simply because of his intensity and how he gets on everyone on the floor to elevate their game. I try to emulate him whenever I step on the floor to play.

SLt Connor Duke, Basketball shooting guard



Argentina's soccer player Lionel Messi because of the health struggles he had in his youth, which he has now overcome. He has done nothing but fight and dedicate himself to play the game. His story is so inspiring.

Lt(N) Demetris Mousoulotis, Men's soccer midfielder



My top athlete is swimmer Cpl Alex Cape from CFB Esquimalt's base clinic. She recently swam 94 km back and forth across Lake Cowichan and is a hero in my books. I'm truly honoured to have her as a fellow swimmer, swim coach and friend.

LCdr David Dallin, Triathlete



Triathlete Simon Whitfield is my favourite because I grew up doing triathlons. When I was nine years old I watched the 2000 Sydney Olympics, where he won gold. He was a complete underdog, nobody knew who he was, and his win was completely inspiring.

SLt Emily Wood, Swimmer

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Soccer team faces goliath struggle at CISM Games



From Left: CFB Esquimalt's Lt(N) Demetris Mousouliotis, LS Liam Chambers, and Lt(N) Landon Zeeman during a CISM Games training camp session at the Gorge Soccer Association, Wednesday, Sept. 23.

Peter Mallett
Staff Writer

Canadian Armed Forces soccer coach Dave Rothermund and his men's elite soccer team are currently battling it out in the 6th CISM Military World Games in South Korea.

They opened the group stage on Sept. 30 with a 3-0 loss to Brazil, playing most of the match short-handed after receiving a red card in the thirtieth minute. Despite the defeat, Rothermund remained upbeat about his team's play.

"The players played a very disciplined, structured match and they accomplished all their objectives against a world-class soccer nation," said coach Rothermund.

Brazil led 1-0 after the first half, and then capitalized again eight minutes after the break, scoring two quick goals to put the game out of reach for Canada.

"It's the best team we've ever had, but it's also the hardest draw we've ever faced," said Rothermund before leaving for South Korea.

In their next matches Canada takes on the 2011 CISM Games runners up and 2007 CISM World Games champion Egypt on Oct. 4, Guinea on Oct. 6, and then closes out the group phase against 2013 World Military Cup runners-up Oman on Oct. 8.

"In order to be successful we are going to need to attack and defend as a unit," said Rothermund. "We need to play very strict and disciplined. If we don't do those things our opponents will tear us apart. They will be so quick, and their ball control is amazing."

He and his charges are fully aware that soccer is the top sport for their opponents at the CISM Games, and military service is compulsory in Brazil, Egypt and Guinea.

"It's daunting. As soon as these guys are out of the crib they are kicking a soccer ball," says midfielder Lt(N) Demetris Mousouliotis, one of three players from CFB Esquimalt representing Canada.

The legendary Pele and several other stars of the Brazilian national team have played for Brazil's military teams in years gone by.

Two key starters for this year's CAF squad include skillful 5'6" midfield general LS Liam Chambers of *HMCS Vancouver*, who Rothermund describes as his team's "Ace in the hole". Also "crucial to their success," is 6'4", hard-tackling centre fullback Lt(N) Landon Zeeman of the Naval Officer Training Centre.

"We will need to have tight consistent marking and not get beat individually," said Lt(N) Zeeman.

While LS Chambers marvels at

the skill and expertise of Canada's opponents, he also notes the dangerous mindset when a favoured team takes a lesser opponent for granted.

"Nobody is ever unbeatable, that chance of upset is the best thing about playing soccer," said LS Chambers. "But we all are painfully aware that we can't give any of our opponents one second of free time with the ball because they will beat us."

Canada's greatest military accomplishment in soccer was winning the 1994 Americas Cup, which served as a qualifier for the 1995 CISM Games in Rome. This is Canada's third soccer appearance in a CISM Military World Games. They also appeared in the 4th CISM Military World Games in Hyderabad, India.

