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Volume 60 Number 41 | October 13, 2015

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.






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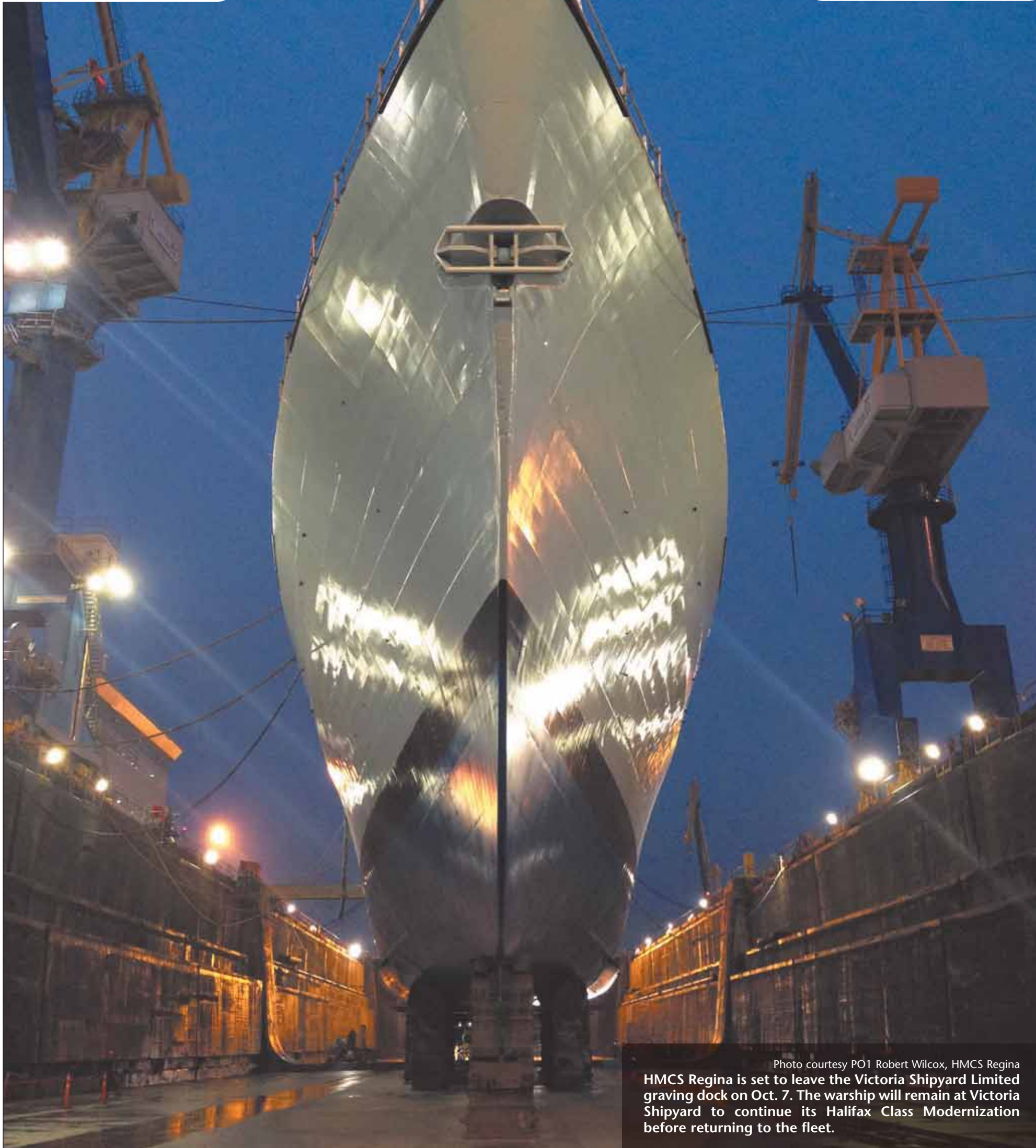


Photo courtesy PO1 Robert Wilcox, HMCS Regina
 HMCS Regina is set to leave the Victoria Shipyard Limited graving dock on Oct. 7. The warship will remain at Victoria Shipyard to continue its Halifax Class Modernization before returning to the fleet.

Winnipeg showcases Halifax Class Modernization in London

Slt Jamie Tobin
HMCS Winnipeg

After almost three months of operations in the Mediterranean Sea and the Atlantic Ocean, *HMCS Winnipeg* took a break from operations to sail up the River Thames and sit centre stage at the Defence and Security Equipment international (DSEi) exhibition from Sept. 15-18.

DSEi is the largest defence industry trade show in the world and is held every second year in London, United Kingdom.

Winnipeg was in attendance at this year's event to support the Canadian Armed Forces' defence industry partners by showcasing one of the final products of the Halifax Class Modernization project.

"It was an honour to support the Canadian defence industry at DSEi. Operations would not be possible without the steadfast support we receive from the Canadian defence industry," says Commander Pascal Belhumeur, Commanding Officer of *Winnipeg*. "We are proud to represent the Royal Canadian Navy at the show.

Winnipeg celebrated its twentieth birthday on June 23 and it has never looked better."

The ship's company provided tours of *Winnipeg* to event guests, defence industry representatives, foreign military and government officials, and trade representatives, as well as friends and family.

The command team co-hosted two industry luncheons and the ship served as the venue for the Canadian defence industry networking reception attended by more than 250 guests.

