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Poppy Campaign begins



Images by Peter Mallett, Lookout
Cadet Sergeant Connor Provençal of Canadian Scottish Regiment (Princess Mary's) 2136 raises the poppy flag while Royal Canadian Legion (RCL) volunteer Ian Webster plays the bagpipes at the main entrance of RCL Branch 172, marking the start of this year's Poppy Campaign on Oct. 30.

Inset: RCL Branch 172 Poppy Chair Sylvia Vink pins a poppy on the lapel of legion member Merv Sneddon.

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Navy, ship builder set new course, seeks input from sailors

Peter Mallett
Staff Writer

The Royal Canadian Navy (RCN) and the team at Project Resolve and Chantier Davie Canada Inc. are looking for naval and air force input into the conversion of the German container ship MV Asterix, which will provide interim at-sea support services to meet the RCN's operational requirement for

at-sea replenishment.

An online survey has been created for sailors and air crew to choose the amenities that would best suit them when away on deployment and make any other suggestions they think would help the ship achieve its mission.

"This has never been done in any navy in the world," says Spencer Fraser, chief executive officer of Project Resolve Inc. "We want our sailors and air

crew members to have input on designing their ship. These are young Canadians, why shouldn't they have the right stuff to do the job?"

To date, over 150 people have answered the 25-question survey that explores safety, comfort and productivity.

Fraser says they are "listening very carefully and closely" to the all the feedback from Canadian Armed Forces members.

The survey concludes at the

end of November, so Fraser urges CAF members to get online and have a voice in the ship conversion process.

Asterix has been delivered to Levis, Quebec, where Davie Shipbuilding will do the conversion. Pending the finalization of the agreement with the government, the converted vessel will be delivered to the navy for service in the summer of 2017.

Fraser is very familiar with life aboard a ship. He retired

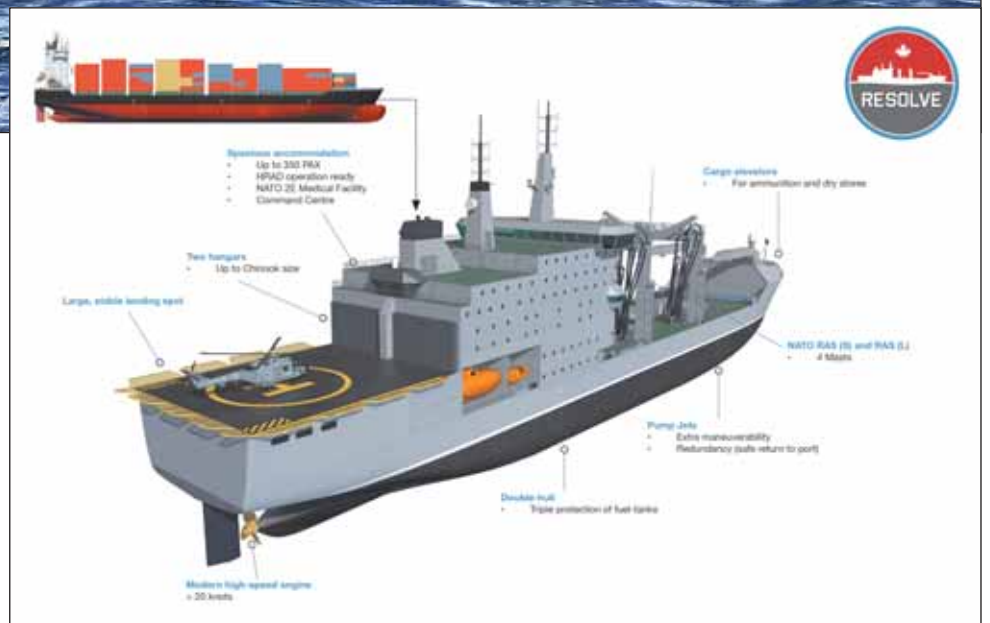
as a Lieutenant Commander in 2003 and during his career spent extended time on multiple ships. He says it is the "little things" that can be a big deal and impact both morale and productivity.

The survey can be accessed at <https://theomx.com/surveys/2015/projectresolve>.

In the meantime, work continues to build two Queenston-Class Joint Support Ship (JSS) to be delivered to the navy in 2020.



Artist's rendering of the interim AOR.



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Forces members can unite with veterans

Rachel Lallouz
Staff Writer

MS Brandon Ensom sees no better way to understand military history than to sit with a veteran and hear their service stories.

The Lodge at Broadmead, home to many aging veterans, is the stage for those oral recollections to unfold.

The sailor discovered the place two years ago when he accompanied Rear-Admiral Bill Truelove on a visit to the seniors home.

"It's important for veterans to know that today's generations of members acknowledge and appreciate the sacrifices and what they went through," he says. "And it's important for us to hear their stories. You can read about historical events, or watch television shows depicting them, but to actually hear what Juno Beach was

like at 8 a.m. on June 6, 1944, from a person who was present – there's no comparison."

The sailor is hoping to lure other military members to join him on his third Thursday of each month visit to the Lodge. He takes a maximum of 10 volunteers. People meet at 10 a.m. in front of the Pacific Fleet Club and climb aboard a bus to ease the transportation burden.

People sign in with the front desk and proceed to the Lodge's main lounge, The Oak Room.

"It's pretty informal after that," says MS Ensom. "A volunteer sits down with a senior, introduces themselves, and usually gets a very enthusiastic reception."

The chats last about an hour before hopping on the bus back to the base.

"It's pretty humbling to know we all wear the same uniform," he says.

