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Photo by MCpl Carbe Orellana, MARPAC Imaging Services

A contingent from the Royal Canadian Sea Cadets Corps Rainbow marches down Esquimalt Road to the Cenotaph on Remembrance Day as part of the municipality's ceremony to honour current and former military service. See more photos on page 10-11.

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Photos by Leading Seaman Ogle Henry, MARPAC Imaging Services

Marine Technicians Leading Seaman Nathan Gillis and Master Seaman Martin Couture describe the fire fighting equipment used on board HMCS Winnipeg to a delegate attending the United Nations Peacekeeping Ministers conference during their tour of the ship while alongside Canada Place, Vancouver.

HMCS Winnipeg supports UN conference

Lt(N) Ellie Aminaie
HMCS Winnipeg

Last week, *HMCS Winnipeg* was in Vancouver, B.C., in support of the United Nations Peacekeeping Defence Ministers' (UNPKDM) Conference.

The conference was held at the Vancouver Convention Centre and had United Nations delegations from 80-plus countries and five international organizations in attendance, with gender initiatives as a focal point.

It was a highly coordinated event organized by the Department of National Defence, with key representation from all Canadian Armed Forces (CAF) elements. The CAF element was led by Joint Task Force Pacific on behalf of Canadian Joint Operations Command. Security was managed by the RCMP.

The conference had many high profile Canadians in attendance including Prime Minister Justin Trudeau; Harjit Sajjan, Minister of National Defence; Chrystia Freeland, Minister of Foreign Affairs; Marie-Claude Bibeau, Minister of International Development and la francophonie; and Madame Michaele Jean, Secretary General of la francophonie.

Also in attendance were General Jonathan Vance, Chief of Defence Staff, and LGen (Retired) Romeo Dallaire, who was there for a youth focused event.

Actress Angelina Jolie, who is a Special Envoy to the United Nations High Commissioner for Refugees, delivered the keynote address.

During the welcome reception held at the Vancouver Convention Centre, *Winnipeg's* Guard of Honour was on parade, showcasing the Royal Canadian Navy.

While alongside Canada Place, *Winnipeg* provided a hosting platform for various events throughout the conference. One notable one was a luncheon held on board, co-hosted by Minister Bibeau, and His Excellency Marc-Andre Blanchard, Ambassador and Permanent Representative of Canada to the UN. Guests discussed various gender initiatives made in

their respective nations and the event provided an opportunity for the exchange of ideas in furthering those initiatives.

Lt(N) Calley Gray, *Winnipeg's* Marine Systems Engineering Officer, represented the Royal Canadian Navy at the luncheon.

"I was very honoured to be included in the discussions surrounding gender initiatives and to have an opportunity to provide input into the matter. My overall impression is that the delegates were pleased by the efforts made by the RCN through Operation Honour and GBA+ (Gender-Based Analysis) training, and that we have gender focal points onboard the ships with the proper training advising command on gender matters," she said.

Ship tours were offered to all UN delegates throughout the conference, many of whom took advantage of the opportunity to meet the sailors. The UN Youth Network, which was comprised of 150 members ranging in age from 18 to 29, also received a comprehensive tour. They asked engaging and insightful questions ranging from marine mammal protection to Asia Pacific security.

As *Winnipeg* departed Canada Place and proceeded back to Esquimalt, the crew reflected on their encounters with various UN delegates. While the event was a coordinated effort by various Canadian agencies overall, the entire ship's company was also fully engaged and contributed to its success.



MNET

New tool to assist transition from military to civilian life

DND

Canadian Armed Forces (CAF) members preparing to transition to civilian life, as well as veterans, have a new tool to help them find meaningful employment in the private sector.

MNET, short for Military Occupational Structure ID to National Occupational Classification Equivalency Tool, officially launched Oct. 16. The free-to-use online career transition tool matches military occupations with civilian occupations and job openings.

MNET is easy to navigate.

CAF members and veterans simply enter information about their military career and a matching civilian occupation with job description, as well as a link to relevant civilian employment opportunities on Job Bank, is produced.