"Our Canadian defence industry participants, Government of Canada partners and DSEi event staff were extremely impressed by the hospitality and professionalism of the team on board *Winnipeg*," said Daniel Salisbury, International Program Officer for the Assistant Deputy Minister (Materiel).

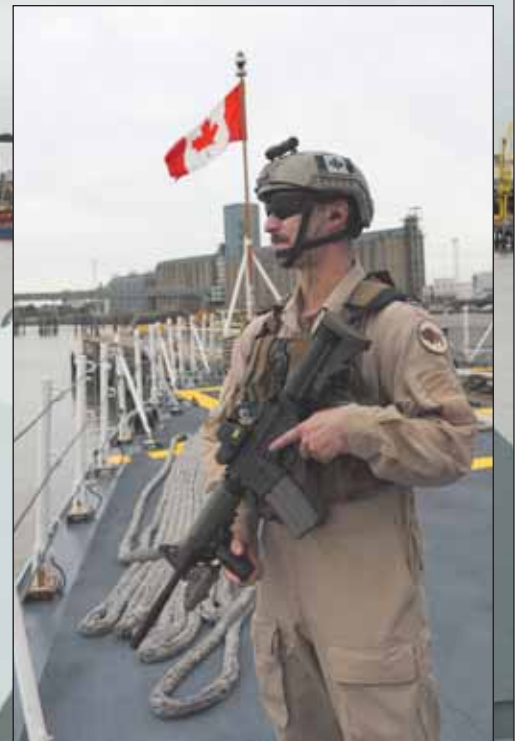
Upon completion of the event, *Winnipeg* sailed back out the River Thames to re-join Standing NATO Maritime Group One and put its enhanced capabilities to work in support of Operation Reassurance, Canada's contribution to NATO assurance measures in Europe.

Photos by Cpl Stuart MacNeil, HMCS Winnipeg

Right: Cdr Pascal Belhumeur, Commanding Officer of HMCS Winnipeg, greets Alan Kessel, Canada's Deputy High Commissioner to the United Kingdom, before a tour of the ship during the Defence and Security Equipment international exhibition in London, UK.

Main image: Winnipeg transits the Thames River into London.

Lower Right: A member of the Enhanced Naval Boarding Party stands sentry as the ship transits the Thames River.



Pacific Fleet warship departs for joint exercise in California

Katelyn Moores
MARPAAC Public Affairs Office

HMCS Vancouver departed CFB Esquimalt today for the coast of Southern California, where it will join *HMCS Calgary* and *HMCS Chicoutimi* for a three-week Task Group Exercise (TGEX) with the United States Navy.

The United States Navy's 3rd Fleet is hosting the exercise, which aims to enhance combat readiness and improve interoperability.

"This training will strengthen our ability to work in a combined environment on a wide range of potential operations and missions, including anti-submarine warfare,

boarding operations and replenishment at sea," said Lieutenant Commander Jeff Anderson, Fleet Readiness Officer at Canadian Fleet Pacific Headquarters. "This year's exercise will also give the Pacific Fleet exposure to amphibious operations, which could be a valuable tool for future joint missions."

Along with guided missile destroyer United States Ship (USS) Stockdale, United States Navy warships participating in the exercise are USS Boxer, USS New Orleans, and USS Harpers Ferry, all ships built for a variety of amphibious operations.

"Exercises like TGEX offer valu-

able training opportunities for the Royal Canadian Navy and will help us maintain operational readiness throughout the fleet," said Commodore Jeff Zwick, Commander Canadian Fleet Pacific. "As like-minded allies, our close operational relationship with the United States is an asset to maintaining peace and security throughout the Pacific region."

That close operational relationship will also include Royal Canadian Air Force assets, including a CH-124 Sea King helicopter embarked in *Vancouver* and a CP-140 Aurora Long Range Patrol aircraft.

In the week leading up to

TGEX, *Calgary* participated in San Francisco Fleet Week, an annual event that brings together civilian and military forces to develop and share best practices in humanitarian assistance and emergency disaster response. In addition to the working aspect of Fleet Week, there are numerous other celebrations and family-oriented events, including an air show, which consistently attracts millions of visitors to the area. A large number of those visitors took the opportunity to visit *Calgary* and learn more about the Royal Canadian Navy (RCN).

Following the joint exercise, *Vancouver* will continue operating

in southern waters before sailing back to home port later in the fall.

With *Calgary*, *Vancouver* and *Winnipeg* all conducting operations, it marks a turning point for Canadian Fleet Pacific; two-thirds of the Fleet's Halifax-class frigates are nearing completion of upgrade installments, tests and training crews at sea.

With *HMCS Ottawa* in the latter stages of upgrades and *HMCS Regina* more than half way through its scheduled modernization, much work is being progressed to have the Pacific Fleet's workhorses back and contributing to RCN operations at home and abroad.

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Photos by Peter Mallett, Lookout

Above: Cops for Cancer-Tour de Rock riders take off from their quick stop at Naden Oct. 2.
Left to right: Capt Pam Harris, LS Rod Carper, RAdm Gilles Couturier, Maj Michael Lemire, and Cpl Devin Fidler pose for a photograph during their stop at the base.

Tour de Rock riders make first-ever stop at CFB Esquimalt

Peter Mallett
 Staff writer

Tour de Rock riders were on the final day of their gruelling 1,100-kilometre journey across Vancouver Island Oct. 2 when they pulled into CFB Esquimalt.

