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## Charity game for the win!

Image by MCpl Chris Ward, MARPAC Imaging Services

MS Marc-Andre Bibeau from the Fleet Diving Unit Pacific deflects a shot on the net during the Government of Canada Workplace Charitable Campaign Hockey Game featuring military members and members of the Victoria Royals on Oct. 13. Read the full story on page 2.

### COMMUNITY 5



Mother supports cadets despite her loss

### COMMUNITY 7



Polygraphs: the heart never lies

### FEATURE 8-9



CAF athletes shine at World Military Games

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Lt(N) Malorie Aubrey from Maritime Forces Pacific Headquarters faces Regan Nagy from the Victoria Royals.

Images by MCpl Chris Ward, MARPAC Imaging Services

## Royals, military shine in charity hockey challenge

**Peter Mallett**  
Staff Writer

The game plan was all about fun and fund-raising as Team Blue defeated Team White 9-5 in the Victoria Royals' annual combined scrimmage with Canadian Armed Forces members Tuesday, Oct. 13.

The 21 Royals players were joined by 22 military players, with the two mixed teams playing two 25-minute periods. The event was a fund raiser for the Government of Canada Workplace Charitable Campaign (GCWCC).

"Everyone loves local hockey, so having the Victoria Royals on our home ice at the base is fantastic and gives hockey fans a chance to come out and see them and support the GCWCC," said Base Commander, Capt(N) Steve Waddell. "That's what both the game and campaign is all about, having a good time while supporting a great cause."

Royals centre Logan Fisher led Team Blue goal scoring with two, while Lt(N) Jeff Brooker led Team White with two apiece.

Commander Maritime Forces Pacific, RAdm Gilles Couturier also scored for Team Blue.

RAdm Couturier took a pass from Royals centre Matthew Phillips and slotted it past Royals goaltender Griffin Outhouse to give Team Blue a 6-2 lead.

"For the record there were no 'gimmies' and the goal was not set up," said RAdm Couturier who played varsity hockey for the University of Montreal for two seasons between 1984 and 1986. "The first step is to get in the open ice and the second step is to have the perfect

pass, and I had the perfect pass. I was pleased to be able to deliver because I am more of a playmaker and finishing is not my strong suit."

After the game, Outhouse lauded RAdm Couturier for his goal and level of play.

"He [RAdm Couturier] was a pretty good player, he burned me," said Outhouse. "He's got some serious moves, maybe even as good as some of the guys on our team."

Shortly after RAdm Couturier's goal, game announcer Cliff LeQuesne of radio station 100.3 The Q, jokingly taunted Team White rookie assistant coach Joe Hicketts about his team's misfiring power play.

Hicketts, who normally plays as a defenceman with the Royals, responded to his media heckler by raising his team's chalk board over his head in sarcastic response to LeQuesne.

"It was the Royals players who didn't execute, the CAF players did well," Hicketts chuckled after the final horn. "It was all about fun."

Some of those in attendance walked away from the arena with prizes. The winner of Chuck-A-Puck contest, LS Angel Soto, won a replica Royals jersey. In the contest fans were given the opportunity to buy a puck for \$2 and throw it from the home team's bench, with the winning puck landing closest to the face-off dot at centre ice.

Many of the 200 fans who attended the game appeared to be enjoying the midday game.

"It was really great hockey, exciting action with fair play, good sportsmanship and laughs to top it all off," said LS Kristen Leeson of HMCS Winnipeg.

**Everyone loves local hockey, so having the Victoria Royals on our home ice at the base is fantastic.**

-Capt(N) Steve Waddell  
Base Commander



**Above:** Capt(N) Dave Mazur drops the first puck between team captains Ryan Gagnon (left) of the Victoria Royals and RAdm Gilles Couturier, Commander Maritime Forces Pacific.

**Left:** Marty the Marmot, mascot for the Victoria Royals, presents LS Angel Soto with the signed jersey he won during the half time Chuck-a-puck competition.





Image by MCpl Michael Bastien, MARPAC Imaging Services

RAdm Gilles Couturier takes cover under his desk during the Great BC Shake Out Exercise held on base Oct. 15.

## Brace your children for a spooky adventure

**Rachel Lallouz**  
Staff Writer

If your children are looking to get a dose of Halloween thrills, look no further than the Haunted Walk at the Belmont Park Youth Activity Centre on Oct. 31.

Have the children don their costumes, grab treat bags, and come out between 6 and 8:30 p.m. to explore the haunted village.