"I've talked to people who have escaped from prisoner-of-war camps multiple times, and we talk about having a bad day at sea or the office. It's invaluable to hear what they have to say."

Sometimes there aren't enough military members to pair up with the expectant storytellers.

"We might arrive with only four or five members to a full house of seniors, and that can be challenging," he says. "You can see the residents looking and hoping that someone will come speak with them, and it's disappointing we can't always accommodate that."

MS Ensom especially encourages members to attend the next visit on Remembrance Day.

To sign up, email MS Ensom at: brandon.ensom@forces.gc.ca, or call him at 250-363-3918.

Biking to work just got a little easier

Peter Mallett
Staff Writer

A good marriage is taking place between public transit and the Greater Victoria Cycling Coalition (GVCC).

BC Transit has placed rentable bike lockers in strategic locations throughout the Western Communities and Sidney area. Bikers can park their bike and then hop on a bus to travel to work, or bus to the lockers and bike the rest of the way.

"It's hard to get the word out there about the lockers," says Susanna Grimes, GVCC Outreach Coordinator. "We understand the lockers might not work for everyone but there may be members of the Canadian Armed Forces who don't know the lockers exist and could benefit from this program."

Thirty lockers, approximately 4' in height and 3' in width, rent for \$10 per month. Managed by the non-profit GVCC in partnership with BC Transit, the units are located at Colwood's Western Exchange at the Juan de Fuca Recreation Centre; the Langford Exchange on Station Ave., next to the E&N Rail Trail; and McTavish Road in Sidney near the airport.

Instead of making the

long trek to and from home, Grimes hopes more commuters will consider the "numerous advantages" of using the coalition's lockers. The initiative enables cyclists to safely store their bikes, saddle bags or clothing in a secure locker before they embark on the final leg of their journey to work.

Grimes also notes the lockers also enable users to make a dent in the wide-ranging economic, environmental and physical costs of the over-dependence on the automobile.

"There has been a growing awareness about the damages of excessive automobile use and many people want to do something about it," she said. "The bike locker program is just one way to help encourage people to reduce our carbon footprint, save money and improve their health with regular exercise."

One added advantage of the lockers in the Colwood location is that Juan de Fuca Recreation Centre members can use the facility for exercise and also change out of their clothes and shower, she noted.

More information about the bike locker program is available at <http://gvcc.bc.ca/store/> or contact the GVCC at info@gvcc.bc.ca.



Photo by Peter Mallett, Lookout

Geoff Munday of Sidney stows his bicycle in one of the Greater Victoria Cycling Coalition's bike lockers. During his daily commute to work in downtown Victoria, Munday says he rides his bike five kilometres from his home to the McTavish bus exchange, where he then locks his bike in a secure locker and makes the rest of his journey by bus.



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People Talk

While on assignment, Lookout asked graduates of the RCN's new Enhanced Naval Boarding Party: *What was their biggest personal challenge in successfully completing their training?*



Being expected to meet the high standards of the course, which were attainable, but were very challenging. The work rate was very high, we were constantly going!

AB Patrick Davis



Definitely the close-quarter battle in my case. We all had a very short period to grasp some new concepts, and the training was highly complex.

LS Richard Donafeld



The course is over three months long so sustaining that consistent drive day in and day out was the big challenge for me. You are expected to perform at a high level and continue improving and make sure you bring the same intensity every single day.

LS Matthew French



There were issues with the shooting package for me. For us navy guys we don't get a lot of shooting time and the progression of it was so intense, but in the end it was really pressure that you put on yourself.

PO2 Christopher Nowlan



The learning curve with the mission planning and coming together with this small unit here. None of us really had that experience in our previous jobs.

LS Brandon Smith

HMCS Winnipeg crew toasts their families

SLt Jamie Tobin HMCS Winnipeg

"To our families" is the naval toast of the day for Saturday. But for the crew of HMCS Winnipeg this toast is significant every single day of its long deployment.

"In late October we surpassed the half-way mark of our deployment, which is an important milestone for us in Winnipeg and for our loved ones in Canada," said Commander Pascal Belhumeur, Commanding Officer of

Winnipeg. "For the past four-and-a-half months, this team has worked hard every single day and our families are working just as hard, or harder, to keep our lives sailing on a steady course back home."

The ship departed Esquimalt Harbour June 15 with approximately 250 sailors, soldiers and air force personnel for Operation Reassurance, Canada's contribution to NATO assurance measures in Europe. Families

accepted the reality that their loved ones would be deployed for up to nine months.

Back at CFB Esquimalt, the Military Family Resource Centre (MFRC) supports those with deployed loved ones. This is integral to the success of Winnipeg's mission.

"On behalf of our ship's company, I would like to thank the Military Family Resource Centre for doing everything in their power to help out our families," said Cdr Belhumeur. "They treat our families like their own and it is comforting to know they are always there to help."

The MFRC hosts monthly update briefs that are delivered by the Commanding Officer. These are followed with video teleconferencing sessions that enable members

to speak with their loved ones face-to-face. The MFRC also hosts family-oriented events and activities and offers programs and services for the families of deployed members.

As the members of Winnipeg move into the second half of the deployment, the Commanding Officer offers the following toast:

"Bravo Zulu to the rest of our Winnipeg family back in Canada. Our success would not be possible without your on-going support."