Canada's team didn't qualify for this year's CISM Games. They became a last-minute replacement team just five weeks ago when defending World Military Cup champions Iraq withdrew.

During their time in South Korea, Canada will also be competing for placement in the 2017 World Military Cup, a bi-annual competition which is also part of the quadrennial CISM Military World Games soccer competition.

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New Skipper for HMCS Oriole charts a new course for sailing ketch

Peter Mallett
Staff Writer

The mission for the Royal Canadian Navy's (RCN) tall ship remains the same, but its new commanding officer has slightly different course planned for HMCS *Oriole*.

"Our primary job is bringing the navy to Canadians," says LCdr Wills. "We are fortunate because, unlike Halifax-class or Kingston-class ships, which can do only a little bit of work like this, community relations is our primary mandate."

While noting that many "vital relationships" were built in the community because of *Oriole's* past involvement in competitive sailing, LCdr Wills says he has set his sights on having a larger pool of sailors trained to sail the vessel.

Oriole normally has a crew of 20. Five of those are permanent members and 15 others rotate through, holding temporary posts on the ship.

"So many men and women in the RCN would enjoy and benefit greatly from an expe-

It's not really as much about the sailing as it is getting members of the public to connect with the sailors and enjoy a day on the water.

LCdr Mike Wills
HMCS Oriole

rience like this," said LCdr Wills.

LCdr Wills got his first taste of sailing at age seven with the encouragement of his father. After completing a degree in Political Science at the University of British Columbia, LCdr Wills joined the RCN in 2000 and had his first ship posting in 2004 as part of HMCS *Ottawa's* crew.

He says he was initially floored when he was selected last November to captain *Oriole* because of the fierce competition for the job.

"Filling the position on the

Oriole is tough because you need both someone who is trained for a command position and also someone with sailing experience," said LCdr Wills. "I was, of course, thrilled with the news, but I was also a little surprised because it was really sort of a hail-Mary request. I didn't think it would happen so soon."

Only two days after taking the helm, LCdr Wills and his crew were busy showing off *Oriole* to 16 visitors on a community day sail for the Cops for Cancer charity Tour de Rock.

"It's not really as much about the sailing as it is getting members of the public to connect with the sailors and enjoy a day on the water," said LCdr Wills after sailing the scenic waters surrounding southern Vancouver Island. "I think we achieved what we intended to do and sent home 16 smiling faces today."

Dubbed "The People's Boat" by author Shirley Hewitt, who published a photographic book on *Oriole*

in 2002, the 101-foot sailing ketch is the oldest and longest serving vessel in the RCN. It was originally built in 1921 as a personal yacht for Toronto manufacturer George H. Gooderham and was signed into the RCN in 1952.

It acts as a training vessel for sailors, but also as a floating public relations ambassador for the RCN.

After 63 years of ocean sailing, some might think *Oriole* would be worn and ready for retirement, but not so says LCdr Wills.

"I can't say enough to all the crews who have been on board this ship since she was accepted to the Navy in 1952. They have been nothing but amazing in keeping the ship the shape it's in," he said. "It is in great shape and should be able to continue contributing to the fleet for the long term."

To continue with the work of keeping the Navy's tall ship in sea worthy condition, *Oriole* is scheduled to undergo a refit this winter with its main deck and coach house being replaced.



Photo by Peter Mallett, Lookout

LCdr Mike Wills at the wheel during a day sail for Tour de Rock aboard HMCS Oriole, August 1, 2015.

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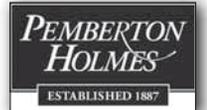


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WINNIPEG AT WORK

Top: MS Scott MacDougall, a Weapons Engineering Technician, repairs the Close-In Weapons System.

Below: LS David Graham, a hull technician, makes repairs to a pipe during Operation Reassurance in the Baltic Sea on Sept. 21.

