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LOOKOUT

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Image by MCpl Chris Ward, MARPAC Imaging Services

Joining RAdm Gilles Couturier (centre) are the Government of Canada Workplace Charitable Campaign senior council members with their signed pledge forms outside the Signal Hill Military Family Resource Centre. The pledge form is an easy way to contribute to the campaign, either through payroll or credit card deductions, or a one-time contribution. You can even direct your donations to a particular charity.

Remembering
A concert by Milton Schlosser, composer and pianist

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Fitness instructors lead Fleet School students through new training regime

Rachel Lallouz
 Staff Writer

A class of 20 Fleet School Esquimalt students are the first to trial the new Periodization Program, a fitness training package designed to enhance job performance.

This unique program was created by Esquimalt Personnel Support Program (PSP) fitness instructors, overseen by PSP fitness coordinator Matt Carlson.

"The goal of the program is to prepare Fleet School students physically for what they will be doing upon graduation – such as lifting boxes, pulling ropes, and carrying heavy supplies," says Carlson.

The program began Oct. 15, and continues for one year with PSP fitness instructors leading students through classes twice a week with targeted exercises.

PSP Fitness instructor Peter Gibson says the new exercises include deadlifts, which mimic the physical action of lifting and carrying boxes, and hamstring-driven weight and cardio exercises that will prepare students for constantly being on their feet.

Sessions will also focus on plank-style exercises, which strengthen the core and reduce risk of work-related injury. Bent-over rows and rowing exercises will prep sailors for pulling heavy ropes. He even hopes to bring "props" from the ship into the training.

The program was designed around feedback given from sailors on the physical demands of their jobs.

"Our intention is to increase the fitness of our Fleet School students, ensuring that when they are assigned to a ship they won't have any issues doing the jobs asked of them by their superiors," says Gibson. "Hopefully this will contribute to our navy personnel's efficiency and strength, and promote an injury-free workplace."

The training goal is to rid sailors of poor form when doing physical work says Gibson.

The success of the program will be



Fleet School students complete a standing long jump as part of their base line measurement to test muscular power.

tracked over the year, starting with a base level of fitness at the start for each student, then bi-monthly testing, and then a final test at the end of the year.

The baseline test is comprised of a medicine ball toss, a standing long

The goal of the program is to prepare Fleet School students physically for what they will be doing upon graduation.

-Matt Carlson
 PSP Fitness Coordinator

jump, a 40-yard dash, a loaded carry, and a 300-yard shuttle run, and gives students insight as to what aspects of their fitness need improvement.

Bi-monthly testing allows fitness instructors to identify a student's strength and weakness. Personalized targeted training can be given to support the development of weak areas.

Depending on the results of the bi-monthly testing and feedback from the students, Carlson plans to extend the new program to all Fleet School classes training with PSP fitness instructors.

"This is something we've wanted to do for a very long time," says Carlson. "We're pleased to have Fleet School on board because it will improve the long-term fitness of their students."



Images by Rachel Lallouz, Lookout
Above: Using kettle bells, Fleet School students do a farmer's carry to build endurance and grip strength.

Left: A Fleet School student's upper body strength is put to the test with an exercise ball throw.

Remembering the attack on Parliament Hill

On Oct. 22, members of the Federal Government, the public, and the military community came together to mark the one year anniversary of the attack on Parliament Hill in which Cpl Nathan Cirillo was killed.

Clockwise from left:

- David Johnston, Governor General and Commander-in-Chief of Canada, gestures towards Parliament Hill during his speech.
- The Bugler plays the "Rouse".
- Outgoing Prime Minister Stephen Harper greets the family of Cpl Nathan Cirillo.
- Stephen Harper and Justin Trudeau, Prime Minister Designate, lay a wreath at the National War Memorial.