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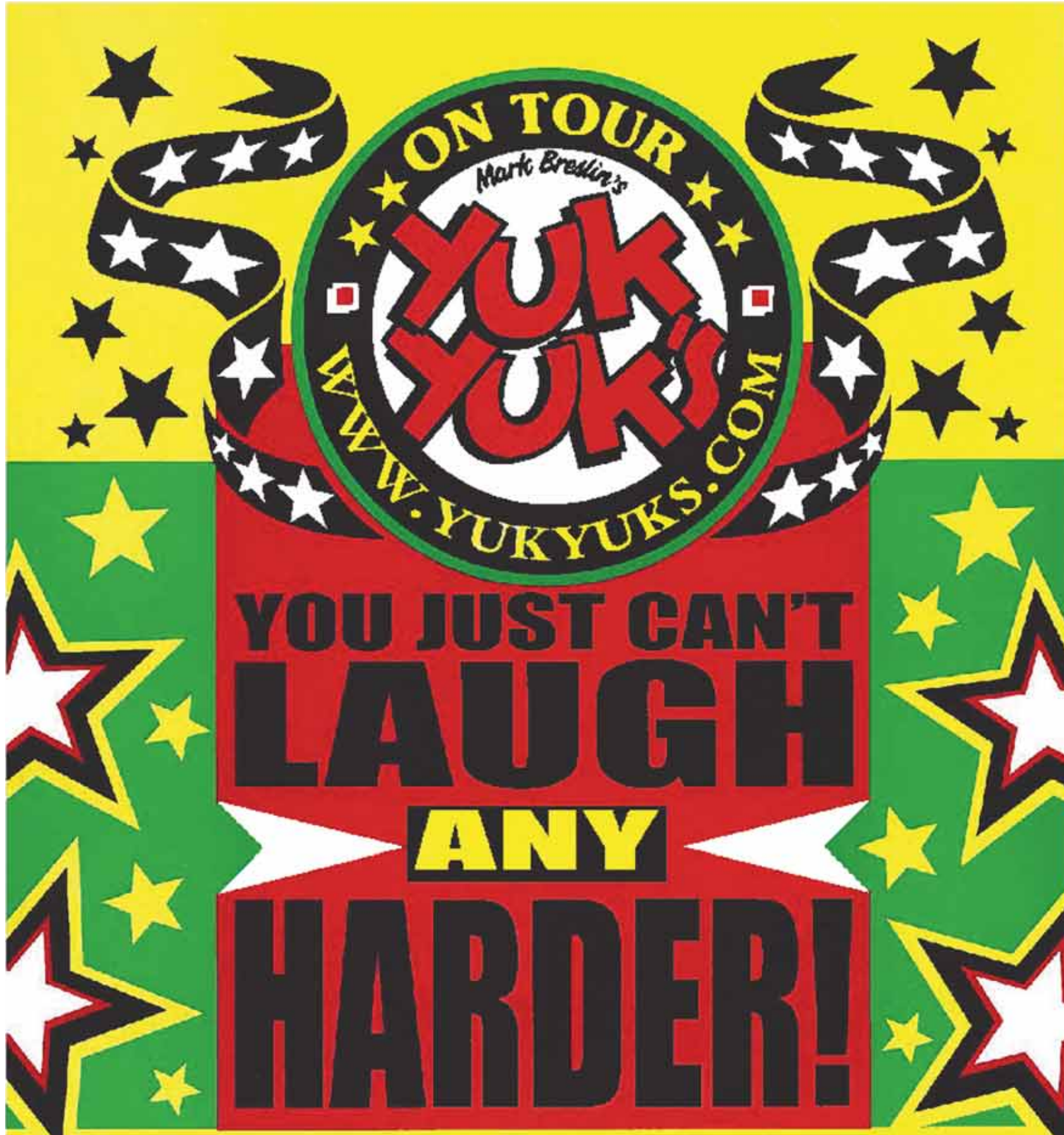
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Soldier navigates stress relief on the open water

Peter Mallett
Staff Writer

Capt Joshua Weissbock, 27, has found an ideal solution to deal with the stress and workload of his Base Information Services job.

Every morning before work, the soldier slides his lanky frame into a single scull, a rowing boat used for competitive rowing, oars in calloused hands, and paddles back and forth on Elk Lake.

The daily training is in preparation for the world-class races, such as the Head of the Charles Regatta, a two-day rowing competition on the banks of the Charles River in New England, Massachusetts.

Two weeks ago, Capt Weissbock packed his bags for the U.S. regatta and joined 11,000 athletes competing in 63 events, with 400,000 spectators on the banks watching.

"Because of its reputation you want to be in this regatta because it's one of the most well-known courses and draws some of

the world's best competitors," he says.

The race course intersects Boston and Cambridge, and is notoriously challenging. Six low-lying bridges and sharp turns often result in collisions, and the cold and wind complicate navigation.

The 50-year-old regatta has drawn Capt Weissbock to compete in four of those years.

This year he finished 12th out of 40 in the Club Men's Singles category, mastering the 4.8 kilometre course in 20:04, a few pegs down from his eighth-place finish at the event in 2014.

"I'm glad I went to compete," says Capt Weissbock. "I would have been happier with a better placing but it serves as motivation to go back and give a better performance next year."

He was enticed into the sport during his school years at Simon Fraser University in 2006, and later competing in the Varsity Ontario University Athletics rowing circuit from 2012 to 2014.

"For the first two years of



Image by Peter Mallett, Lookout

Capt Joshua Weissbock works out on a rowing machine at Naden Athletic Centre. Capt Weissbock recently returned from the Head of the Charles Regatta in Cambridge, Mass., with a 12th place finish in the Club Men's Singles category.

competition in university it was mostly recreational for me," he says. "Then I decided I wanted to be a fast rower and turned on my competitive edge from

deep within."