Right: Sailors prepare to conduct training in the Baltic Sea



Photos by Cpl Stuart MacNeil, HMCS Winnipeg

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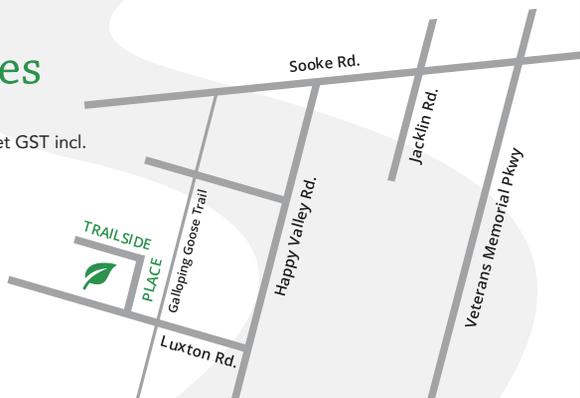


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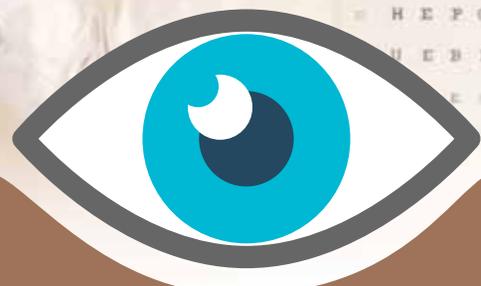
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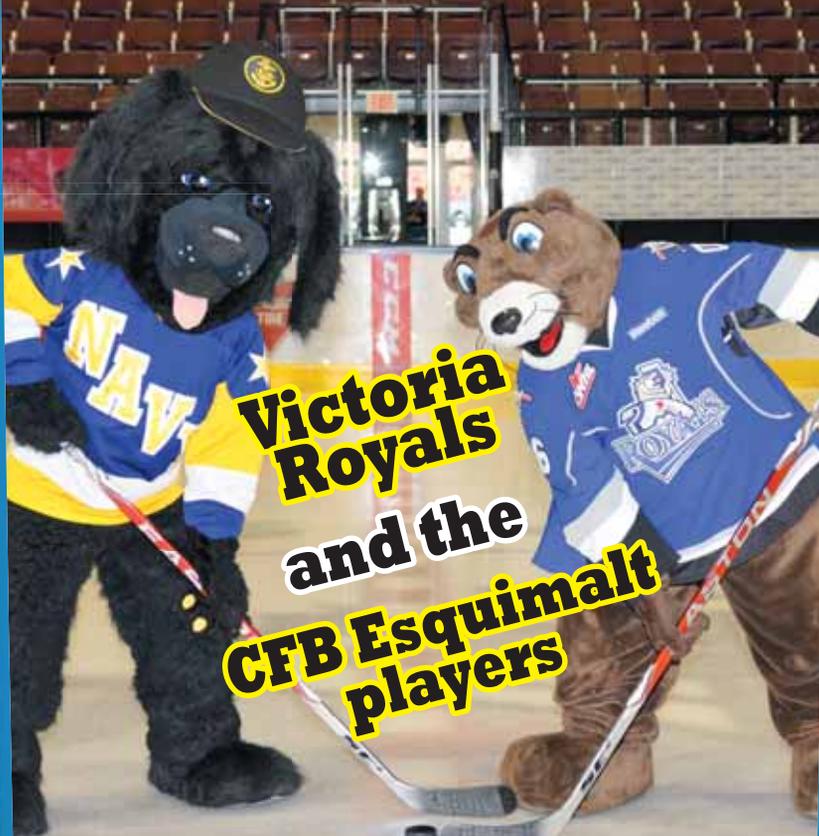
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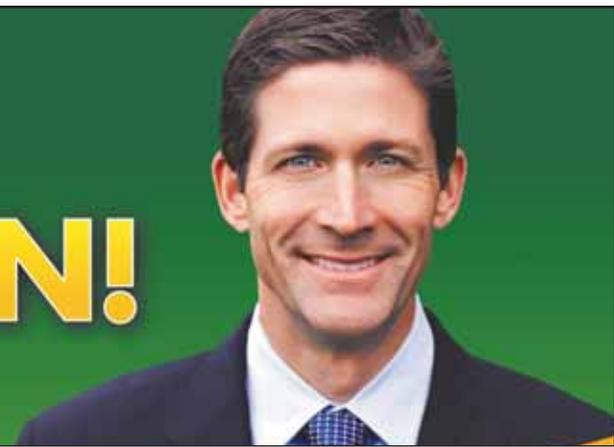
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Awards and promotions to HMCS Edmonton and HMCS Whitehorse