Bring some money to donate towards the Government of Canada Workplace Charitable Campaign (GCWCC),

which will be split between the United Way of Greater Victoria and HealthPartners Canada.

"Everyone is welcome, from families to teens and their friends," says Dave Jones, organizer for the event. "The walk will be split into two routes: one is for small children and family members, and the other winds up into the woods to really scare the teens and adults."

Without giving away too many surprises, Jones says attendees can expect to see a singing pumpkin or two, have their fortunes read by a skeleton fortune teller, and be told jokes by a more

comedic skeleton.

After over a month and a half of preparation, unpacking boxes of props, hanging lights, and setting up displays, Jones says the haunted walk will be nothing short of "elaborate."

"I can't disclose everything that will be set up there, but I can say there will be a couple of secrets that are really going to be fun and will scare people," says Jones. "We think people will enjoy it."

Hotdogs and hamburgers will be available at a small cost, and free candy will be provided for children.

## Veterans Week - military speakers needed

It's that time year again when Canadian Armed Forces members all across the country participate in speaking engagements during Veteran's Week. The program helps remind Canadians about the sacrifices made and continue to be made by Canada's military members. Last year, CAF members gave more than 1,900 presentations across Canada, reaching more than 540,000 Canadians during Veterans' Week.

As part of the National Veterans'

Week Speakers Program, Maritime Forces Pacific Public Affairs is looking for volunteers to give presentations at schools and other organizations across the Capital Regional District and Lower Mainland.

The key to the program's success is the enthusiastic participation of Regular and Reserve Force members. Any CAF member can take part in the program; they just need the approval of their supervisor first.

By volunteering to be a speaker, you

can share your story of service with Canadians of all ages. A website exists that provides prepared presentations for various age groups, useful information on preparing your own speeches, and guidance on using social media.

Please contact Lt(N) Paul Trenholm and A/SLt Kyle Reed for the Remembrance Week speakers program and let them know when you are available. They can be reached through DWAN or by calling at 250-363-5789.

## MARPAC HQ GCWCC Campaign Kick off

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# matters of OPINION

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## People Talk

Lookout asked this question:

*If you could be any age for one week, now or in the future, what would it be and why?*



I'm going to go with 27. I was at my fittest, and I was super clear on what I was doing – that's when I joined the navy. All of the awkward personal traits were gone – it was easy to converse with people and be friendly.

MS Phil Burton (retired)



I'll say six years old. I can't remember what it was like to be that old, but I see kids that age who are so full of life and energy and it would be great to go back to that now with the life experience I have.

Cpl Curtis Haney,  
Military Police



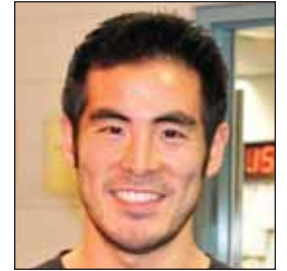
For me I think it would be 80 years old, just because if I lived life right and did the things I wanted to do in life, and was still healthy, I'd be pretty happy and to look back on my life.

Matt Carlson,  
Fitness Coordinator



I would say 19, because you are old enough to do everything and young enough to not really care about anything else!

Peter Gibson,  
PSP Fitness Instructor



I'm happy exactly where I am – I'm working on being more present.

Takato Tanaka,  
PSP Fitness Instructor

## WHAT SAY YOU

# HMCS Winnipeg a great ambassador for Canada

Dear Sir,

On Oct. 3, I was fortunate to be shown around one of the Canadian Navy ships moored at Leith Docks Edinburgh.

As I was travelling past with my son we noticed several navy surface ships tied up at dock. We walked round to see if we could get some pictures. We noticed a woman coming out and thought this was a general member of the public.

I asked if visitors were allowed; the person was talking to someone on their phone at the time, interrupted that, and told the person on the other end they would speak later. She asked if I wanted to go on and I said yes. There was another person who was just

behind who also came along.

When we climbed aboard we were shown the helicopter at the rear, then we walked to the front of the ship as the woman pointed out the torpedo tubes, various missile and anti-missile defences and the forward gun rate of fire.

This was very interesting and we were made to feel very welcome.

The ship was the best presented ship I have ever been on, and when I asked if this was a new vessel I found out it had been launched around 20 years ago and had just had a refit. It was impressive.

We were also given information on naval flags and their meaning. It really was com-

prehensive. The woman mentioned she had a child about the same age as mine, who was seven, and another at three, and that it was difficult being away for so long.