"This is the first time the tour has ever stopped at the base. We are greatly honoured and hope it is the first of many," said Acting Base Commander, Cdr Byron Derby as he congratulated the riders. "This is truly a stunning achievement. The dedication you have shown here today in service of the community and this cause is fantastic and truly awe-inspiring."

The 20 police riders and one member of the media were in the final kilometres

of their 13-day cross-island cycling odyssey. As they dismounted their bikes and the Naden Band of the Royal Canadian Navy struck up its rendition of "1st Fanfare", the team of two-wheeled voyageurs were greeted to wild cheers from over 100 well-wishers in the Lang Cove parking lot with ships in the background.

Maj Michael Lemire, Commanding Officer of Military Police Unit Esquimalt was one of four MP riders who set off with the tour from Port Alice on Sept. 20. Along the way they stopped in 27 communities and over 46 schools.

"The Tour de Rock is an annual event that raises funds for kids with cancer, Camp Good Times and pediatric cancer research,

but it also brings together and unites the island as one team and is truly an event that people on Vancouver Island rally behind," said Maj Lemire. "We've made friends and met people while we cycled down the island, and there were also the children and families who are dealing with cancer. It reminds us more that it [cancer] is something we just have to defeat."

Maj Lemire was joined by fellow MP Capt Pam Harris of CFNIS, LS Rod Carper of MPU Esquimalt, and Cpl Devon Fidler, a reservist with 12 MP Platoon, on the journey.

RAdm Gilles Couturier was thrilled with the efforts of the riders, declaring their campaign had "touched all of us."

"I'm all about the concept of teamwork," said the Commander of Maritime Forces Pacific. "Congratulations on forming this great team and delivering something that is so very important."

Founded in 1998, the Canadian Cancer Society charity has contributed over \$21 million in funding for pediatric cancer and support programs. This year, the Tour de Rock raised over \$1.3 million and during its inaugural stop at the base, there was a late financial boost for the MPU riders.

During the ceremony, Cdr Brigitte Boutin announced she was presenting a donation of \$500 on behalf of the Wardroom to Maj Lemire and Capt Harris;

MS Derek Fedoryshyn presented a \$1,000 donation to LS Carper on behalf of the Pacific Fleet Club; and a representative from MPU Esquimalt presented a donation of \$238.75 that was raised during Formation Fun Day. RAdm Couturier also made an undisclosed donation to Capt Harris ensuring her individual fund-raising target of \$15,000 was reached.

But the spirit of giving and helping others also extended well beyond the base and into the Esquimalt community. Mexican restaurant La Taquisa and owner Scott Demner were also recognized during the ceremony after Demner and his wife Cindy Martinez raised \$200 in proceeds from the sale of 800 ceviche (fish) tacos, and

then personally matched those proceeds for a donation totalling \$400.

"Our customers were very supportive and excited to help the cause," said Demner. "It was an automatic for us to help the military police riders fund-raising drive simply because people from CFB Esquimalt have always been very supportive of our restaurant."

After a 15-minute break from riding, the riders headed back out on the road, on their final day and whirlwind tour through the Capital City. By the time the riders were done they made 19 stops at area schools, businesses and community centers before pulling into Centennial Square for the tour finale and a well-deserved rest.

matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Rachel Lallouz 250-363-3672
rachel.lallouz@forces.gc.ca
Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

RECEPTION

250-363-3127

ACCOUNTS/CLASSIFIEDS

Heather Catte 250-363-3127
heather.catte@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

Lt(N) Nicole Murillo 250-363-4006
Sara Helmecci 250-363-7060

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Victoria, BC V9A 7N2

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WHAT SAY YOU

People Talk

After being on the road for 13 days with the Tour de Rock, what did you miss most about home?



Family. I can't wait to get home to see them. I have a little nine-year-old boy who I miss so much.

**LS Rod Carper,
MPU Esquimalt**



My girlfriend Chelsea [Vandergoot], and our family dinners. Even though we have had some nice meals along the tour, it's just a nice cooked meal from Chelsea I am really missing.

**Cpl Devin Fidler,
12 MP Platoon**



What I missed the most was tuna casserole cooked by my girlfriend. It's my favourite dish so I'm really looking forward to having some again when I return home.

**Constable Matt
Rutherford,
Victoria Police
Department**



We are going so fast we don't think about home, but you definitely miss your own bed. It was different sleeping in gymnasiums at some of the stops, but you sort of miss your daily routine. With the tour everything moves so fast so you miss your daily routine.

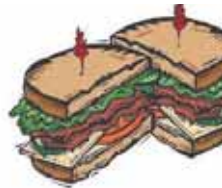
**Major Michael Lemire,
MPU Esquimalt
Commanding Officer**



I've been lucky enough to have my family bring my dog to visit along the way during The Tour de Rock, but I definitely miss my dog and my cat, and my boyfriend Dane.

**Capt Pam Harris,
MPU Esquimalt**

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The history of the sandwich MCpl Vincenzo Agius-Mantello Base Foods

Although placing food items between two slices of bread can be dated back to 100 BC, the first time this popular lunchtime dish was referred to as a "sandwich" was more recent.

In the late 1700s, a government official by the name of John Montagu had a large gambling problem. One November afternoon in a public tavern, he was so pre-occupied playing Poker, for which he was on a 24-hour stint and couldn't break to eat. His solution? He asked for two slices of toast and roast beef. By building a sandwich, he was able to eat with one hand, keeping it clean and dry, and still be able to play cards with the other hand.