Employers can also post forecasted job openings specifically for Veterans.

"It is exciting to see the implementation of this great initiative well ahead of schedule," said Brigadier-General Mark Misener who is leading the creation of the

Canadian Armed Forces Transition Group. "CAF members often think little of the training and experiences they have amassed during their careers and the weight it can carry over into the competitive labour market. MNET illustrates how valuable their experience can be."

MNET is the result of the combined efforts of the CAF's Directorate of Casualty Support Management, the Military Personnel Generation Learning Support Centre, Veterans Affairs Canada (VAC), and Employment and Social Development Canada (ESDC).

ESDC provided access to their catalogue of more than 30,000 occupational titles in order to allow military occupations to be matched to their closest civilian equivalents.

Moreover, as MNET was created in large part using current resources from the various departments involved, and based on an existing United States Department of Labor application, the online tool was able to be produced at the low cost of \$18,000.

"The ability for a CAF transitioning member or

a veteran to leverage the national Job Bank that lists over 97,000 jobs on any given day in less than two clicks is truly what makes MNET a powerful transition tool," said Captain (Retired) Andy Choquette, one of MNET's creators. "The small cost of this system, when you look at how it will simplify job and personnel searches and make life easier for transitioning members, is really incredible."

In addition to MNET, Veterans also have access to VAC's newly introduced Veterans in the Public Service Unit, which was formed to help veterans navigate the federal public service hiring process. The unit assists veterans by providing them with potential public service job opportunities that match their skills and education. The unit also works with managers from across the public service to raise awareness regarding the training, experience and skills that Canadian veterans have to offer.

Access to MNET is now available at: <http://cafacerfacace.forces.gc.ca/mnet-oesc/>

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- Highest bid gets first pick.
- Work week is between Dec. 4 and 15.

For more details click the NDWCC link on the MARPAC Notice Board

Remembering the Halifax explosion

Nearly a century ago, an explosion of a munitions ship in Halifax harbour followed by a tsunami took the lives of 2,000 people and injured 9,000. Traumatized survivors struggled to explain what they had experienced. The task of telling their stories fell to journalists who rushed to get the word out of the devastated city.

On Saturday Dec. 2 local author and historian Michael Dupuis will use material from his new book *Bearing Witness: Journalists, Record Keepers and the 1917 Halifax Explosion* to explain how the explosion happened, and how journalists "got the story out."

The talk will take place at the Main Branch of the Greater Victoria Public Library starting at 2:30 p.m. Register at GVPL website.

Photo: Canada War Museum

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WHAT SAY YOU

Remembering the civilians and their plight

Vic Atkinson
Contributor

I thought long and hard about sharing my Dad's story as a civilian in the Second World War, working during the London bombings. I mulled it over and realized that if I suppressed it, then his experience would have served no purpose. If his experience can touch people's hearts at the awful futility of war, especially in our age of soldiers suffering mental illness with post war depression, then my Dad's story might just bring a light to shine on what civilians went through: sadly, there are no remembrance days for them.

A wound suffered in the First World War made my Dad unfit for continued work in the Armed Services in the Second World War. His civilian occupation was classed as a reserved occupation and essential to the war effort in England. Working for the Southeastern Gas Board at the Old Kent Road, Southwark, his job was to repair broken gas lines caused by German bombing. This sometimes meant working waist deep in sewage in a bomb crater while trying to cap a fractured gas line. Leaking gas was a very dangerous fire hazard.

To picture his nightly work, you have to realize there was a complete blackout and he operated by the half light from fires, the moon, and searchlights, all the while shells bursting above. He always wore his tin helmet in case of shrapnel.

One early morning, he was cycling home after his shift when a bomb exploded in the street. The explosion blew him off his bike. As he picked himself up, he heard a baby crying. In the dim light, he saw the tiny bundle lying on the pavement. He scooped the baby up and held it in his arms, gently rocking it. The baby's crying slowed, then stopped. As Dad held the baby he was horrified to see the baby's arms and legs were



Vic's father James with the Toby and Moggy. Behind him, to the right, is their Anderson air raid shelter.

hanging by threads of skin. The baby had bled to death in his arms.