That drive led him to the Canadian National Rowing Championships in 2010, 2012, 2013 and 2014.

Training motivation also

comes from his common-law partner Pte Claire Bortolotti. She competed for Canada as a swimmer at 6th CISM World Military Games in Mungyeong,

South Korea, and the couple constantly push each other to be better.

"We both understand what is needed to be successful," he says.



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Premier celebrates South Asian contributions to B.C.'s history

The South Asian contribution to the province's and the country's shared history will be on permanent display in the B.C. legislature announced Premier Christy Clark last week.

A historically symbolic flag will be installed inside the Parliament Buildings. The 1874 version of the Red Ensign flag is one of the first Canadian flags to display the emblem of British Columbia after the province joined Confederation in 1871.

The flag was presented to the province by Steven Purewal, founder of Indus Media Foundation Canada, in honour of the contributions made to British Columbia, Canada, and the British Crown by the Punjabi community. It is dedicated to Kesur Singh, a Risaldar Major Captain in the British Indian Army who arrived in B.C. as one of Canada's first Sikh immigrants. It is the version of the Canadian flag that would have flown over government buildings when he arrived.

"With Remembrance Day one week away, this is a meaningful time to commemorate our history and better understand how we got to today," said Premier Clark. "The prosperous, free, and multicultural province we're so fortunate to call home was built through the hard work and sacrifice of people who came from halfway around the world in search of a better life."

Many early South Asian



Surrey-based 3300 British Columbia Regiment (Bhai Kanhaiya) Royal Canadian Army Cadet Corps, along with leaders from B.C.'s Sikh communities, join Premier Christy Clark in accepting a historically symbolic flag that will be installed inside the Parliament Buildings.

Sikh pioneers were veterans of colonial Punjabi regiments that had served the Crown since 1849, when Punjab became part of the British Empire. They came to Canada looking for a better life, but faced difficult conditions. In 1914, the Komagata Maru ship carrying 376 passengers from India was turned away from the port in Vancouver.

In 2008, the B.C. Legislature formal apologized for the incident.

During the First World War, Punjabi soldiers were fighting shoulder-to-shoulder with Canadians.

They suffered enormous losses - and in death, 100 years after the war, they lie beside their

Canadian brothers-in-arms in 17 cemeteries scattered across French and Belgian Flanders.

"This centennial is an opportunity to commemo-

rate those who lost their lives, but also to engage today's youth and diverse communities about the significance of the sacrifices that were made," said Purewal. "During the First World War, nearly 500,000 Punjabis fought in a joint cause with Canada, despite the discriminatory conditions prevailing at the time - their service and notion of duty was truly remarkable."

Premier Clark and Purewal were joined by members of Surrey-based 3300 British Columbia Regiment (Bhai Kanhaiya) Royal Canadian Army Cadet Corps, along with leaders from B.C.'s Sikh communities.

The history and contributions of the South Asian communities to B.C. are part of the province's new K-12 curriculum being phased in over the next three years.

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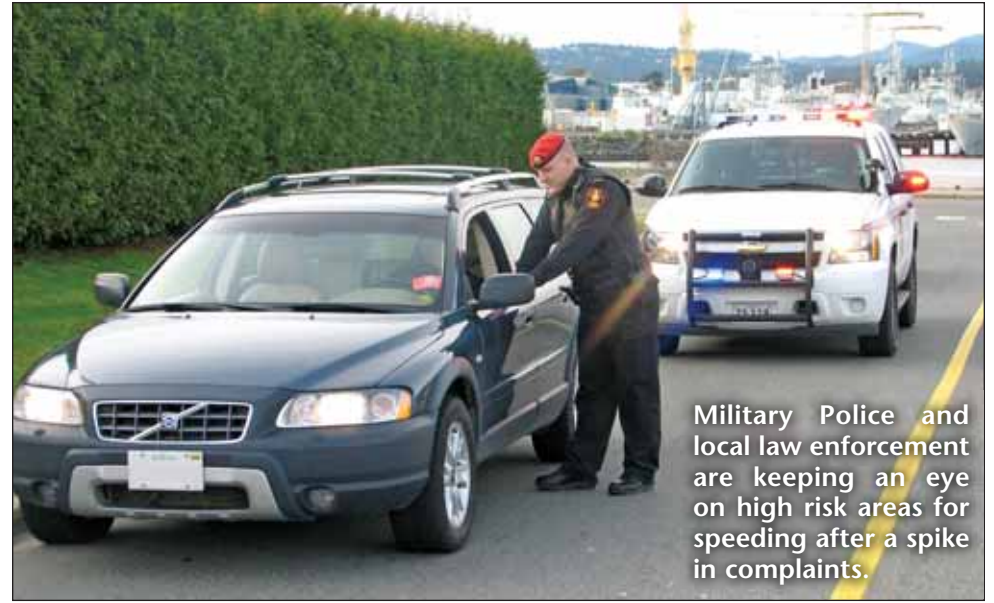
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Interested in **Speaking** during **Remembrance Week?**

Annually, on 11 November, Canadians make the choice to remember and to share the stories of the men and women who served, and continue to serve our country. To show their great pride in the achievements and sacrifices made in the past and present, CAF members actively participate in commemorative events during Remembrance Week.

Commander MARPAC encourages all members of CFB Esquimalt to volunteer to speak at a school or community organization around Victoria and Southern Vancouver Island. Your presence at these speaking engagements is an opportunity to help others remember the sacrifices made by CAF members and to foster a stronger relationship with the community as a whole.