As it turned out, John was the Earl of Sandwich, a small British town in the area. When the other patrons of the establishment saw what John was eating, they also requested "the same as Sandwich" and the name stuck.

You can also enjoy the "same as Sandwich" by coming into any CFB Esquimalt Galley for lunch, where you can have a freshly made sandwich with all your favourite toppings, for only \$5.50.

Better yet, add a soup or a salad for \$8.90 total. The Earl of Sandwich would be pleased.



Crabmiral?!

Do you recognize this red crustacean? The new "Crabmiral" was seen signing the guestbook of the Commander of Maritime Forces Pacific at CFB Esquimalt on Sept. 30.

Known to his friends as Chops Crabbe, this loveable crustacean has been

seen all over Victoria visiting various festivals and establishments. However, he is desperately trying to get to his hometown of Port Angeles, Washington. Lucky for him, he has found help. Since finding him at the James Bay Inn, Cedra Smith, an employee at CFB Esquimalt, has

vowed to help Chops get to his final destination. As a reward for her help, Smith will have the opportunity to attend Crabsfest in Port Angeles.

If you are interested in keeping up-to-date with Chops' adventures, visit his fan page at facebook/ChopsCrabbe.

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Great B.C. Shake Out

Be ready to drop, cover and hold on

Lt(N) Paul Trenholm
MARPAC PA Office

Get ready to “drop, cover and hold on” again this year as the base participates in the Great British Columbia Shakeout on Oct.15.

Everyone in Maritime Forces Pacific, whether civilian or military, will participate in Exercise Shakeout.

It starts precisely at 10:15 a.m. when people can expect to see flash messages, mass emails and hear the Mass Notification System (MNS) announce, “For exercise this is the commencement of the Great BC Shakeout earthquake drill for 2015. This is an exercise.”

Once the alarm is sent, everyone will drop, cover, and hold on as if there were a major earthquake occurring at that very moment, and stay in this position for at least 60 seconds.

- DROP to the ground (before the earthquake drops you!),
- Take COVER by getting under a sturdy desk or table, and;
- HOLD ON to it until the shaking stops.

If there isn't a table or desk near you, drop to the ground in an inside

corner of the building and cover your head and neck with your hands and arms. Do not try to run to another room, just to get under a table.

The main point is do not move. Immediately protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be the start of the big one. You should drop, cover, and hold on immediately.

After 60 seconds are finished, everyone will evacuate their workplace and muster at the designated muster area for each building. From there, the most senior person will assume control and lead all assembled personnel to the applicable Disaster Response Boxes (E-Boxes).

Everyone in Maritime Forces Pacific is reminded to bring their personal emergency kits (red bags). This is an opportunity to confirm all 72-hour emergency kits are complete and up-to-date.

This year, over 740,000 British Columbians will take part in the

Great Shakeout earthquake drills with over 23 million people participating worldwide.

At CFB Esquimalt, experts at Joint Task Force Pacific will supervise the exercise from the Base Emergency Operations Centre located in the base Fire Hall. Exercise Shakeout activities will conclude by noon.

The Shakeout has been organized to help individuals, communities, schools, and organizations review and update emergency preparedness plans and supplies. It's also a great opportunity to secure your workspace in order to prevent damage and injuries.

In addition, studies of injuries and deaths caused by earthquakes over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. Drop, cover, and hold on offers the best overall level of protection in most situations.

For more information, and useful links about emergency preparedness visit <http://shakeoutbc.ca/> <http://www.getprepared.gc.ca/index-eng.aspx>

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Supporting our people: Sexual Misconduct Response Centre (Interim) has opened

DND Ottawa Sept. 15.

To assist Canadian Armed Forces (CAF) members who have experienced, have witnessed, or have been affected by inappropriate sexual behaviour, a dedicated centre for support, information and referrals was opened in Ottawa Sept. 15.

The Sexual Misconduct Response Centre (Interim) will provide CAF members with timely access to professional support by phone or e-mail. The staff will provide empathic listening, immediate safety planning, and information about available resources and complaint mechanisms.

Led by its newly appointed Director, Jan Lalonde, the Centre is independent of the military chain of command.

CAF members can access a professional by phone (1-844-750-1648) between the hours of 7 a.m. to 5 p.m. (EST). After hours, other resources are available such as the Family Information Line, the Canadian Armed Forces Member Assistance Program and local sexual assault centres, which will complement the support provided by the Sexual Misconduct Response Centre (Interim).

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The MFRC and Autism Support Network of B.C. are co-hosting this event.

Oct 22, 5-8 p.m. at the Colwood Pacific Activity Centre

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DINNER, MOVIE AND HOTEL (Boston Pizza, IMAX, Harbour Towers) (approx. value \$260): Anyone who submits a gift form of \$150 or more to their 2015 GCWCC campaign unit representative by Nov. 18 will be automatically entered.

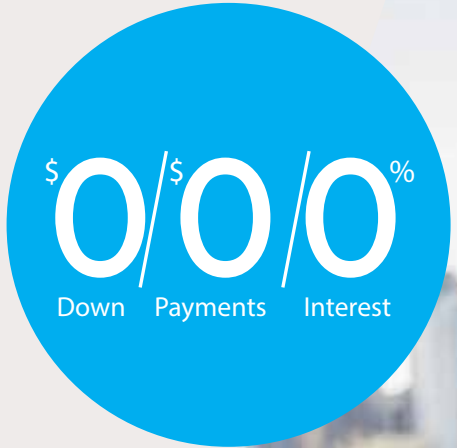
ROUND TRIP FOR TWO BETWEEN VICTORIA AND SEATTLE ON THE CLIPPER (approx. value \$300): Any who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign representative by Nov. 11 will be automatically entered into a draw for a round trip for two to Seattle, WA, on the Clipper.