By this time, rescue crews had arrived on the scene and gently took the dead baby from him.

He retrieved his bike and pedalled home where he took off his overalls and threw them in the scullery by the large copper vat where Mum always did the heavy washing. Mum and I were still sleeping.

Next morning Mum discovered that Dad was covered in blood and his overalls were soaked in it. She was scared he might be wounded but he said no, he was alright, and nothing more. But he was far from alright; he became withdrawn. Mum realized he was in shock and told me to treat him as usual, which I tried to do. He gradually became his old self again, but he did not, and would not

discuss the event, not until 1965.

In 1965, my Dad came to Canada for his one and only visit to meet his three grandchildren. I took him on a wilderness camping and fishing trip deep into Quebec, to an area called LaVerendre Park, which he absolutely loved. It was then that he told me about the baby incident. I realized he had carried that, and many other harrowing untold wartime Blitz memories, for over 25 years.

He spent the month of September 1965 with us, and we offered him to come and live with us, as my Mum had recently died. He planned to take up our offer, but sadly he passed away in December.

So, my Mum never did learn what had happened to him that fateful night in the Blitz, and even now, at age 87, I feel privileged that it was me he told.

WHAT SAY WE

Letter to the editor

Dear Editor:

I find myself on Nov. 11, as I have done for the past 59 years or since I was old enough to vaguely grasp war, death and conflict as a young boy, in deep contemplation.

Not only on this specific day, but many times throughout the year when the temptation arises to complain.

I'm an immigrant (at four years old) of the mass wave to this country of the late 1950s and early 1960s.

Both my Dutch parents were subject to various dark stages of the Second World

War. My father was a teenager and subject to the concentration camps of Indonesia, and my mother recounts the bombs falling during her pre-teen days in the Netherlands.

So, I am very grateful for Canadian and all Allied forces that sacrificed their lives, and continue to do so for our country.

Yes, I know the conflicts could be argued for their ideology. But that aside, the foundation for our freedom and opportunities was hard fought. They were costly, and they need more respect.

Although there is tremendous support

in and around the city honouring this poignant day, I am still shocked at the unseemly apathy for visual respect.

I usually gather at the downtown Cenotaph, but I changed my approach this year and found my "spot" at Stadacona Park for the moment(s) of silence. I was, and am still shocked at the number of cars that went by without stopping at that designated and etched in time of 11 a.m.

Maybe we could have all the traffic lights go red for one minute in the city?

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- ▶ Judging will take place by the Skate and Swim with Santa event attendees on the December 9.
- ▶ Ballot boxes will be set up in the arena foyer and at the NAC Kiosk.
- ▶ Trees are judged on three categories:
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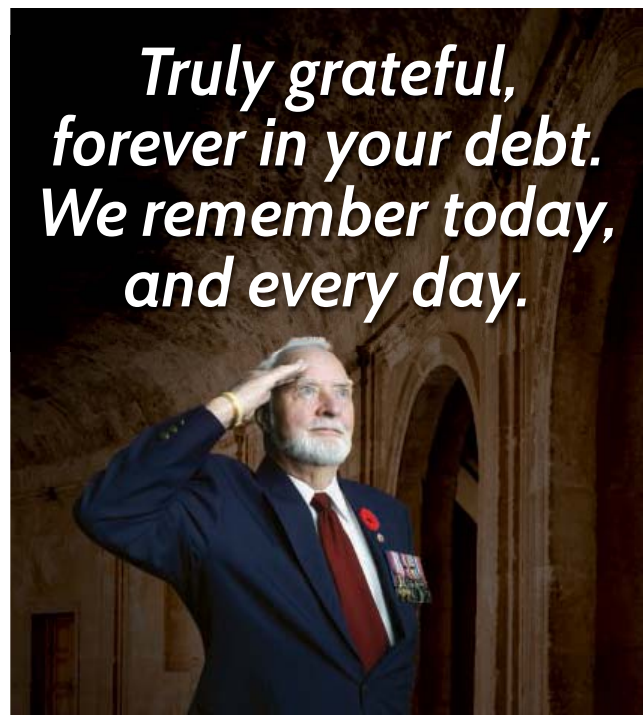
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Website aids in search for aircraft crashes

Peter Mallett
Staff Writer

A military historian from Holland has launched an interactive website that provides visitors with instant information on Second World War Allied aircraft crashes.