Cdr Alex Barlow made several presentations during a medals ceremony onboard HMCS Edmonton on Sept. 23.
Photos by MCpl Michael Bastien, MARPAC Imaging Services



PO1 Kumar Ingam receives an Operational Service Medal.



MS Julien Godding receives an Operational Service Medal.



MS Cherie Lewis receives an Operational Service Medal.



MS Kenneth Wells receives an Operational Service Medal.



LS Gregory Dalrymple receives an Operational Service Medal.



LS Ken Grasby receives an Operational Service Medal.



LS James Kitchen receives an Operational Service Medal.



LS Whitney Forde receives an Operational Service Medal.



LS Kyle Uhlig receives an Operational Service Medal.



AB Milos Komazec receives an Operational Service Medal.



PO2 Paul Curtis receives a Canadian Forces Decoration.



LS Brendan Gibson receives a Canadian Forces Decoration.

MARPAC Headquarters awards

Cdr Wes Golden, Commanding Officer of MARPAC Headquarters, made several presentations to military members.

Image by MCpl Chris Ward, MARPAC Imaging Services



PO2 Manon Lareau receives the Canadian Forces Decoration.



AB Michiel Farkouh (centre) is promoted to his current rank by Cdr Wes Golden (left) and PO1 Micheal Surette.



MWO Nigel Colley receives the Canadian Forces Decoration Second Clasp.

Her Story, Our Story: Celebrating Canadian Women

October is Women's History Month in Canada. It is a time for Canadians to celebrate the achievements of women and girls as trailblazers throughout our history. It is also an opportunity for Canadians to learn about the important contributions of women and girls over time to our society and quality of life.

The theme for Women's History Month 2015 is "Her Story, Our Story: Celebrating Canadian Women". This theme highlights

the outstanding achievements of women who have shaped the nation in which we live; as pioneers taking the first bold steps into the unknown, as innovators accelerating progress, and as activists at the vanguard of social change.

Canada's history is rich with examples of women who have made a difference in the world and all Canadians can benefit from getting to know their stories.

www.swc-cfc.gc.ca/commemoration/whm-mhf/index-en.html

Spread the word with #WomenHistory



Tweet about women you admire using the hashtag or take the 31-day-challenge and share historic and recent information about Canadian Women every day on your favourite social media platform. Promote Women's History Month and events that you hear about.