Note: Please submit your Unit's qualifying names directly to Vicki Kellsey by the day after EACH deadline (Nov. 12, 19, 26) Draws will happen at noon each Friday following the deadline.

For more info, please contact Vicki Kellsey, Campaign Coordinator, (250) 363-2595.


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If you are experiencing or witnessing family violence... seek help!

Family Violence Definition

Family violence means an abuse of power within a relationship of family, trust or dependency, and includes many forms of abusive behavior, e.g., emotional abuse, psychological abuse, neglect, financial exploitation, destruction of property, injury to pets, physical assault, sexual assault and homicide.

Family violence is a complex and destructive social phenomenon that occurs throughout Canadian society. On an individual level, family violence is an extremely serious problem. It poses risk of immediate injury, pain and suffering. If ignored, family violence may become chronic and severe, and may cause long-term physical and psychological damage, and possibly death.

Family violence within the CF can have a negative effect on:

- operational readiness;
- work performance; and
- good order and discipline.



Family Violence Prevention Week October 12-18

Former spousal abuser encourages others to end the lies and come clean

Peter Mallett
Staff writer

PO1 David Mitchell is on a quest to change the actions of domestic abuse perpetrators.

He knows first-hand what motivates a man or woman to cross the line into violence.

The sailor is a reformed abuser. He is sharing his story in the hopes of reaching and changing someone similar to his former self.

Perpetrators come from every walk of life. They represent a wide range of behaviors and motives, from the culturally normal person who uses privilege and power to dominate his or her family, to the psychopathic person who stalks, tortures, and kills his or her family. The reason he or she batters is complex; it is a mix of psychological and cultural factors.

The root of PO1 Mitchell's actions developed through an abusive household. Like many abusers, his father was abusive to his mother, who was also abused in her childhood. In later years, he would learn that his brother was also abusive to his wife.

"There are an overwhelming number of people who are abusive that come from abusive families," says PO1 Mitchell. "But not all people that grow up in abusive households become abusive, and not all people that are abusive grow up in abusive homes."

Violent tendencies ramped up following the birth of his daughter. The "relatively normal and happy life" he had with his wife changed completely.

"As a father it became important to me to protect my daughter, and always do things certain ways, my way, at whatever cost," says PO1 Mitchell. "That's when the violence started. My former wife didn't agree with every-

thing and we had issues with how I was forcing my way. I was certain it was the right way and the only way."

Arguing turned to yelling and then to hitting.

"After any explosive episode there was always a makeup or honeymoon period when I thought everything is going to be okay," says PO1 Mitchell. "But the cycle of violence doesn't end there. It usually gets quicker and more frequent, and the violent episodes become greater."

The finale came in 2002 when the sailor flew into an "uncontrolled fit of rage" when he thought his wife was leaving with his children.

"I was holding my wife around her arms and had thrown her up against the fridge and then to the ground."

His terrified daughter, Amber, had managed to call 911, putting a stop to the assault.

"I thank Amber every day for having the courage to call 911, she saved my life."

Shortly after PO1 Mitchell calmed down, the RCMP arrived at his Langford home. While the police didn't arrest PO1 Mitchell and he wasn't charged with assault, his wife left him.

It was during this flashpoint his world "drastically changed forever."

Before she left their home for good, his wife left some pam-

After any explosive episode there was always a makeup or honeymoon period when I thought everything is going to be okay...

PO1 David Mitchell

phlets on the dining room table that she had gotten from the MFRC.

"I came home from work, read the material and realized they were talking about me and knew my story inside out," he said. "It took 11 years of this suffering until I had no choice, had to really see myself for what I was. That's when I got help."

The pamphlet that spoke to him the most was produced by the Family Violence Project, a non-profit support program for men and women who have abused or have been victims of abuse.

"I worked my way through their various programs, learning about family violence, discovering myself, gaining many tools to assist in changing my behaviour, and finally becoming a co-facilitator of a peer support group," says PO1 Mitchell.

He has since remarried, enjoys a very loving relationship with his children, and has managed to put his life back together.

"Everyone can learn by looking at themselves," he says. "Maybe you are reading this article right now and can identify with me, but are repressing the reality that you have been abusive to your partner. The majority of us will look outside ourselves for change, but in reality peace and change only comes when you look at yourself."

Since his turnaround, PO1 Mitchell has held talks with high school students and DND employees, special seminars, and also participated in a support group for men who have been charged with assault or murder of their former partners.

He encourages both victims and perpetrators to "take a stand" against family violence.

"I encourage anyone who is affected by family violence to leave, report, and seek support."

MPs on the frontline of domestic dispute calls

Rachel Lallouz
Staff Writer

Every October, Canadian Armed Forces (CAF) communities across the country take a stand against family violence. This CF-wide campaign reaches out to all military families, personnel and service providers to raise awareness about family violence prevention.

Now in its ninth year, the Take A Stand campaign continues to spread the message that family violence prevention is the responsibility of the entire CAF community.

The Take A Stand campaign addresses family violence and stresses the importance of responding to incidents of violence appropriately, responsibly and respectfully.

At the forefront of incident response are military police members, who are mindful of both the danger and significance of intervention.