Jan Nieuwenhuis, 59, is an experienced stats and data man by trade who describes his devotion and love for aviation history as his hobby. Since 2006, he applied his intricate knowledge of databases and years of experience as a Data Manager for the Royal Netherlands Institute for Sea Research to launch the project.

The website incorporates data from the Aeronautical and War Museum on Texel Island, located in the Province of North Holland, where Nieuwenhuis has volunteered his time since 2004, along with information collected from other museums and historical accounts. His database contains detailed information about fallen airmen who died in the Netherlands and the entire North Sea in the war.

During the fierce air war that raged between the Allies and Germany, Texel Island became a death trap for Allied planes and their crews who fell from the sky after being shot down by enemy anti-aircraft weaponry and warplanes. A cemetery on the island houses the graves of 167 Allied

airmen who died there, including members from Canadian squadrons who were brought together as 6 Group within Britain's Bomber Command.

Users can employ a number of search criteria options on the site including aircraft make, bases, and crash-specific details to extract information from the database. Nieuwenhuis says the quick access to information will be of great value to people doing aviation and military history research, and also for others who have more personal connections to the war.

"The family members of these lost airmen also benefit because they can now find out information about their relatives and other facts that perhaps they never knew before," says Nieuwenhuis. "I think that my site is somewhat unique as it holds a lot of detailed information which is connected together."

The website links the online resources to Google Maps, which allows visitors to pinpoint where the crash occurred and where the airmen are buried. The data collected by Nieuwenhuis also includes photos of some airmen wherever possible. He notes the database is far from complete and is a living archive that will continue to expand as more information is uncovered.

Much of the data comes from the tireless efforts of retired fisherman and Texel

resident Bram van Dijk, who, for the past 32 years, has spent much of his time cataloguing information on the crashes, while also tracking down and informing family members of the lost airmen, scattered across the globe, that their loved ones are buried on the island.

van Dijk has dedicated his retirement to research because of his personal connection to the war. As a child he witnessed the charred and battered wreckage of a crashed Halifax bomber while riding on the back of his mother's bicycle on one of the island's beaches.

"When I close my eyes I can still see the remains of

the aircraft," he says. Nieuwenhuis says he has been encouraged with initial feedback of the site, noting he has heard positive responses from several Canadians, including family members of deceased airmen.

He warns the website uses HTML5 web standard so it does not work properly on tablets or phones. He also warns against using Internet Explorer or Edge web browsers for the same reasons and advises that applications such as Chrome or Firefox work better.

For more information and to view the website visit: <https://www.airwar4045.nl>



Photo by Gerry Put
Military historian Jan Nieuwenhuis meets with retired Royal Air Force Second World War Gunner Harry Irons at the War Museum on Texel Island, Netherlands. Nieuwenhuis recently launched a website documenting Allied aircraft crashes in Holland and the North Sea.

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It is estimated that 3.8 million Canadians are living with disabilities, and everyone will experience some form of disability in their lifetime.

It is also estimated that more than two percent of serving military members and over six percent of DND employees currently have some type of permanent disability. This does not include temporary disabilities or mental health issues.

In recognition of these individuals, the International Day of

Persons with Disabilities (IDPWD) will be commemorated at MARPAC on Nov. 30 under the theme "Being Mindful", focusing on support and inclusion for people with visible and invisible disabilities.