Image by Cpl Chase Miller, Canadian Forces Support Unit (Ottawa) Imaging Services



Image by Cpl Darcy Lefebvre, Canadian Forces Combat Camera



Image by Cpl Andrew Wesley, Directorate of Army Public Affairs Imagery Technician



Image by Cpl Carbe Orellana, Canadian Forces Support Unit (Ottawa) Imaging Services

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People Talk

In the spirit of Halloween, Lookout asked this question:

Which dead person would you least like to be haunted by?



Comedian Sam Kinison. I enjoyed the yelling and screaming he did in his routines, but it's not something I'd want his ghost to do, berate me on an ongoing basis or at inopportune time like in the middle of the night.

Chris Fraser,
SISIP Financial, Associate
Investment Manager



Elvis, because his music is what my sister always listens to. I've had a full life of Elvis and don't want to make that spiritual connection with him. Thank-you very much....Danny has left the building.

Danny Branchflower,
Deputy Manager PSP



My Grade 10 math teacher because he had the worst coffee and cigar breath I've ever experienced, and I couldn't imagine being haunted with that 24/7.

Joanie VanHeeswhyk,
PSP Administrative
Assistant



Adolf Hitler because he would make such a terrifying ghost; his soul would be so tormented and he would have too much anger and rage.

Cdr Brigitte Boutin,
Base Administration
Officer



My mother, because I don't want her nagging me for the rest of my life from the afterlife. I love her so much but certainly don't want her in my head for all eternity.

CWO David McLaughlin,
Base Administration

Patient Safety Week - Ask. Listen. Talk.

The Canadian Forces Health Services (CFHS) has joined over 2,000 other health provider groups across the nation to champion Canadian Patient Safety Week Oct. 26-30.

Canadian Patient Safety Week is a national annual campaign initiated by the Canadian Patient Safety Institute in 2005 to inspire extraordinary improvement in patient safety and quality.

The 2015 campaign is a strong call to action for patients and providers to "ask, listen, and

talk." Throughout the week Canadian Forces Health Services Centres will have displays and activities focused on patient and health care provider communication.

This year's theme also focuses on the importance of improving communications, and how this can have a positive impact on patient safety. Good communication is good for health. It is as essential to good health, as exercise and eating right.

People receiving care in Canada, including

Canadian Armed Forces (CAF) members, have a responsibility to actively participate in their own care planning. Speak up. Listen actively, and ask questions to ensure you clearly understand what your care provider is telling you. Your participation in planning the care you receive will not only make you feel better, but also contribute to creating a safer health system for all CAF members.

Drop by the Colville Street CAF Services Health Services Centre for more information.



HALLOWEEN at Belmont Park

Join us at the Youth Activity Centre, 720 Galiano Crescent on Oct. 31 from 6 - 8:30pm.

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CANEX and SISIP boost Base Fund with donation

Peter Mallett
Staff Writer

First they enjoyed some grilling, but then the Base Commander and DND employees hailed their gracious hosts CANEX and SISIP Financial Service for a \$166,092 donation to the Base Fund.

"This donation is outstanding, thank you very much," said Capt(N) Steve Waddell, Base Commander, as he accepted the ceremonial cheque last Tuesday. "CANEX and SISIP are solid programs, but can only be leveraged and enabled by people like you here at the store delivering those services every day."

CANEX and SISIP staff treated those in attendance to a free lunchtime barbecue complete with grilled hot dogs and hamburgers, and drinks.

Wade Walters, manager SISIP Esquimalt, and CANEX Retail Store Manager Sara Johnston said the donation to the Base Fund came entirely from proceeds generated by sales at Canada's mili-

tary store and its financial service provider.

"We are here to present this cheque as an expression of our continued support and proud affiliation with the military community here in Esquimalt," said Walters. "This cheque is also a reminder to all CAF members that these funds are only possible thanks to your patronage at CANEX and canex.ca and the services you purchase through SISIP."

Monies from the Base Fund are used to improve the morale and welfare of Canadian Armed Forces members and their families, and fund events such as Formation Fun Day, the Junior Ranks Holiday Dinner, and the annual sports awards luncheon.