It must be a great sacrifice for her to perform long tours.

I would like to say thank you to the woman and everyone on board who made us feel so welcome; however I do not know their names. If you could pass along my gratitude I would be grateful. This was one of the best experiences of my life. They truly were ambassadors for Canada.

*Thank you.  
Yours faithfully,  
Brian Harris*



**Military spouses and volunteers show off baby hats crocheted on Wednesday, Oct. 7 at the Military Family Resource Centre's Away Café. The items will be donated to Victoria General Hospital at a future date.**

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# Grieving mother continues to support local Sea Cadet Corps despite her loss

**Deborah Morrow**  
Contributor

This summer in Parksville, British Columbia, an audience of community members and Sea Cadets bore witness to a breath-taking example of a local mother's personal strength in facing the most difficult journey of her life.

Carol Calder is living every mother's worst nightmare: being faced with the death of a child. On a rainy night in February of this year, RCMP members came to the front door with the news that her 17-year-old daughter, Samantha Calder had been killed in a car crash.

"At first you can't even make a cup of tea," says Calder about those first few torturous weeks after her daughter's death. "If people hadn't brought us meals, we wouldn't have eaten. You're just numb - absolutely paralyzed. You do everything by rote."

Her daughter was an exemplary Sea Cadet, achieving every skill the Cadet program had to offer. Despite being legally blind in one eye, Sam participated in all Cadet training and optional activities.

"Sam was a leader; she looked after everyone; she was a protector and mother hen," says her mom. "Sam was in the Duke of Edinburgh Award program and was just a three-day camping trip away from achieving her Gold Duke of Edinburgh Award. She came so close."

Despite her grief, Calder returned to lead the Cadet Corps as the President of the Navy League Branch.

She has served for years as the President of the Branch of the Navy League of Canada that operates the Parksville Sea Cadet Corps, of the Royal Canadian Sea Cadet Corps Esquimalt.

A few months after losing her child, she and the Commanding Officer of the Corps, Lt(N) Brittany Thurber organized an Annual Ceremonial Review,



**Above:** Carol Calder holds a picture of her daughter Samantha.

**Below:** Samantha receives the Lord Strathcona Medal.



showcasing to Parksville the outstanding dress, deportment, teamwork and skills of the remaining cadets.

"I believe in service before self," she says. "I have to be there for those Sea Cadets. They have their own grief; I have to show them the

right thing to do. Someone has to keep it together. If they see me doing it, they will be able to do it themselves. No matter what, these cadets have to be led."

Evidence of her leadership was everywhere throughout the Review. She

*I believe in service before self. I have to be there for those Sea Cadets. They have their own grief; I have to show them the right thing to do.*

-Carol Calder

and Lt(N) Thurber gathered members of the Royal Canadian Navy, municipal government, the Legion, parents and community members to the event.

Community leaders gave speeches, awards were given, and when it was Calder's turn to address the crowd, she stood before them, took a breath and was able to get a few words out.

"I'm so proud of you all. Thank you, that's all I have."

Her quiet, short message was received with spirited applause from the audience.

Later, she recalls, "It was really hard to look at the cadets during the Review and not see Sam there, but they need to know they are important to me and I'm there for them."

She returned to the Sea Cadet Corps for another training year this September, supported in her journey by her husband and children.

Her quiet style of leadership continues to be punctuated by selflessness.

She helped Sam's friends throughout the toughest time of her own life, placing their needs before her own.

The Sea Cadets in that small Corps will not truly understand her strength and sacrifice until they become parents themselves. It will be then that they realize the significance of how Carol Calder stepped back from the fray of grief and turned herself to her duties - leading their Sea Cadet Corps.

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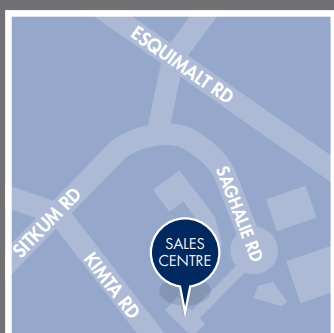
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# CAF polygraph examiner: Deciphering truth from lies

**Cheryl MacLeod**  
DND - Maple Leaf

The saying “the heart never lies” really holds true when you are hooked up to a polygraph instrument. As Warrant Officer Jim Rose, one of the 65 examiners across Canada, knows when he analyzes the lines on the polygraph screen.