To highlight this day, the Defence Advisory Group for Persons with Disabilities is hosting comedian Rina Varley for her one hour dramedy performance MiND FuLL. Rina Varley's MiND FuLL is an opportunity to learn about what it is like to live with Generalized Anxiety

Disorder, and affords audiences the chance to discuss and normalize disabilities.

MiND FuLL is on Thursday Nov. 30 at the CPO's Mess, Rainbow Room from 10:45 a.m. to 12:15 p.m.. All civilian employees and military members are welcome. Dress for the event is Dress of the Day.

Pre-registration is required. For registration or special accommodation attending the event, please contact Zoë Vollert at Zoe.Vollert@forces.gc.ca / 250 363-7004.

Construction starts on Nelles Block roof

Peter Mallett
Staff Writer

Construction crews are set to begin work on a full replacement of the roof at Nelles Block military residence this week.

Implemented by Real Property Operations Section Esquimalt, the approximately \$3 million renovation project is slated to begin Nov. 21 and is targeted to take six months. The project tender was awarded to Parker Johnston Industries Ltd. in August 2017 and will see the complete replacement of the building's existing tar and gravel rooftop, and its ventilation systems.

Doug Ko, Project Manager with Real Property Operations Unit (Pacific), says the work is necessary because the existing roof is 43 years old and leaks occur during heavy rains.

"In order to maintain our facilities and prevent further damage to the building, a complete replacement of the roofing system is required," said Ko.

The new roofing system incorporates a two-ply SBS membrane system, designed to move water off the roof, and will add 10 more inches of rigid insulation below a waterproof membrane for thermal efficiency.

Ko says normal work hours for the contractor are slated to occur between 7 a.m. and 4:30 p.m., Monday to Friday, and weekend work will also be allowed under special circumstances. He noted the biggest potential for loud noise will occur in the opening phases of the project when the old rooftop materials and underlying support structures are removed and disposed. Minor traffic disruptions may occur near the building when delivery trucks arrive on the site.

Situated on a hill on the Naden side of the base above the Parade Square, Building N34 is one of the most visible structures on the Naden side of the base. The steel and concrete structure opened in 1952 and was as part of a massive Cold War-era rearmament programme undertaken by the Federal Government.

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Former POW

recalls the fall of Hong Kong



Credit: Library and Archives Canada

Liberated Canadian prisoners of war at Sham Shui Po Camp, Hong Kong, August 1945.

Peter Mallett
Staff Writer

SEVENTY-SIX Remembrance Days have passed since Signalman (retired) Horace 'Gerry' Gerrard fought for Canada in the Battle of Hong Kong. But the memories remain.

Each year as the days of autumn grow shorter and Nov. 11 approaches, the 95-year-old recalls the Allies' rapid capitulation to the Japanese, and the subsequent brutal treatment he and the other Canadian, Indian and British soldiers faced at the hands of their captors in Prisoner of War (POW) camps.

"Remembrance Day brings it all back," says Gerrard. "In the daytime I don't think about it much, but nights are difficult, the memories are always with me."

The battle began Dec. 8, 1941, a day after Pearl

Harbor was bombed by Japan, which marked the start of war in the Pacific theatre. The fall of Hong Kong transpired in just 17 days, and during that time the Allies suffered heavy losses and turned down multiple requests by the Japanese to surrender. They finally did on Christmas Day, 1941.

Approximately 1,976 Canadians were dispatched to Hong Kong in late 1941 and more than half of them, approximately 1,050, were either killed or wounded. Of the 554 Canadians who lost their lives, 290 died during the infamous battle portion, while 264 died in its aftermath as POWs. Gerrard says the memories of the camps will remain etched in his mind until the day he dies.

"When people say it's amazing I survived the battle, I normally tell them 'no', what's amazing is that I survived my internment."

Japan was not part of the Geneva Convention

and didn't adhere to its Treatment of Prisoners of War principles.

Legion Honours

On Nov. 7, 2017, a month ahead of the battle's anniversary, Gerrard was honoured with the unveiling of a commemorative plaque for his 68 years of service to the Royal Canadian Legion and his role in the Battle of Hong Kong. Approximately 60 of Gerrard's family and friends packed the front room at the downtown branch for the ceremony, organized by the Hong Kong Veterans Commemorative Association (HKVCA).