Milestones in Canadian Women's History

- In 1645, Canada's first lay nurse, Jeanne Mance, opened Hôtel-Dieu in Montreal, one of the first hospitals in Canada.
- In 1898, Kit Coleman, the first Canadian woman to hold a regular job at a newspaper and the first syndicated columnist in Canada, became the world's first woman war correspondent when she was accredited by the American government to cover the Spanish-American War.
- During the First World War (1914–1918), more than 2,800 women served with the Royal Canadian Army Medical Corps, with the majority serving overseas in hospitals, on board hospital ships, in several theatres of war and in combat zones with field ambulance units.
- In 1929, the British Privy Council declared that women are "persons" and could therefore be appointed to the Senate of Canada.
- In 1941, the Canadian Women's Army Corps and the Royal Canadian Navy, Women's Division, were formed and over 45,000 women volunteers were recruited for full-time military service other than nursing.
- In 1954, Elsie Knott, an Ojibwa woman and member of the Curve Lake First Nation in Ontario, became the first woman elected chief of a First Nation community in Canada.
- In 1969, Réjane Laberge-Colas became the first woman in Canada to be appointed as a judge to a superior court.
- In 1979, an Inuvialuit woman named Nellie J. Cournoyea, was elected to the Legislature of the Northwest Territories, becoming the first Aboriginal woman to lead a provincial or territorial government in Canada.
- In 1987, combat roles in the Canadian Air Force, such as flying fighter aircraft, were opened to women for the first time.
- In 1992, Dr. Roberta Bondar became the first neurologist in space and Canada's first woman in space.
- In 2009, Commander Josée Kurtz became the first woman in Canadian history to assume command of a major warship when she took control of the frigate HMCS Halifax.

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ANNOUNCEMENTS

KIDS MEGA SALE Sat, October 10th from 9:30am to 12:30pm Pearkes Rec Centre, 3100 Tillicum Rd. Gently used baby and children's clothing, toys, equipment and maternity. If interested in selling, please email: kids-mega-sale@gmail.com Facebook: https://www.facebook.com/KidsMegaSale

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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.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