Sergeant Marjorie Fischer, Corporal Curtis Haney and Leading Seaman Andrée Noye, all CFB Esquimalt military police officers, agree their most challenging calls are those requesting assistance for domestic violence issues, either in their primary jurisdiction of military housing.

"You're going into an unknown situation with the threat of violence possibly already having occurred," says Cpl Haney.

Sgt Fischer adds that domestic violence calls are statistically the most dangerous calls any police officer can take.

"We don't know how far along things have escalated until we are there," she says. "Sometimes, we might be coming in and dealing with an offence that has occurred multiple times, and escalated

to a very volatile point."

Entering a highly emotional situation requires empathy in order to de-escalate things.

"You're going into a very personal situation and becoming part of another family's issues, asking tough questions, so that can be hard. You need to be approachable and make sure people feel as though they can talk to you," she says.

Both MPs agree that because they are the first point of contact for both victim and perpetrator, they must do everything they can to prevent anymore harm from occurring.

"We'll arrive on scene and get both sides of the story, taking into account the information provided by the caller. If a criminal offence has occurred, such as an assault, we take the appropriate action as police by making an arrest and laying the suitable charges," says Cpl Haney.

LS Noye says she pays special attention to the environment of a scene when she first arrives.

"I'll notice small details that might otherwise escape other people's perception: body language towards one spouse, marks on the body, or comments that might appear innocent but are threatening. I'll take into account damage on a wall, or a broken chair, even potential weapons laying around the room."

If the dispatch determines the call sounds like an extremely violent situation, an ambulance will be staged close to the caller's location to reduce response time if needed.

Once the situation has been resolved, says Cpl Haney, a plan is created with the victim to provide them with resources and explain the legal process of laying a

charge. The survivor might be directed to Victoria's Victims Services, the Military Family Resource Centre, or be given information about shelters and other emergency services.

LS Noye likens military police to cooperative and respectful community partners that are crucial to both the prevention and education of domestic violence.

"We make sure the victim is aware and educated so they can be as protected as possible," says Cpl Haney.

"A victim is never just left hanging," adds Sgt Fischer.

If a victim is unable to get help, says Sgt Fischer, further emotional and physical injury could occur, as well as the breakdown of the family unit.

"When a spouse refuses to acknowledge the cycle of violence and abuse and are in danger, that can be difficult," says LS Noye. "The cycle of abuse could continue, resulting in removal of children by the Ministry of Children and Family Development. But my fear is that victims only tend to report the behaviour after long periods of abuse."

When a perpetrator does not receive treatment, the abuse can worsen, and may lead to an arrest, loss of career, or custody loss of children.

For LS Noye, if the cycle of violence can be halted, or support can be given to an individual in need of it, either victim or perpetrator, she has done her job.

"If we can ensure people's safety and prevent violence from being committed, if we can keep people safe, whether it be a mom, a dad, or children, that is rewarding for us," she says.

Military Police Unit Esquimalt asks that victims and perpetrators in domestic violence situations, leave, report, and seek support.

Here is a collection of contacts that can assist:

Contact information for support inside of the CAF:
MFRC 24 hour info line:
250-363-2640 or 1-800-353-3329
Family Crisis Team/Mental Health
250-363-4411
Esquimalt Military Police:
250-363-4032
CFMAP: 1-800-268-7708
Family Info line 24/7:
1-800-866-4546

Local Contact information for support outside of the CAF: 9-1-1

Victoria Sexual Assault Centre:
250-383-3232

Victoria non-emergency police line, request Victim's Services:
250-995-7654

Victoria Women's Transition House:
- 24 hour crisis line: 250-385-6611
- Community Office: 250-592-2927

Our Place Society: 250-388-7112

Websites:
Government of B.C. domestic violence website:
www.domesticviolencebc.ca

VictimLink BC:
www.victimlinkbc.ca

Ministry of Justice:
www.pssg.gov.ca/victimservices

YMCA resources
www.victoriay.com

Ending Violence Association of BC:
www.endingviolence.org

BC Housing temporary shelters
www.bchousing.org

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Monday – Thursday:
0530-2130hrs
(5:30 a.m. - 9:30 p.m.)

Friday:
0530-1930hrs
(5:30 a.m. - 7:30 p.m.)

Saturday, Sunday and Holiday's:
0800-1600hrs
(8 a.m. - 4 p.m.)

OUTDOOR FITNESS EQUIPMENT FAMILIARIZATION SESSIONS

Come and join PSP Fitness Staff to get familiar with our new Outdoor Fitness Equipment located at Naden Athletic Centre (N88):

Monday October 19
11:30 a.m. –noon

At the outdoor fitness equipment area just outside the Naden Athletic Centre (N88) by the Sand Volleyball courts

For further information, please contact Matt Carlson, Fitness Coordinator at Matthew.Carlson@forces.gc.ca or 250-363-4495



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(Not responsible for vehicles equipped with tire pressure sensors)
- Car Wash (Self Serve): \$5**
- Full Service: \$10**
- Meal Only: \$5**

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7:30-11a.m. Pancake breakfast, eggs, sausages, and juice.
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Appointments will be taken until Oct 28. Contact Cpl Andrew Gale 250- 363-7208.

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Yearly FORCE Evaluation to also assess overall health

Rachel Lallouz
Staff Writer

The FORCE Evaluation will soon test more than a military member's ability to physically carry out his or her job.

The PSP Directorate of Human Performance research team has added two components to the annual military fitness test to better assess each person's overall health.