If you are interested in speaking at an event, please contact the MARPAC OPI, Lt(N) Trenholm, paul.trenholm@forces.gc.ca / 250-363-5789



Military Police and local law enforcement are keeping an eye on high risk areas for speeding after a spike in complaints.

Traffic infractions bringing about complaints from public

LS Andrée Noye
MPU Esquimalt

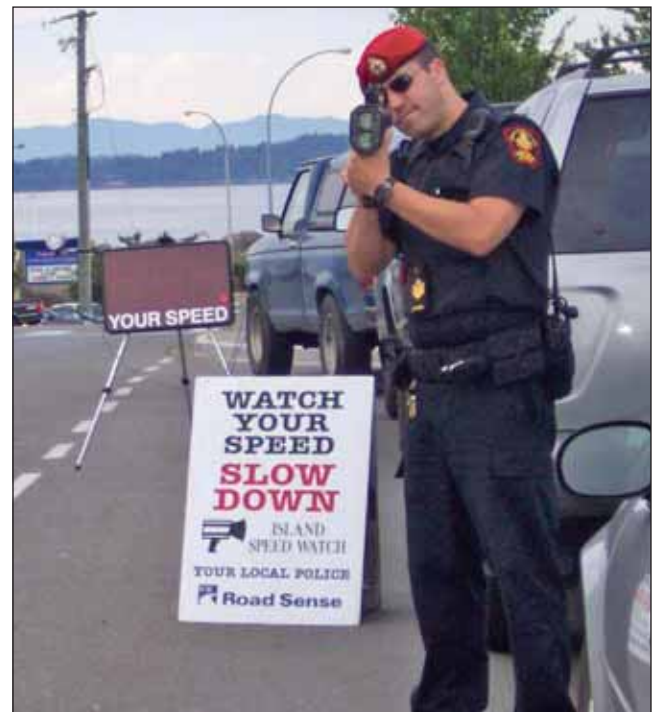
CFB Esquimalt has received an increase in complaints from the public concerning traffic infractions along the base perimeter.

Formation personnel are reminded that whether you are on DND property or in the community, traffic laws must be followed for the safety of drivers and pedestrians alike.

Military Police and local law enforcement agencies have been targeting high risk areas for speeding, such as Admirals Rd and Lyall St.

Speed limits state the maximum you are allowed to travel. There are still streets that may require more attention, especially school and construction zones, which surround the base and require slower speed.

If you are caught breaking the speed limit on base, the Military Police have the same powers as any civilian agency to issue a provincial ticket. In the past month the Military Police have stopped 157 vehicles for various offences, including speeding. Provincial tickets



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Chief of Defence Staff announces senior appointments, retirements

DND

General Jonathan Vance, Chief of the Defence Staff, has announced additional Canadian Armed Forces (CAF) General and Flag Officer senior appointments, promotions and retirements that will occur in 2015.

These promotions and appointments support recent decisions on military operations and international contributions and reflect our on-going commitment to operate as a unified CAF, led by Regular and Reserve Force Officers.

The following promotions and appointments result from new service requirements:

- Rear-Admiral J. Bennett was appointed Director General Canadian Armed Forces Strategic Response Team

on Sexual Misconduct in support of Operation Honour, in Ottawa, Ont.

- Brigadier-General T.L. Harris was appointed Senior Special Advisor to the Chief of Defence Staff, in Ottawa, Ont., resulting in the following promotion and appointment:

- Colonel M.M. Theriault was promoted to the rank of Brigadier-General (acting while so employed) and appointed Director General Public Affairs, in Ottawa, Ont., replacing Brigadier-General T.L. Harris.

Promotions and appointments resulting from retirements, as follows:

- Rear-Admiral E.M. Stuart will retire from service, resulting in the following promotion and appointment:

- Colonel W. Liedke was promoted to the rank of Brigadier-General (act-

ing while so employed) and appointed Chief of Staff to the Assistant Deputy Minister (Finance and Corporate Services), in Ottawa, Ont.

The following generals and flag officers will retire in 2015 after distinguished service to Canada and the CAF:

- Brigadier-General S.G. Kennedy

The following promotion and appointment result from decisions on the CAF contribution to the Middle East Stabilization Force / Operation Impact:

- Colonel J.A. Irvine will be promoted to the rank of Brigadier-General (acting while so employed) and appointed Commander JTF-I, replacing acting Brigadier-General M.H.L. Bourgon for the next scheduled rotation.

Esquimalt township seeks public input on community's future plan

The Township of Esquimalt is launching its Official Community Plan (OCP) review process with an online survey for the public to provide input on key priority areas for community development.

The online survey, available until Nov. 30 at www.esquimalt.ca, will assist the Township's development services department with planning future community engagement opportunities by identifying areas of particular interest to the public.

"The objective of this plan is to reflect the collective vision of the community heading into the future," said Mayor Barbara Desjardins. "I encourage

residents, businesses and community visitors to provide input so that their vision becomes a part of the document."

The OCP is the principal guiding document for all municipal initiatives and activities. The Esquimalt OCP review, a Council strategic priority, will be a multi-phase project over the next two years leading to the adoption of a new Official Community Plan in 2017. The plan's goals, objectives and policies will promote the long-term economic, environmental, social and cultural well-being of the community.

General topics and themes of the OCP include land use, transportation, heritage,

parks and recreation, arts and culture, and the environment.

In addition to the survey, the Township has created a resource library portal for the public to find out more about the OCP process and community planning. The resource library, along with a project timeline and scope, are available at www.esquimalt.ca/ocpreview. The public can also sign up for project updates through an e-mail notification feature at the Township website.