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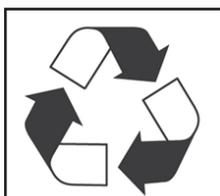
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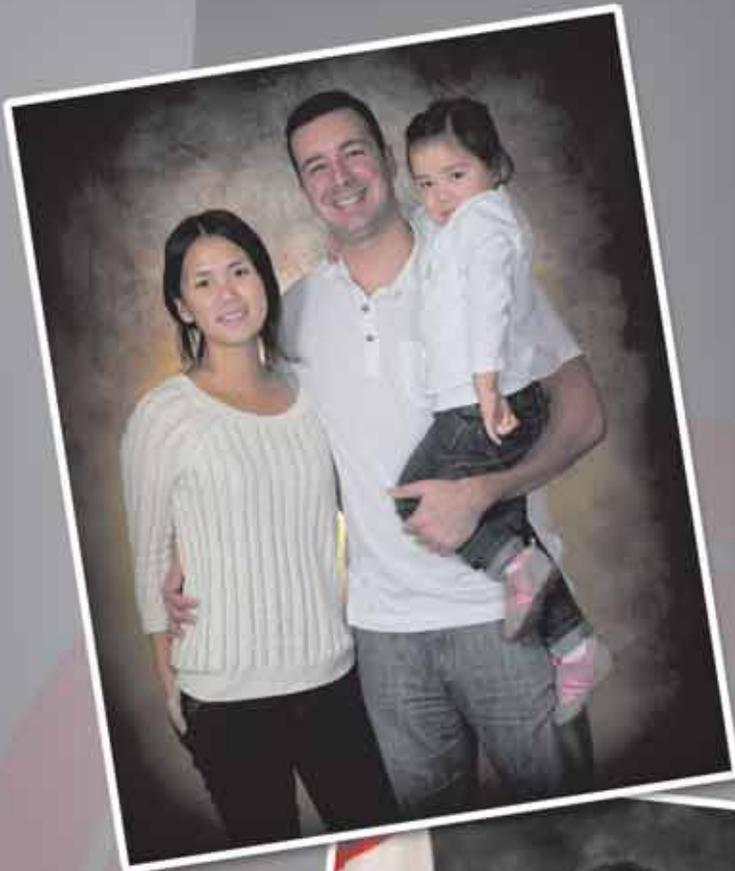
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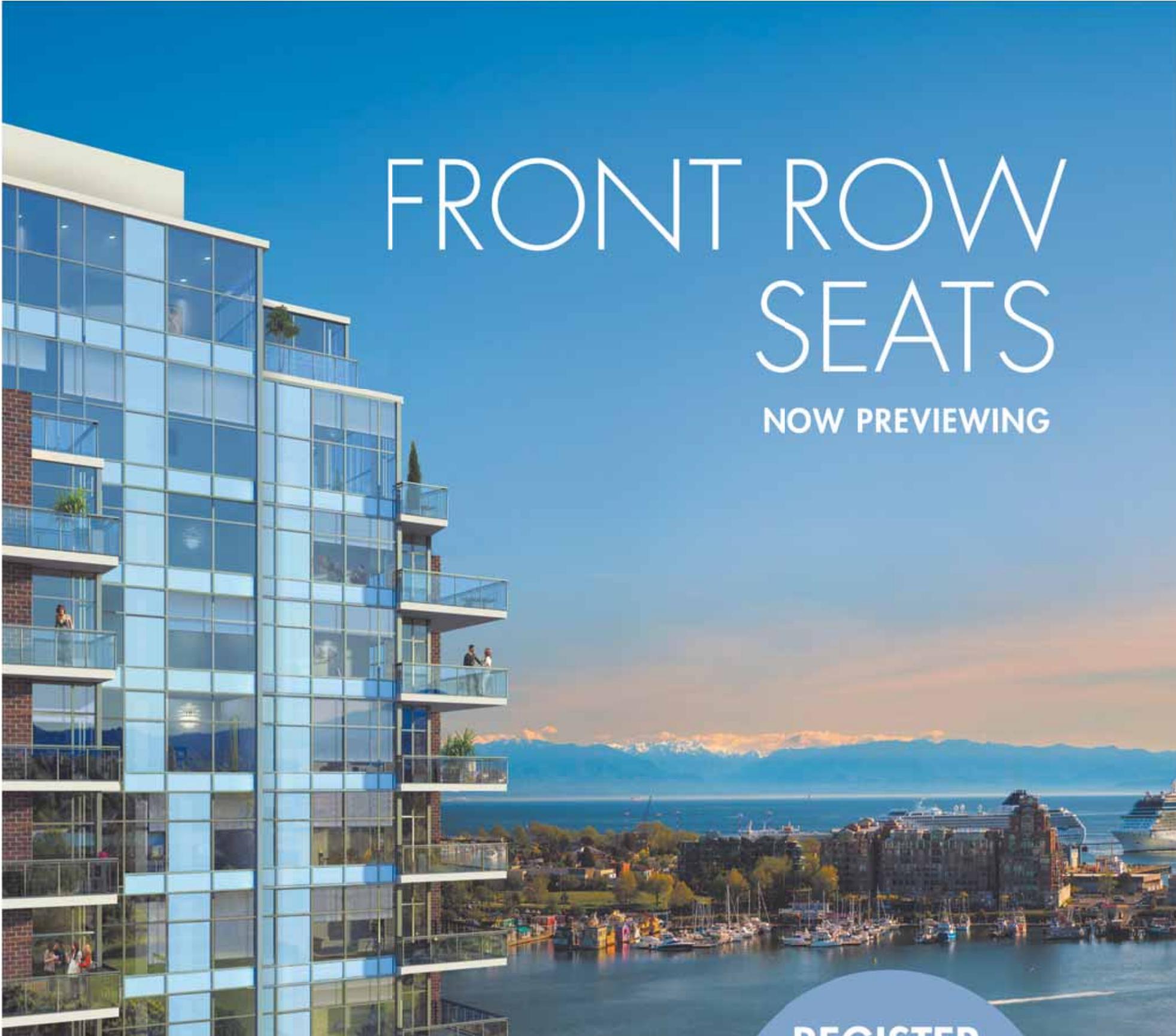
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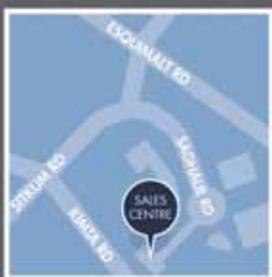
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