Right: MS Dan Johnstone waits for a burger with his son Griffin, 1.

Far right: Corey Hargreaves of SISIP grills up burgers for the free barbecue.



Images by Rachel Lallouz, Lookout

Above: (Left-right) Base Commander, Capt(N) Steve Waddell accepts a cheque for \$166,092 for the Base Fund from Iris Shiplack, CANEX Express Mart Manager; Sara Johnson, CANEX Retail Store Manager; and Wade Walters, SISIP Manager.



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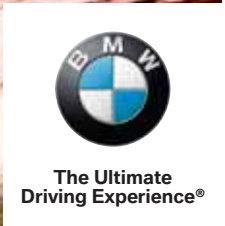
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Cashier Ursula 'Uschi' Price hoists a coffee mug in front of the Belmont Park CANEX Express Mart in Colwood. Uschi and the rest of the staff are preparing for the opening of a Tim Hortons Kiosk on Nov. 16.
Image by Peter Mallett, Lookout

Timmies to open in CANEX Express Mart

Peter Mallett
Staff Writer

The familiar aroma of Tim Hortons coffee will soon be filtering through the Belmont Park CANEX Express Mart.

After plenty of nudging from the military community and local Belmont Park residents, CANEX has secured a Tim Hortons kiosk.

"When is it coming? When is it coming? people have been asking me," says Iris Shiplack, CANEX Express Mart Manager. "The wait is finally over."

The grand opening for the kiosk is set for

Nov. 16; however, before staff launch into action the store must be modified to accommodate Tim Hortons' infrastructure, and staff trained on the distinctive coffee-making techniques.

"Who wouldn't want a Tim Hortons coffee?" said Capt(N) Steve Waddell, Base Commander. "I'm glad CANEX is able to provide our community with added value - something they enjoy which is close and convenient for them."

At this time, only beverages will be sold. But to satisfy the sweet tooth, CANEX offers an array of pre-packaged baked goods and additional snacks at

their Express Mart.

This Belmont Park CANEX location is ideal for employees from Fleet Diving Unit (Pacific) or the Colwood Pacific Activity Centre to visit during their 10 a.m. coffee break, she says.

Canada's military store currently operates 10 Tim Hortons kiosks nationwide, with plans to add 10 more in the coming year.

As with sales from CANEX and CANEX.ca, purchases made at the Tim Hortons kiosk provide increased contributions to the Base Fund, which supports local morale and welfare programs.

Take your Grade 9s to work

Do you remember being in Grade 9 and not knowing what you wanted to do in the future?

It can be a confusing time for students, as everyone begins asking the infamous question, "What do you want to be when you grow up?"

Do you want to help students explore a real working environment and expose them to a wide variety of jobs?

This can be accomplished by participating in Take Our Kids to Work Day on Nov. 4, an annual national program in which Grade 9 students are hosted at workplaces across the country to connect school, the world of work, and their own futures.

There are two options at Maritime Force Pacific

for Take Our Kids to Work Day. First, any DND civilian employee (including casual or part-time employees) or CAF member can sponsor a student and have that student accompany them to work for the day.

The student can be your own child, a niece, nephew, a grandchild, or a colleague's child. Sponsors must obtain permission from their supervisor in advance to have the student shadow for any part of the day. A visitor's pass must be obtained for the student to access DND/CAF facilities, and they must be escorted at all times.

The second option is to register the student for a planned day filled with activities from 8:20 a.m. to 3:45 p.m. Activities include a tour of Fleet Maintenance

Facility Cape Breton (FMF CB), a tour of the FMF CB Sign shop, and other guided excursions.

Don't miss out as there is limited space for the day. Registration deadline is Oct. 28. To register, please email Amanda Lichon with the name of the student, sponsor's phone number and email address. A detailed activity schedule will follow.

For more information on Take Our Kids to Work Day, or to register your student for the MARPAC activities, please contact Amanda Lichon, Amanda.Lichon@forces.gc.ca.