Findings from the survey will be available for the public to review in January 2016 and community engagement opportunities will be scheduled throughout the two-year process.

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HMCS WINNIPEG



One Navy: Sixteen naval reservists deploy on board HMCS Winnipeg on Operation Reassurance

SLt Jamie Tobin
HMCS Winnipeg

Sixteen naval reservists from across Canada deployed on board *HMCS Winnipeg* June 15 to support Operation Reassurance, Canada's contribution to NATO assurance measures in Europe.

"Our reserve members are integrating seamlessly into the ship's company," says Commander Pascal Belhumeur, Commanding Officer of *HMCS Winnipeg*. "This deployment provides them with incredible exposure to unmatched training opportunities on board a modernized Halifax-class ship in real-time international operations."

These naval reservists represent a number of naval professions. Three are currently serving on the Royal Canadian Navy's (RCN) first Enhanced Naval Boarding Party, a team that specializes in maritime interdiction operations.

For the past few years, the RCN has been transitioning into a "One Navy" concept that employs reserve and regular forces on operational missions. Naval Reserve members have been deploying on major operations since late 2013, but *Winnipeg* is the first ship to employ reserve members in almost every department.

"As a naval combat information operator (NCIOP), I feel really lucky to serve in a warship that has the most modern warfare system," says Leading Seaman Jefren Liu, originally from *HMCS York*. "Operating the updated Combat Management System is an experience that I may not have had without this deployment."

Maritime surface and sub-surface officers in the Naval Reserve

also tend to serve the majority of their careers in Kingston-class vessels. This deployment has provided Sub-Lieutenant Michael Van Vlaenderen from *HMCS Chippawa* with a unique opportunity to sail on board a ship named after his home town while putting his skills to the test on a major warship.

"Every day and every evolution is a learning opportunity. The ships do things differently and it is important to always adapt," says SLt Van Vlaenderen. "During my time in *Winnipeg*, I have had the opportunity to train for my Officer of the Day and Naval Officer Proficiency Qualifications [both Regular Force qualifications] and gain the experience of conducting multi-ship and task group exercises."

In addition to the training opportunities being made available to reserve members, *Winnipeg's* deployment is special because of the scope of its journey.

"We are extremely fortunate to get this opportunity to travel the world, learn a lot about different cultures and gain a ton of experience in our roles on board the ship," says LS Nicole Baldwin, an NCIOP from *HMCS Unicorn*. "It is a dream come true. I couldn't imagine a better deployment opportunity."

To date, *Winnipeg* has stopped in 10 ports throughout the Mediterranean and Western Europe and this has given these reserve members an opportunity to take a special kind of break from their normal day-to-day training. As these 16 sailors approach the halfway point of their deployment, they are establishing themselves as pioneers for naval reservists hoping to gain operational experience abroad at sea.

HALF Mark

On June 15, *HMCS Winnipeg* sailed out of Esquimalt Harbour to become the second modernized high readiness frigate to deploy overseas in support of Government of Canada objectives. The ship is equipped with a CH-124 Sea King helicopter detachment, an Embarked Intelligence Team, 16 Naval Reserve members, and the Royal Canadian Navy's first Enhanced


Naval Boarding Party. This team of approximately 250 sailors, soldiers and air force personnel is taking part in Operation Reassurance, Canada's contribution to NATO assurance measures in Europe. The ship recently surpassed the half-way mark of its deployment and has sailed quite a few miles since leaving Esquimalt. This is the story in photos.



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U.S. Navy begins task group exercise

Royal Canadian Navy ships train alongside

Expeditionary Strike Group 3 Public Affairs

U.S. and Canadian naval units began a Task Group Exercise (TGEX) off the coast of Southern California, Oct. 20. Participating units from the Royal Canadian Navy include Canadian Fleet Pacific, Halifax-class frigates *HMCS Calgary* and *HMCS Vancouver*, and Victoria-class submarine *HMCS Chicoutimi*.

"The Royal Canadian Navy frequently participates in training exercises such as this with the U.S. in order to provide mutually beneficial realistic and relevant training which is necessary for the proper integration of units from various nations to work as a cohesive task group," said Commander Julian Elbourne, commanding officer of *Calgary*. "We look forward to this exercise in order to continue to build

our proficiency as allies." U.S. Navy units include Commander, Expeditionary Strike Group (ESG) 3, Commander, Amphibious Squadron (CPR) 1, amphibious assault ship *USS Boxer* (LHD 4), amphibious transport dock ship *USS New Orleans* (LPD 18), and dock landing ship *USS Harpers Ferry* (LSD 49).