Polygraph is a machine designed to detect and record changes in physiological characteristics such as pulse, breathing rates, perspiration and heart rate when a person is asked a series of questions – all used as a way to get to the truth.

WO Rose, the polygraph coordination/examiner with the CF National Investigation Services Special Operations since 2005, can read not only what appears on the polygraph screen, but also body language.

## CAF polygraph examiner career

A career as a CAF polygraph examiner requires a background in law enforcement or criminology, as well as interrogation skills. The polygraph course is more than a year long and is divided into phases.

In the pre-selection phase, candidates submit a detailed resume of their CAF history. Along with the resume, candidates need to submit three random samples of interviews and interrogations they have conducted in audio, video, and case synopsis. If deemed suitable, they will move to the second phase, a four-hour, one-on-one, 100-question interview with the polygraph coordinator. If candidates are again deemed

suitable, they will continue to the scored structured interview phase with an outside examiner who will determine if they meet the criteria to be accepted to the course.

“One of the first things about polygraph examination is that you have to have the ability to memorize 35 pages of 8.5 x 11 documentation word-for-word for the first day of the course,” explains WO Rose.

There is only one school in Canada that provides instruction in polygraph examination, the Canadian Police College in Ottawa, which holds one course a year, with 12 students.

“So the competition to get accepted is very strict,” WO Rose says.

There is an intense three-to-four month academic course covering topics such as human behaviour, psychology, and physiology, which are used to evaluate individuals for deceptive tendencies.

Next is the internship phase, wherein the student conducts examinations under the direct supervision of a designated field examiner for several weeks. Following this is the eight-month certification phase in which the student must complete a minimum of 25 polygraph exams of actual cases.

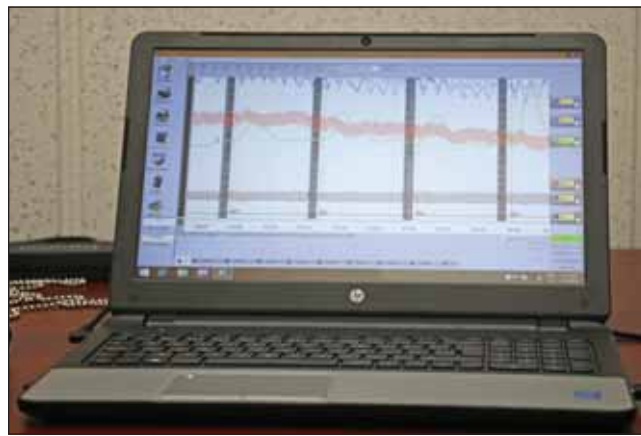
The job of a polygraph examiner includes things such as prepping subjects for testing, writing reports, working closely with investigators, providing courtroom testimony, and conducting polygraph exams.

For a person on trial, taking a polygraph is strictly voluntary, and though the results cannot be used in court,



**Above:** WO Jim Rose conducts a polygraph exam on Amanda Baillie-David, CFSU(O) staff member.

**Right:** A polygraph instrument.



the conversations that have taken place in the interrogation room can be admissible in court.

“We are the last stage in a criminal investigation,” says WO Rose. “Simply put, we determine if a person is truthful in what they are saying, and the results are used to aid in an investigation.”

## Signs identify deception

The polygraph examiner looks for changes in blood pressure, heart rate and respiration to identify deception. And the advancement of polygraph instruments has improved the accuracy.

Several sensors are attached to a person’s hands

and two around their body and a blood pressure cuff; as well, there are sensors in the chair. These sensors measure how the body reacts to the questions. Then the person is told that “the test is about to begin, please remain still and close your eyes”; this is when WO Rose begins the questioning.

“Your heart will always give you away; you can have the best poker face or social mask ... but inside, you can’t hide the truth,” WO Rose says.

WO Rose starts reading

his subject from the first handshake at the door. The exam is a minimum of three questions to a maximum of five. The examiner will do an analysis of everything that he or she has observed, and render a decision of deception indicator (not truthful), no deception indicator (truthful) or inconclusive result, which means a decision cannot be rendered.

## Military use of the polygraph

How often is a polygraph used in the military? WO

Rose says on average, he conducts 60 to 70 exams a year. The polygraph comes under the Military Police, who have jurisdiction over anyone subject to the code of service discipline, such as all military personnel and civilians who may have committed an offence at a defence establishment.

CAF polygraph testing was used extensively in Afghanistan to interview counter-intelligence personnel, and to conduct security screening of local cultural advisors and translators. WO Rose has worked with translators in Arabic, Mandarin, Cantonese and French.