More information on the national program can be found at www.thelearning-partnership.ca/what-we-do/student-programs/take-our-kids-to-work.

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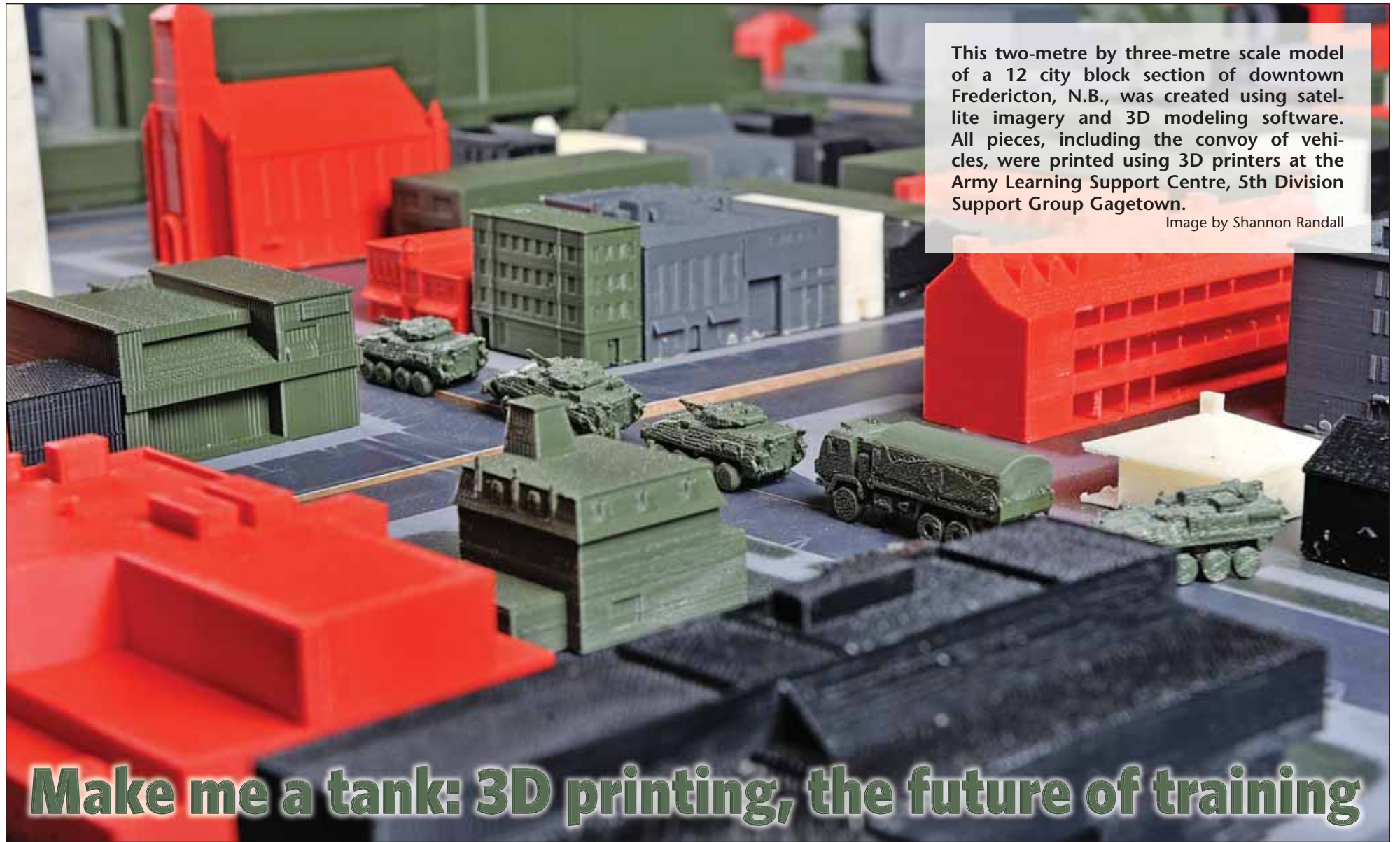
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This two-metre by three-metre scale model of a 12 city block section of downtown Fredericton, N.B., was created using satellite imagery and 3D modeling software. All pieces, including the convoy of vehicles, were printed using 3D printers at the Army Learning Support Centre, 5th Division Support Group Gagetown.