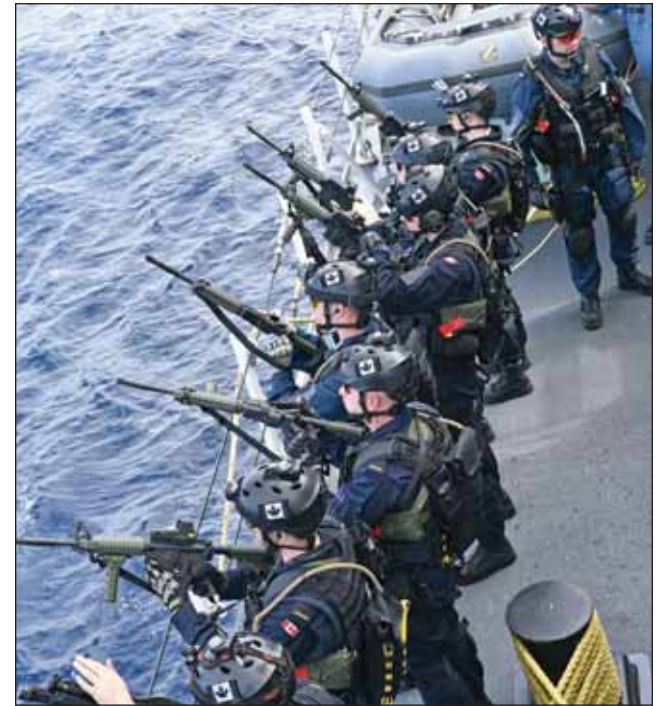
"We are excited to have the opportunity to work with the Royal Canadian Navy," said Capt Keith Moore, CPR 1, currently embarked in *Boxer*. "Operating with our [Canadian] counterparts during this exercise will facilitate a quicker and smoother integration into the coalition environment during our upcoming deployment."

The U.S. 3rd Fleet exercise serves to train units in amphibious warfare, air defense, anti-submarine warfare, surface warfare, and maritime interdiction operations, while also building a strong working rela-

tionship between the maritime forces of the U.S. and Canada.

The U.S. and Canada regularly participate in exercises together, the most recent being *Pacific Partnership* and *Trident Fury*.

Joint, interagency, and international relationships strengthen U.S. Third Fleet's ability to respond to crises and protect the collective maritime interests of the U.S. and its allies and partners.



Members of *HMCS Vancouver's* ship's company retrieve the towing hawser following a towing exercise with *HMCS Calgary* on Oct. 20.

Above: Alpha Wave of *HMCS Vancouver's* Naval Boarding Party conducts weapon checks prior to boarding *HMCS Whitehorse* during a simulated Maritime Interdiction Scenario on Oct. 19.

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Capt Kristin Strutt, Commanding Officer of 819 RCACS in North Delta, is presented with the Canadian Forces Decoration by LCol Keith Stewart at the Air Cadet League of Canada BC Provincial Committee AGM in Kamloops, B.C.



Sonar Operator students AB Justin Grant receives his promotion to Leading Seaman from Cdr Ed Hooper, Commandant of CF Fleet School Esquimalt, and PO1 Chris Neveu, Senior Instructor, Acoustic Section.

Daylight Savings ends. Take extra care on the road

The Greater Victoria Cycling Coalition is reminding everyone to take extra care on the roads now that clocks have been set back.

“Since conditions will suddenly be dark at 5 p.m. during the evening commute, all road users need to be prepared,” says Bharat Chandramouli,

Vice President of the GVCC.

“The risk of people in cars hitting people walking is 400 per cent higher after we set our clocks back in the fall,” says Chandramouli. “It’s important for people who are driving during twilight and at night to avoid distractions, reduce their speed,

and scan the road carefully for more vulnerable road users such as people walking and people on bikes.”

Rainy conditions can further worsen visibility, and people driving are reminded to ensure they increase stopping distance and ensure their windshield wipers are in good condition.



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Hockey game honours Korean War face off

Captain Susan Magill
Army Public Affairs

Two Canadian Army Regiments faced off at the Canadian Tire Centre Sept. 26 to commemorate a historic hockey game played on the frozen Imjin River in South Korea over 60 years ago.

The Embassy of the Republic of Korea to Canada hosted the Imjin Classic hockey game between Princess Patricia's Canadian Light Infantry (PPCLI) and the Royal 22e Régiment (R22eR) in commemoration of hockey games played by Canadian troops deployed during the Korean War.

One of the most famous Imjin hockey matches was the championship game between the 1st Battalion of the PPCLI and the 2nd Battalion of the R22eR held on March 11, 1952.

In 1952, Canada had committed over 26,000 men to defend South Korea from the invading North. Canadian soldiers stationed near the Imjin River during the harsh Korean winters carved out a makeshift hockey rink just a few miles from the front lines. Dubbed the Imjin Gardens, the river rink offered some respite to the

hockey-loving Canadian soldiers serving in war-torn Korea.

Perfectly suited for the severe winter climate of South Korea, the Canadian Army was and still is committed to sustaining well-trained, well-equipped, and well-led units to meet a diversity of challenges in any environment around the world.

"The tradition they began is carried on each winter in Korea to this day," said Lieutenant-General Marquis Hainse, Commander of the Canadian Army. "By re-enacting this historic hockey match here in Ottawa, we commemorate the men and women who sacrificed so much for peace and stability in this region."

Five-hundred and sixteen Canadian lives were lost fighting the Korean War. The Imjin River Memorial Cup trophy was presented to Lieutenant-Colonel Steve Jourdain, the R22eR team captain, whose team won the commemorative game 9 – 3. The cup is a tribute not just to Canada and to hockey, but to all the allied forces who sacrificed to help those in need at a time of great uncertainty.

Retired R22eR Colonel Claude Charland said, "Sport is essential to

good soldiering," and he should know. The 84-year old was fast on his skates and played right wing forward in the original games.

"Sport helped change the mindset, refresh the batteries. It was very important. It led us together and kept us together and it wasn't just about us on the ice – even the spectators got engaged and enjoyed the small break from war that it provided," said Col Charland.

"It's a wonderful experience to recreate these games. I'm sure the spirit is the same today as it was back then. It's vital that we don't forget the war and that we share the memory with our younger generations," said Bill Black, President of National Capital Unit 7 of the Korea Veterans Association of Canada.