"When I initially heard about the ceremony I thought I would be getting a medal and that is something I don't really need," said Gerrard. "I'm surprised how many people showed up. I've got to admit it, the recognition and this plaque it's nice thing for me."

The plaque is part of a nation-wide initiative by

provincial chapters of the HKVCA to commemorate the 1,976 Canadians who fought against the Japanese Imperial Army in December 1941. They honour those who served in the war and depict the battle as part of a nation-wide initiative to help Canadians remember those who served in the often-forgotten engagement also known as The Fall of Hong Kong.

"Gerry is the last surviving member of the RCCS (Royal Canadian Corps of Signals) contingent, and one of only 14 Hong Kong veterans who were witnesses to that part of our history," said Gerry Tuppert, HKVCA B.C. Regional Director. "The plaque will forever serve as a reminder of the sacrifices made by Gerry and his comrades during the three years and eight months of the war for them."

The 'Misery' of War

Although more than three quarters of a century has passed since the Japanese annexation of Hong Kong, Gerrard is still able to provide a highly descriptive first-hand account of his Second World War experiences.

He was born in Bolton, England, on Jan. 19, 1922, but was raised in Red Deer, Alta. In 1938, at 16, he joined the town's Reserve Artillery outfit even though 18 was the required age. The unit's commanding officer eventually succumbed to his repeated pleading, realizing the boy's keen interest and proficiency at Morse Code and signaling.

At the start of the Second World War he expected to be shipped overseas to the frontlines, but instead he and a group of signallers were sent out West to board RCN vessels for a voyage to Hong Kong.

As Gerrard recalls he and the rest of the Canadians "didn't really know the

misery in store" for them as they headed across the Pacific and towards a bloody battle and the spread of war in the Pacific.

As the Second Sino War raged between Japan and China a short distance away on the mainland, British command had decided to bolster the garrison to 12,000. But their attempted show of strength was little match for the strategically advantaged Japanese who numbered 50,000. They also enjoyed superiority over the Allies at sea and in the air, and had the strategic advantage in terms of resupplying and equipping their troops.

It was the job of Gerrard and the other signallers to relay communication to and from the island's Western Brigade back to headquarters. He says the attack by the Japanese came as a total surprise. As the first enemy war planes arrived in skies overhead, he really couldn't understand what was happening.

"The planes overhead was the biggest threat to us, wherever you went on the island they were always watching you," he said. "When the attack first happened, I saw a plane overhead and at first thought he was dropping leaflets, but quickly realized they were bombs because the objects he was dropping were exploding when it hit the ground."

In the days leading up to the surrender Gerrard says he and the rest of his unit were on a heightened state of alert, constantly on edge, with very little sleep.

A Prisoner of War

He and the Grenadiers were part of the Allies last stand in Hong Kong. They tried to take the strategic position of Mount Cameron but were forced to surrender on Christmas Eve. The Canadians walked to the

bottom of the hill and surrendered to the Japanese the next day.

"We were now under their control, but at first they [the Japanese] were hesitant and didn't know how to handle us, and we didn't know what they wanted us to do because we couldn't understand Japanese."

The prisoners spent their first year in captivity in an abandoned barracks in Hong Kong. They were then sent to permanent POW camps near Tokyo where they spent several months. In the final months of his captivity he moved to a forced-labour camp that operated at an iron mine in the north of the country; he spent the remainder of his days in captivity pounding metal in a blacksmithing shop.

During his three years as a POW he faced the reoccurring pain of seeing several prisoners suffer and eventually die from disease or starvation.

"It was quite pitiful and frightening to see the ones who died from starvation and their shrivelled-up bodies, these were men that I knew," he said.

One day a POW repeatedly said "it's over."

"The next morning when we reported to work there were no guards present and we were all by ourselves. We got orders to stay in the camp until the Americans could liberate us a month later. They kept us alive by dropping food, medical and other supplies to us from the air."