Starting April 1, 2016, the FORCE Evaluation will be broadened to cover health-related fitness by incorporating a weight circumference measurement and a cardio-respiratory fitness calculation.

"The former Chief of the Defence Staff made it clear that although we have a legal responsibility to ensure that our personnel are fit to do their jobs, we have a moral responsibility that goes well beyond that," says research team spokesperson Michael Spivock. "We want to ensure our members are healthy and fit well beyond the end of their careers."

He says the FORCE Evaluation is currently a physical employment standard rather than a test of a person's health-related fitness.

"Just because a person can pass the FORCE Evaluation, it doesn't mean they have a high health-related fitness level."

FORCE was designed to reflect the tasks CAF members

could be called to do during operations for the army, air force and navy. To pass the evaluation, a member must complete a sandbag lift, intermittent loaded shuttles, a sandbag drag, and 20 metre rushes. These tasks are representative of more complex tasks members might encounter in the field, such as dragging a casualty, fortifying an area with sandbags, or extricating someone from a vehicle.

"A person could be overweight, but pass the FORCE Evaluation," says Spivock. "They could be walking off that gym floor genuinely believing they are fit. They are fit to do any elements of their job, but general health-related fitness has more components than that."

Spivock says the waist circumference measurement that is being added to the evaluation is a good predictor of a variety of illnesses that can develop later on in life.

"Whether we are talking about cardiovascular disease or cancer, it's a measurement that is going to be a strong predictor of the long term well-being of Forces members," he says.

Once a waist circumference measurement has been taken and the military member completes their standard FORCE tasks, the Personnel Support Programs (PSP) staff member holding the evaluation will input the timed results of the evaluation into a computer program on a tablet. That program then calculates a number indicating the level of a member's cardiorespiratory fitness.

"At that point, if the fitness instructor has the member's waist circumference and cardiorespiratory fitness calculation, we have a solid context for determining that member's health-related fitness," says Spivock.

The program also plots the member's FORCE results into a graph that shows the fitness levels of other military mem-

bers in their demographic, so they can see how they stack up against their peers.

During the Electronic Fitness Trials this past summer, local PSP instructors learned how to use the on-site tablets, collect the fitness data, and present it to members being tested.

"Members can see exactly where they personally fall in terms of health-related fitness," says Spivock. "Right on the spot, that Forces member will have a debrief session with the PSP staff member completing their testing, meaning they will be told to either keep up the good work or they will be immediately connected to fitness or health promotion programs and tools."

But members who find themselves with low health-related fitness don't need to worry that the changes will result in them failing the FORCE Evaluation. As long as a member passes the traditional four elements of the FORCE Evaluation, there will be no career implications.

"The criteria for keeping your job remains the same," says Spivock. "All we are doing now is adding a little bit of information to that FORCE Evaluation, so that our fitness staff can counsel people to have a better idea of what might better their well-being."

Waist circumference measurements and cardiorespiratory calculation results will be attributed to bronze, silver, gold or platinum levels according to age and gender categories, allowing members to aim for recognized goals with yearly testing.

"The addition of health-related fitness testing to the FORCE Evaluation will give people a quick, clear objective glimpse into their overall wellness while giving them targets for improvement, or to recognize exemplary fitness," says Spivock. "It is an information tool giving our members a better picture of their general fitness."



Just because a person can pass the FORCE Evaluation, it doesn't mean they have a high health-related fitness level.

Michael Spivock,
PSP Directorate of Human
Performance research team

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Photo by MCpl Chris Ward, MARPAC Imaging Services

In honour of the late Rear-Admiral William Hughes, a tree was planted at the Admiral's residence in HMC Dockyard.

Left to right: Sylvie Tremblay, wife of RAdm Couturier; RAdm Gilles Couturier, Commander of Maritime Forces Pacific; and RAdm Hughes' wife Miriam watch as RAdm Hughes' son Roderick plants the tree.

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ABIS Nicolas Gonzalez, Navy Imagery Unit - North

Royal Australian Navy officer, Commodore Brenton Smyth, Commander of Northern Command, salutes alongside a member of the 4th Canadian Ranger Patrol Group during the memorial service to commemorate the service of the Canadian Armed Forces in Darwin, Australia, during the Second World War.

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Above: Soldier On participants get ready to run at the Canada Army Run in Ottawa, Sept. 20.

Right: Master Seaman (Retired) Phil Burton reaches the finish line.

Below: Soldier On participants and supporters carry the Soldier On flag through downtown Ottawa.



Soldier On members lead the Canada Army Run

Rachel Lallouz
Staff Writer

Master Seaman (Retired) Phil Burton joined 50 Soldier On participants in Ottawa last month to inspire thousands of runners in the Canada Army Run on Sept. 20.

The former navy sailor suffers from serious knee and shoulder injuries, but he wasn't going to let that stop him from joining the Soldier On running team. Last July his application was accepted.

"I knew that I had to give back," says Burton. "And running the race was the perfect platform to do it."

Because Soldier On covered all of Burton's costs to attend the run, he decided to fund raise for the charity to show his appreciation.

Soldier On provides funding to ill or injured serving or retired members of the Canadian Armed Forces to attend a variety of programs or to access special equipment.

Burton set up a fund-raising profile on the Canada Army Run's website, with a goal of raising \$500 for the Soldier On program. Through special help from the Pacific Fleet Club, Dad's Homemade Soups and Sangys, and friends and family, he was able to raise \$1,600. A fellow runner, Mark Dewey, of Rescue One CPR, was also able to raise \$150 towards Soldier on.