The embassy invited the public to join in the commemorative hockey event as a way to honour Korean War Veterans and learn about the importance of Canada's contribution to the Korean War. The popularity of hockey in Korea today is one of the legacies of Canadians who brought their love of hockey, along with their valiant service, to the people of Korea.



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When Canadian soldiers serving in the Korean War were given time away from their dangerous front-line duties, their thoughts often turned to sports. Canadians stationed near the Imjin River decided to make use of all that ice in the winter and created a makeshift outdoor rink they dubbed Imjin Gardens. The first games were played in 1952.



Image by Cpl Chase Miller
Centre left to right: Colonel Jang Min Choi, Korean Ambassador; Daeshik Jo, Senator Yonah Martin and the Commander of the Canadian Army, Lieutenant-General Hainse, drop the puck to begin the Imjin Classic hockey game between the Princess Patricia's Canadian Light Infantry and the Royal 22e Régiment (Vandoos) at the Canadian Tire Centre on Sept. 26.



MCpl Guillaume Lemay receives his Canadian Forces Decoration Medal from Maj Sandra Humphreys and MWO Wade Stach during a Canadian Forces Postal Unit awards ceremony at the Fleet Mail Office.



MWO Jacques Ouellette receives his Second Clasp to his Canadian Forces Decoration from Maj Sandra Humphreys and MWO Wade Stach.

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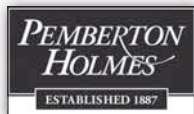
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Maritime Forces Pacific Awards

RAdm Gilles Couturier, Commander Maritime Forces Pacific (MARPAAC), presented several awards.

Images by MCpl Michael Bastien, MARPAAC Imaging Services



CPO1 Derek Kitching receives a Commander Royal Canadian Navy Commendation.



LS Diyako Salehi receives a Commander Royal Canadian Navy Commendation.



MWO Paul Brown receives a Commander Royal Canadian Navy Commendation.



MS Matthew Garis receives a Commander Royal Canadian Navy Commendation.



CPO2 Steve Calvert receives a MARPAAC Bravo Zulu.



Sgt Barbara Lane receives a MARPAAC Bravo Zulu.



Cpl Alexandra Cape receives a MARPAAC Bravo Zulu.



CPO1 Marc Dufort receives his CPO1 Warrant Scroll.



CWO David McLaughlin receives his CWO Warrant Scroll.



CPO1 Paul O'Keefe receives his CPO1 Warrant Scroll.



CWO Jean Charest receives his CWO Warrant Scroll.



Image by MCpl Michael Bastien, MARPAAC Imaging Services
LS Matthew French is awarded a Maritime Forces Pacific Bravo Zulu Certificate of Achievement from RAdm Couturier for his outstanding leadership, professionalism and devotion to duty during a demanding program onboard HMCS Calgary.

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Change of command



Patrol Craft Training Unit

Left to right: LCdr Richard Cobb, the outgoing Commander of the Patrol Craft Training Unit (PCTU), Cdr Alex Barlow, Commanding Officer of Maritime Operations Group Four, and LCdr Preston McIntosh, incoming PCTU Commanding Officer, sign the Change of Command certificates during a ceremony held Oct. 19.

Images by MCpl Chris Ward, MARPAC Imaging Services



LCdr Preston McIntosh, incoming Commander of the Patrol Craft Training Unit, addresses the parade.



MS Jason Pepin receives his Canadian Forces Decoration from Cdr Alex Barlow.

Bravo ZULU Pewter Sea Service Insignia

LCdr Graham Collins, Commanding Officer at Naval Ocean Processing Facility Whidbey Island, Oak Harbor, WA, presented the Sea Service Insignia to select sailors.



LS Douglas Coates receives the Pewter Sea Service Insignia.



LS Nigel Gray receives the Pewter Sea Service Insignia.



LS Philippe Therrien receives the Pewter Sea Service Insignia.



LS Tola Chap receives the Pewter Sea Service Insignia.



MS Angelo Aires receives the Pewter Sea Service Insignia.



PO1 Scott Harris receives the Pewter Sea Service Insignia.



PO2 Joseph Fogarty receives the Pewter Sea Service Insignia.

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VOLUNTEER

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HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105.

We need MEN for MENToring.

Getting together is a great time for everyone and doesn't require a special occasion or expensive activities.

- Receive tickets to sporting events
- Participate in a variety of activities
- Meet twice a month for 6 months



Big Brothers Big Sisters
www.bbbsvictoria.com

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CONTEST DETAILS

Complete the SISIP Financial Scavenger Hunt for your chance to win one of three prizes. Bring the completed questionnaire to the SISIP Financial office located in the CANEX Building. Entries must be received by 1630hrs on November 30th 2015.

TASK CHECKLIST

- Pick up the following handouts: CAF Savings Plans flyer, Your Financial Toolkit, SISIP Travel Insurance at your local SISIP Financial office, Fleet School, BOR or Nelles Block.
- On the SISIP Financial home page under "Financial Counselling", what is question 7 in our Financial Quiz? _____
- On the SISIP Financial home page under "Insurance Plans", click on "Get a quote": what is one of the benefits of SISIP Life Insurance for CAF members? _____
- File your taxes for free. List one of the certified software programs (found on the Canada Revenue Agency website) for the 2015 NETFILE program.
- Check out our Facebook page. What recent event did the SISIP Financial Esquimalt branch hold in September? _____
- What is the amount on the big cheque in the SISIP Financial local office? _____
- Review your bank statements for the past 3 months and identify something that surprised you. _____

HAPPY HUNTING!



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