The interviews conducted through translators can be difficult, and WO Rose explains that you need to have a lot of trust in your translator.

“Sometimes you will shut it down because there isn’t more conversation going on other than is this the month of June?” he says.

The questions still needed to be as intense, so WO Rose would meet with the translator days in advance to explain the process.

There is a great need to know everything that is said, even the smallest detail, during the interview, according to WO Rose; many people will tell you the reason they did something within the first three to five minutes of conversation – but not outwardly, so the examiner really needs to listen to every word.

A question on many minds: can you beat the polygraph?

“Beat the examiner? Yes. But beat the instrument? I’m very reluctant to buy into that,” WO Rose says.

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# CAF, BASE ATHLETES SHINE AT WORLD MILITARY GAMES

Images by CFMWS and CFSU(O) Imagery

**Peter Mallett**  
Staff writer

It was a podium triple-play as the Canadian Armed Forces team captured two bronze medals and silver medal at the recently completed 2015 Sixth CISM Military World Games.

This year's Games, held Oct. 2 to 11 in Mungyeong, South Korea, saw the CAF's all-time medal count grow to 12 (three gold, one silver, six bronze) since our involvement in the quadrennial competition began in 1985.

In triathlon, it was a happy 42nd birthday for Maj Martin Lamontagne-Lacasse of 35 Canadian Brigade Group when he won the third and final medal on the last day of the Games.

He wrapped himself in the Canadian flag and celebrated after completing the 1.5 kilometre swim, 40 km of cycling and 10 km run in 2:01:57.

**Left:** LS Liam Chambers of Fleet Diving Unit Pacific dribbles past two Guinea defenders at the 6th CISM Military World Games in Mungyeong, South Korea, Oct. 6.



"The race was a huge challenge for me and my victory wouldn't have happened without some strong teamwork and team play," said Maj Lamontagne-Lacasse. "Our strategy was to protect the two fastest runners to get us to the podium and it worked."

Cpl Hugues Boisvert-Simard of 22nd Régiment and Les Voltigeurs de Québec captured bronze in the fencing competition's individual men's épée on Oct. 5, defeating Germany's Stephen Rein. It was Cpl Boisvert-Simard's second podium finish in three months after a third-place performance at the 2015 Toronto Pan Am Games.

Pte Angelica Bertucca, a reservist from 25 Field Ambulance in Toronto, celebrated a third place finish in Taekwondo, women's Bantam category on Oct. 8. It was Pte Bertucca's first ever appearance at a Military World Games.

"To the athletes - you have made Canada proud," said Cmdr Mark Watson, Director General CF Morale and Welfare Services. "Many of you competed against Olympians in your fields of athleticism and held your own... In all cases your displays of sportsmanship, fair play and pride in our country and military and what we stand for were omnipresent."

**CFB Esquimalt athletes shine in South Korea**

Eight men and women from CFB Esquimalt were among 8,700 competitors from 110 countries that competed in the 6th CISM Military World Games. Here's how our competitors did:

**Soccer**  
Midfielder LS Liam Chambers, Fleet Diving

**Left:** Canada's team gathers for closing ceremonies at the 6th CISM Military World Games in Mungyeong, South Korea, on Oct. 11.



Unit Pacific, scored for the CAF in a 2-1 loss to Guinea on Tuesday, Oct. 6. LS Chambers led Canada's attack in a back-and-forth match that saw the opposition open the scoring in the 16th minute, and then strike for the winning goal just one minute after the halftime break.

Canada went winless in its five games in South Korea, opening the tournament with a 3-0 loss to Brazil on Sept. 30, followed by a 5-0 defeat to Egypt four days later, a 9-0 loss on Oct. 9 against Oman, and final tournament play a 3-2 loss to the United States. Also representing Canada's team were defender Lt(N) Landon Zeeman, Naval Officer Training Centre, and midfielder Lt(N) Demetris Mousouliotis, Canadian Fleet Pacific.

**Basketball**  
Canada and shooting guard SLt Conor Duke, Halifax Class Modernization West, erased the disappointment of five consecutive losses to open the men's basketball competition with a 93-88 win over Germany in its final game with SLt Duke scoring 19 points. Canada finished the basketball competition in 7th place with an earlier 72-58 loss to Germany, a 98-66 defeat to South Korea, 84-32 loss to Brazil and 98-55 and 106-46 defeats to the United States.