The triumphant part of Burton's journey was launching the run with fellow Soldier On participants at 8 a.m. that morning.

Donning bright red T-shirts to identify them, Soldier On members took their place at the start line as hundreds of other runners filled the street behind them.

"Around us the streets were packed with thousands of people cheering," says Burton. "It was heart warming to see such support."

Once they were off, he says the Soldier On members dispersed throughout the route based on their ability.

"With my injuries it was more of a quick march, but that's something I haven't been able to do for a long time," he says.

The route coiled down the main roads in downtown Ottawa, starting from City Hall, moving past the National War Memorial and Tomb of the Unknown Soldier to the Parliament Buildings, and then along the Rideau Canal.

"I did well up until the four kilometre mark, but that's when my knees started to really ache," he says. "But I just kept pacing myself so that my other injuries wouldn't be worsened or keep slowing me down. It was painful, but I did it."

Forty-eight minutes later, he reached the finish line, after completing the five kilometre portion of the run, with supporters cheering him on the sidelines.

"It was the kind of moment where I was sore and tired, but had such a strong sense of accomplishment. Not only for myself, but for the other Soldier On members as well," he says. "Now when I'm hurting it's no big deal. That's what Soldier On does – it shows an injured person what they can still do."

Canadian Forces Fleet School Esquimalt Division Parade and Ceremony

Commander Ed Hooper presented awards during the Canadian Forces Fleet School Esquimalt Division Parade and Ceremony on Oct. 2.

Photos by MCpl Michael Bastien, MARPAC Imaging Services



PO1 Doug Bacon is presented with an Operational Service Medal - Expedition First Rotation.



Lt(N) William Boulet is presented with a Canadian Forces Decoration Second Clasp.



PO1 Paul Huffman is presented with a Canadian Forces Decoration Second Clasp.



PO2 Stephen Sprenkle is presented with a Canadian Forces Decoration.



PO2 Thomas Crocker is presented with a Canadian Forces Decoration.



PO2 Jason Campbell is presented with a Canadian Forces Decoration.



MS Jennifer Morgan is presented with a Canadian Forces Decoration.



MS James Moncrieff is presented with a Canadian Forces Decoration.



MS Sean Riley is presented with a Canadian Forces Decoration.



LS Curtis Korolyk is presented with a Canadian Forces Decoration.



LS Christopher Johnson is presented with a Canadian Forces Decoration.



AS Jeffrey Lohr is promoted to Leading Seaman.

Canadian Forces Fleet School Esquimalt Division Parade and Ceremony



PO1 Patrick Arseneault is presented with a Canadian Forces Decoration Second Clasp.



LS Nigel Hawkins is presented with a Canadian Forces Decoration Second Clasp.



PO2 Curtis Macmillan is presented with a Canadian Forces Decoration.



PO2 Lorne Ferguson is presented with a Canadian Forces Decoration.



LS Jordan Robb is presented with a Canadian Forces Decoration.



LS Nathan Gillis is presented with a Canadian Forces Decoration.



LS David Allen is promoted to his current rank by Cdr Brigitte Boutin, Base Administration Officer, and CPO2 Terry Molloy.



Photos by Duncan Ayre, MARPAC PA

MCpl Danielle Allen is awarded the Sea Service Insignia by Commander Wes Golden, Commanding Officer MARPAC HQ.



MCpl Danielle Allen is awarded the Canadian Forces Decoration by Cdr Golden.



MCpl David Windsor is awarded the Sea Service Insignia by Cdr Golden.



PO1 Thomas Gallant is promoted to CPO2 by Cdr Golden.



OS Louis Buss is promoted to Able Seaman by Cdr Golden.

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Come and carve pumpkins at CPAC with your kids!



Leave the preparation and clean up to us!

All carving supplies and pumpkins will be here waiting for you.

Saturday, Oct. 24, 2:30-4:30 p.m.
CPAC - 2610 Rosebank Rd, Colwood

First Pumpkin \$10, additional pumpkins \$5

Events on this page



Brought to you by PSP Recreation

Space is limited. Call 250-363-1009 to reserve your spot today!



Bring your children ages 5-9 years to the Chief and Petty Officers' Mess (Rainbow Room) and let them loose on the PSP Recreation Leaders.

They will provide Halloween crafts, a small Halloween dance, a movie and pizza.

Friday Oct. 30
4:30-7:30 p.m.
\$10 per child

DIVE IN MOVIE NIGHT

Drop your youth ages 10-14 years off with PSP Recreation Leaders at the Naden Athletic Centre to enjoy:

- games in the upper gym
- games in the Naden pool
- pizza
- a scary movie (maybe even Jaws!)

Friday Oct. 30
4:30-7:30 p.m.
\$5 per youth

For members looking to get a little further away from B.C., PSP has organized its first cross-the-border trip to downtown Seattle.

Seattle Trip

Saturday, Nov. 21 to Monday, Nov. 23

Interested members can sign up for either the tourism and shopping package, at \$360 per person, or the sports package, at \$490 per person to watch the Seahawks play the San Francisco 49'ers.

Cost includes transportation via bus to the Clipper, Clipper admission, two nights at the Executive Pacific Hotel, and the return trip. The sports package includes the cost of Seahawks tickets.

GRAPHIC DESIGN

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It's Christmas Card Season...

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