Image by Shannon Randall

Make me a tank: 3D printing, the future of training

Re-printed courtesy of the Maple Leaf

Major Tom Batty, officer commanding of the Army Learning Support Centre (ALSC), 5th Division Support Group Gagetown, picks up Fredericton's City Hall to show off the detail in the hands of the clock face in the tower, and then sets the building back in place on its foundation.

Then he picks up the Justice Building across the street and slowly turns it on its side to show the level of detail in the brickwork over the front door.

Next he lines up a convoy of Light Armoured Vehicles (LAVs) and Leopard 2 tanks.

It is not superhuman strength that lets Maj Batty accomplish these feats – but rather feats of human ingenuity working in combination with modern technology. The entire model of downtown Fredericton was built in Gagetown using innovative 3D printers, and sits on a plywood board that is 2m x 3m square.

This tiny town site plays an important role in helping Canadian soldiers learn about modern urban warfare, such as training in posi-

tioning troops and vehicles effectively in an urban core.

Instead of the past practice of conducting training exercises in the actual downtown core, scenarios can now be replicated accurately using the model in a so-called “cloth model” exercise. A “cloth model” exercise is a war game event conducted on a table, on the ground, or on paper to practice particular maneuvers, battles or missions. The 3D models enhance those tactical discussions and have the added geometric advantage of being able to build accurate scale models of the envi-

ronments in which soldiers train.

These 3D printers are among the most innovative workhorses and are currently at work 24/7 to produce tiny replicas of vehicles, firearms and training aids on an “as-needed” basis, processing orders submitted from various schools, training centres and units within the Canadian Army.

The manageable size of the tiny models allows soldiers to handle the parts and become familiar with connectivity and part placement on a small scale. In a real-life scenario, they will have an advantage on exactly what parts are

needed, and will already be aware of some of the challenges they are may encounter in the field.

After the initial investment in the printers, the operating costs and materials are the only additional expenses required.

By transforming DND into a more efficient and effective organization through the innovative use of technology, all branches of the CAF will be better positioned to meet their future missions, including humanitarian assistance, combat, and peace support at home in Canada, within North America and around the world.

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Image by MCpl Michael Bastien, MARPAC Imaging Services

In celebration of Danish Chaplain Ulla Thorbjørn Hansen's visit to the base, CFB Esquimalt chaplains and military members posed for a photo in the Naden Chapel. **From left to right:** Padres Capt Joachim Nnanna, Capt Eliza Holst, Lt(N) John Hounsell-Drover, Maj Dave Donevan, Chaplain Hansen, Maj Mike Gibbons, Capt Moley Mangana, Lt(N) Lenora Grauer, Capt Brad Busch and A/SLt Christian Pichette.

Chaplain Hansen is pursuing a flexible Master of Arts in Pastoral Care, Leadership and Crisis Management at the University of Victoria. Her studies concentrate on investigating the difficult task of conveying the message of death, what the Canadian chaplaincy know as "death notification". She is interested in knowing how this is done in Canada: what is done for the families who receive the message, and what kind of pastoral care is given to the person who makes the notification. She was also interested in learning how the emergency field is organized in Canada and what we do in case of an emergency or disaster. She visited the Esquimalt chaplain team to discuss these questions and paid a courtesy call to the Base Commander.

Best in B.C. cadet awarded trophy

2947 "12 Service Battalion"
Royal Canadian Army
Cadet Corps

Recognizing the hard work and dedication of a young cadet was front and center at the Oct. 1 12 Service Battalion – Royal Canadian Army Cadet Corps (RCACC) gathering.