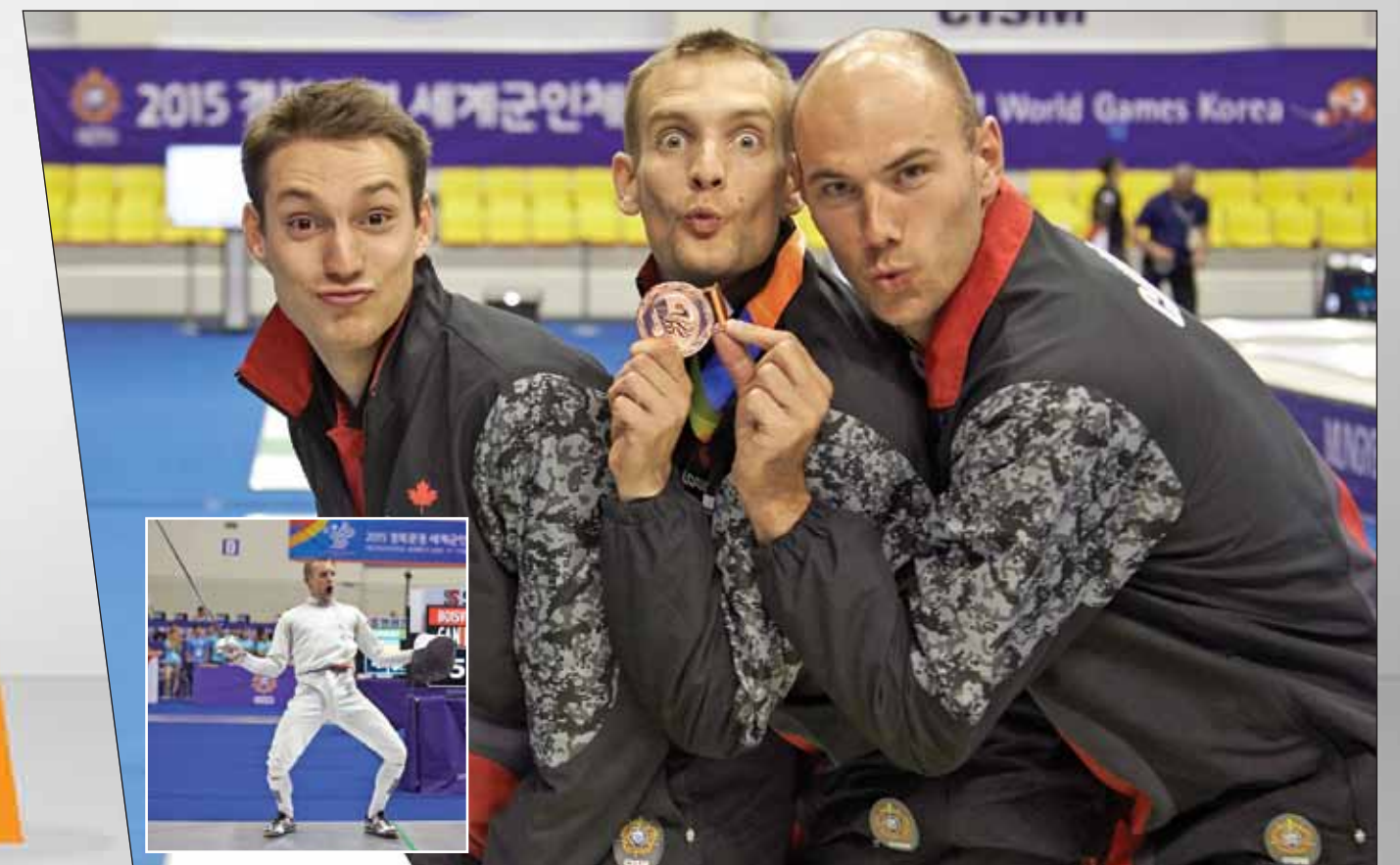
**Swimming**  
SLt Emily Wood, HMCS Regina, and Pte Claire Bortolotti, Canadian Health Services Centre Pacific, pushed our women's 4x100m freestyle relay team to a sixth place finish in the final on Oct. 10. SLt Wood was also part of the mixed medley relay team that won its first two races but lost in the finals. Also representing the base was OS Marjolaine Plante.

**Right:** Cpl Hugues Boisvert-Simard (centre) of 22nd Regiment and Les Voltigeurs de Québec, celebrates his bronze in the individual men's épée with his teammates at the 6th CISM Military World Games in Mungyeong, South Korea, on Oct. 8.

**Triathlon**  
Our 13-member triathlon team was the fourth largest at the Games and included LCdr David Dallin. After six hours of combined racing, LCdr Dallin and the CAF team were edged out from a bronze medal in the team competition by the United States by a margin of just 58 seconds. LCdr Dallin placed 84th out of 96 total starters.

**Near Misses**  
Canada's men's golf team had a narrow miss at a podium spot, finishing just one stroke behind Team USA who took bronze. Of special note was Maj Cameron Lowdon of CFB Winnipeg, who shot an impressive fourth-round 74.

**Right:** LCdr Dave Dallin (third from right) makes his way into the water during the swimming portion of the men's triathlon at the 6th CISM Military World Games in Mungyeong, South Korea, Oct. 10.



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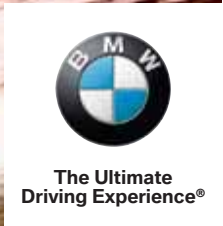
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Rocket Ogden, retired sailor from CFB Esquimalt, serves up Thanksgiving meals at the Rainbow Kitchen at Esquimalt's United Church. Image courtesy of the Rainbow Kitchen

## Retired sailor feeds homeless

Rachel Lallouz  
Staff Writer

During Thanksgiving weekend, the Rainbow Kitchen at the Esquimalt's United Church was ringing with the sound of chatter and plates being scraped clean as 235 people enjoyed a free turkey dinner.

The joyful scene wouldn't have been possible without the dedicated help of a team of volunteers including Royal Canadian Navy retired sailor Rocket Ogden, senior cook at the kitchen.

On Saturday Oct. 10, Ogden and 11 volunteers, including six students from Pearson College, met at 9 a.m. to begin cooking the 225 pounds of turkey, 100 pounds of potatoes, 70 pounds of vegetables, and 20 pounds of cranberries purchased through a donation made by corporate sponsor Premier Network Group. A large donation of desserts from Happyditty Bakery was provided to satisfy the sweet cravings of guests.

Ogden stayed on until 8 p.m., de-boning turkeys, dicing carrots, chopping bread for stuffing, and simmering cranberry sauce.

"I love the challenge of it," she says of her role in the

*I get far more out of it than what I'm giving.*

-Rocket Ogden

kitchen. "I love walking into the kitchen in the morning and seeing what I have to work with that day – what my protein is, what my vegetables are, or talking to the guests and other volunteers. I get far more out of it than what I'm giving."

When Ogden, who was posted to CFB Esquimalt for 30 years, retired in June 2012 she found herself looking for something to fill the "void" left when her time in service came to an end.

"The navy is a big family, and when you retire from the family there's a hole. I've filled that with my work at the Rainbow Kitchen," she says.

Before joining the military, Ogden had spent time studying to become a chef. Three years ago she came across the Rainbow Kitchen on the suggestion of a friend, and went from washing dishes to food preparation, to menu planning, to cooking.

The volunteer-run Rainbow Kitchen, she explains, serves a lunchtime meal, Monday to Friday, to all guests at no cost.

"We fundraise and receive donations to purchase food and serve a huge variety of individuals – from the homeless to the disenfranchised, to the elderly, families, those experiencing substance abuse, or to those who are simply lonely," she says.

On average, between 100 and 140 guests are served each day until the food runs out. On some days, says Ogden, leftover food is packaged up and given to guests as a take-out option.

The Thanksgiving meal was served at noon on Monday Oct. 12, and though Ogden was busy in the kitchen, she says positive feedback made its way back to her.

"People were saying how enjoyable of a meal it was, and how they couldn't remember ever eating such a good meal," she says. "Everyone was full and happy and there was a real joyous feeling in the air."

For those in need of a meal, the church is located at 500 Admirals Road, Esquimalt. Serving begins at noon sharp.

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**Above:** Cdr Brad Henderson is promoted to his current rank by his wife Julia and Capt(N) Montgomery.

**Below:** Prior to his promotion, LCdr Brad Henderson receives farewell presentations from the ship's company.



# New Commander

for *HMCS Saskatoon*



**Above:** (Left to right) LCdr Todd Bacon, incoming Commanding Officer for HMCS Saskatoon; reviewing officer Capt(N) Patrick Montgomery, Naval Reserves Western Region Coordinator; and LCdr Brad Henderson, outgoing Commanding Officer, sign the Change of Command certificates during the Sept. 28 change of command ceremony.