With cadets, officers, parents, and representatives of the Army Cadet League of B.C., Cadet Master Warrant Officer (C/MWO) Christy Chow was presented with the B.C. Army Cadet League President's Trophy, recognizing her as the top army cadet in B.C.

"To me, the President's Trophy is more than just the title of Best Army Cadet in B.C. It is an opportunity for my cadets to see that anything is possible with the right attitude and work ethic. It is a chance for them to exceed heights that I had never even thought possible," said C/MWO Chow, who is currently appointed as Regimental Sergeant-Major for the Corps, where she leads a team of instructor-level cadets and oversees the training and



Cadet MWO Christy Chow receives the B.C. Army Cadet League President's Trophy from LCol (Ret'd) Phil Sherwin.

development of 77 cadets.

The Trophy was created in 2005 by Col Lake, past president of the Army Cadet League (B.C. Branch), and is awarded to an outstanding army cadet in the Pacific Region

The young cadet was nominated by the Training Officer of 2947 RCACC,

Lieutenant Jeff Ng, and endorsed by Captain Chris Hamilton, the corps' Commanding Officer.

A strong application was submitted and showcased her many cadet achievements such as being awarded the Lord Strathcona Medal for exemplifying the model cadet; the Royal Canadian Legion Cadet Medal of Excellence for service to her community and cadet corps; the Major-General W.A. Howard Award medal recognizing her as the highest scoring army cadet in B.C. in her fourth year of training; and the Cadet Service Medal for long service to the program.

"Christy has earned every piece of recognition she gets," says Capt Hamilton. "She consistently provides results and shows a genuine dedication to improvement and excellence. Her work ethic and permanently cheery attitude are a potent combination that makes her a natural leader and inspiration to her fellow cadets. She is a real asset to our cadet corps, the cadet program as a whole and any group lucky enough to have her."

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Primary Leadership Course Graduation

Commodore Marta B. Mulkins, Commander Naval Reserve, presented awards and certificates to graduates of the Primary Leadership Qualification Course 0062 graduation parade on Oct. 6.

Images by MCpl Michael Bastien, MARPAC Imaging Services



Bombardier S. Kuo receives the PLQ course Top Student Award from Don Cook.



MCpl N.J. Gregg receives the Individual Drill Award from CPO2 N. Scalabrini.



LS M. McGregor receives the Formation Chief Petty Officer's Award from CPO1 Robert Spinelli.



LS A.J. Biggs receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



Cpl N.J. Brine receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MS P.D. Buckoll receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS R.A. Cartagena receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS D. Cheshire receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MS C.N. Cooper receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS R.S. Dela Rosa receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MS M.A. Dickinson receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



Bdr S.J. Gallant receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MS N.M. Gee receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS S.A. Gosling receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS F.J. Grilo Peredo receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MS S.M. Hay receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MCpl K.L. Lake receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS A.D.L. Leclerc receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS A. Moss receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



MS J.J. Ryu receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS K. Simons receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course. He was later promoted to Master Seaman.



MS G.A. Williams receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS A. Yancoff receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



LS R.S. Zelada-Huezo receives a Certificate of Military Achievement from Cmdre Mulkins for successfully completing the PLQ course.



PO2 A.J.M. Callaghan receives the Canadian Forces Decoration from Cdr Ed Hooper.

Send your Bravo Zulus to the Lookout
Email them to Melissa Atkinson, melissa.atkinson@forces.gc.ca



Aviator (Avr T) Sandra Jolicoeur was recently presented with her Propeller epaulettes from Cdr Brigitte Boutin, Base Administration Officer, and Chief Warrant Officer Florent Charest, Base Superintendent Clerk.



CWO David McLaughlin receives his Sea Service Insignia from Cdr Brigitte Boutin, Base Administration Officer. CWO McLaughlin served on two DDHs: HMCS Frazier and HMCS Ottawa to record 288 sea days.