Images by MCpl Chris Ward, MARPAC Imaging Services



*Bravo*  
**ZULU**

**Left:** MCpl Guillaume Lemay receives a Canadian Forces Decoration Medal from Maj Linda Hidebrandt.

**Right:** MWO Jacques Ouellette receives a Canadian Forces Decoration Second Clasp from Maj Hidebrandt.



Images by MCpl Michael Bastien, MARPAC Imaging Services

## Sailor of the Quarter

AB Julien Lacasse joined the Royal Canadian Navy (RCN) as a Naval Combat Information Operator in 2012, and has already proven to be a talented, motivated and intelligent sailor whose work ethic, dedication and initiative set him apart from his peers. He serves as a model for other young sailors in the RCN.

AB Lacasse joined *HMCS Regina* in January 2015 has been attached to *HMC Ships Saskatoon, Whitehorse, Brandon* and *Yellowknife*. Completing his QL4 OJT package only two months after graduating from QL3, he was not content to rest easy, deciding on his own to complete the Reserve QL4 OJT package while sailing with *Whitehorse*.

During Operation Nanook, while *HMCS Saskatoon* was conducting Bottom Object Inspection Vehicle (BOIV) operations in order to recover an acoustic data device used for arctic research, AB Lacasse manually operated the BOIV despite



**AB Julien Lacasse receives the sailor of the quarter certificate from Cmdre Jeff Zwick, Commander Canadian Fleet Pacific.**

the adverse conditions. He recovered the valuable scientific sensor when the BOIV suffered a compass failure, and was awarded a coin by Commander CIOC for his excellent work. Despite only being able to take a short break between deployments, he volunteered to return to sea with *Whitehorse* for Operation Caribe even

before returning from Operation Nanook.

His keen trade interest, initiative on operations and volunteer spirit made him an outstanding example and valued member of the RCN and it is for these reasons and more that he has been selected as the Canadian Fleet Pacific Sailor of the Quarter for the Third Quarter.

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# Combat Camera presents "Parallel", a unique historic comparison exhibit

DND

Following the end of Canadian Armed Forces' operations in Afghanistan in March 2014, an idea was sparked within the CF Combat Camera team. They saw an opportunity to draw parallels between that historic mission and the Canadian military's extraordinary undertakings a century earlier.

To honour the centennial of the First World War, Combat Camera wanted to contribute to Canada's commemoration activities. With this in mind, the team worked to choose 24 photographs to create a "Parallel" exhibit to display at National Defence headquarters.

These photos would represent the striking comparisons between imagery taken by CAF members during the First World War, and those taken during a decade of CAF's mission in Afghanistan. The idea was to create an exhibit that acknowledges the service and professionalism of the men and women of the CAF throughout the century.

*This exhibit takes the audience into the heart of these two significant periods of history and presents an opportunity to have a glimpse into the lives of our troops both past and present.*

-Capt Chris Daniel  
Combat Camera Distribution and Production Officer

They requested First World War photos from the Canadian War Museum showing the troops' daily lives during the war. Then the Combat Camera production and distribution team matched those images with photos taken during the decade of Afghanistan mission in order to present comparisons between those first images recorded in the trenches

a 100 years ago, and those photos taken in conflict during the 21st century.

Combat Camera image technicians have been capturing images of CAF operations since 1990, deploying at a moment's notice to transmit and distribute high quality imagery of CAF members. They are also a direct link from the front line to the front page of many news agencies.

"This exhibit takes the audience into the heart of these two significant periods of history and presents an opportunity to have a glimpse into the lives of our troops both past and present; it gives the people an opportunity to remember them," said Captain Chris Daniel, Combat Camera distribution and production officer.

The "Parallel" exhibit is on display at NDHQ throughout the month of October. Plans are underway for this exhibit to travel across the country. Bases and wings interested in hosting the exhibit can contact Capt Daniel at christopher.daniel@forces.gc.ca or 819-939-9440.

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## Seattle Trip

**Saturday, Nov. 21 to Monday, Nov. 23**

*Interested members can sign up for either the tourism and shopping package, at \$380 per person, or the sports package, at \$545 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.*



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Dates: Every Thursday in October and November (1400-1550)  
Saturday - Oct 24th and Nov 21th (0900 - 1500)



Be a **hero** in someone's life. **Support your GCWCC.**  
Soyez **héros** dans une vie. **Appuyez votre GCWCC.**  
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All donations will go to GCWCC - Government of Canada Workplace Charitable Campaign