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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

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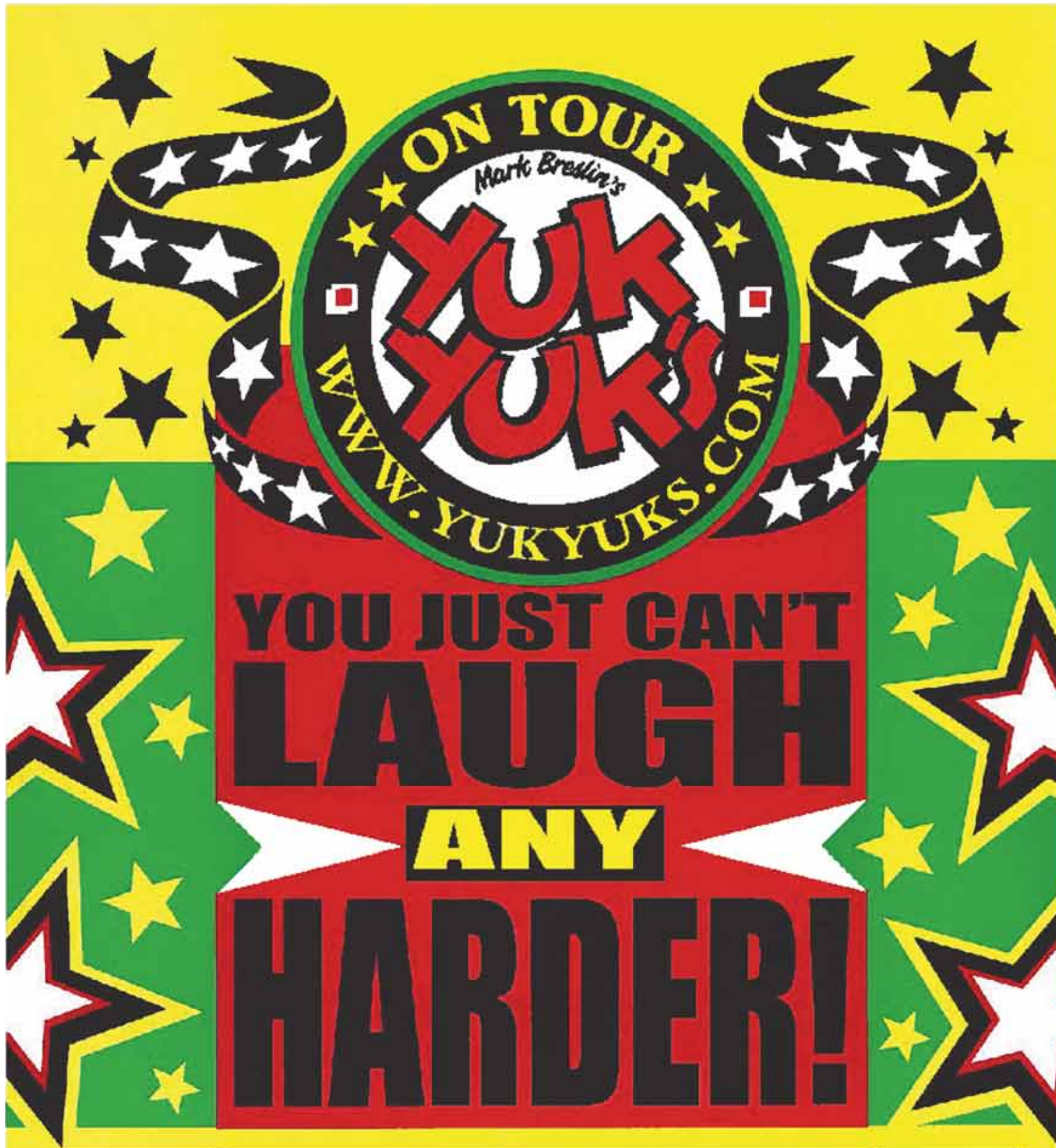
Drop your youth ages 10-14 years off with PSP Recreation Leaders at the Naden Athletic Centre to enjoy:

- 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

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