Gerrard was 113 pounds when he left the camp.

In December 2011, Japan officially apologized to Canadian veterans for their treatment in POW camps. The news came at the moment that Gerrard was part of a Canadian delegation visiting Sai Wan War Cemetery in Hong Kong to commemorate the battle's 70th anniversary.



Photo: John Yankoski

Battle of Hong Kong survivor Gerry Gerrard, 95, was the guest of honour during a plaque dedication ceremony at the Royal Canadian Legion Branch #127 on the evening of Nov. 7. The Hong Kong Veterans Commemorative Association dedicated a plaque in honour of Gerrard's service to the Legion and the people of Canada during the Second World War Battle of Hong Kong.

MARINE ARTIST JOINS CHARITY EXHIBITION

Peter Mallett
Staff Writer

A marine art exhibition underway at Victoria's historic Union Club features the work of five B.C. artists and their coastal-themed paintings.

The Maritime Museum of B.C. hosted its Gala Opening for the exhibition, entitled West Coast Perspective on Oct. 14 at the club's landmark building located on Gordon St. The exhibit will remain open for public viewing through the month of December.

Contributing artists for the event are: Tofino-based award-winning painter Mark Hobson who is best known for his portrayals of landscapes of the Pacific Coast; John Horton, a naval and marine artist renowned for the historical detail of 18th-Century era paintings; multi-talented Gabriola Island painter and woodworker Tony Grove, Comox-based artist Esther Sample, known for her environmental and conservation art, and Anne Doyle who specializes in land and seascapes.

"Preparing the RAS Deck" is one of three paintings Horton has on display in the exhibition. It depicts former Royal Canadian Navy (RCN) supply ship HMCS Protecteur. His oil-based work features seven crewmembers organizing or 'flaking out' their lines. The Vancouver-based artist created his painting in 2004 when he was commissioned by the Government of Canada to capture life

aboard the oiler during Rim of the Pacific, an international maritime warfare exercises.

The Maritime Museum of B.C. and the Union Club have partnered in a number of initiatives in recent years with the most recent being the 2017 Victoria Day Block Party. Proceeds from the sale of artwork at West Coast Perspective will go towards supporting community programs and

the club's other charitable initiatives.

The Union Club's membership is made up of local business leaders, government officials, academics and professionals who work with a wide array community organizations in fundraising and other outreach initiatives. Its landmark building on Gordon St. was built in 1913 and was designated a National Historic Site earlier this year.



CARD CONTEST

DND

Deputy Minister Jody Thomas and Chief of the Defence Staff General Jonathan Vance have launched a contest for the design of their holiday greeting card this year.

The contest is open to children of our military and civilian Defence Team members aged four to 12.

The task?

Come up with some creative holiday artwork around the chosen theme, and follow the guidelines below to submit to the contest. The contest closes on Nov. 24 and shortly thereafter, Ms. Thomas and Gen Vance will pick and announce a winning design.

Submission Guidelines:

- All artwork should be completed on the template found http://ml-fd.caf-fac.ca/wp-content/uploads/2017/11/dgm-81117-1g6_dm_holiday-card_contest-eng_access.pdf
- Artwork should be themed around "How our Defence Team members make a difference"; for example: our military performing search and rescue, or our scientists developing new and innovative ways to keep Canada safe.
- Artwork will need to be submitted by the Defence Team member and include a description of the artwork (in the artist's words), and include name and age of the child.
- Artwork should be scanned at a high resolution and emailed to Internal_Communications_internes@forces.gc.ca.

By providing a submission, you are allowing for the reproduction and use of the artwork for the holiday greeting card and for use on the Defence Team intranet, The Maple Leaf, and on various social media platforms.

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26 Nov - PFC Kids Movie

Get into the holiday spirit with a Christmas movie for the whole family. Doors open at 12:00pm & the movie starts at 1:00pm. Free juice and popcorn!



29 Nov - Paint Nite

Come unleash your inner artist with Paint Nite at the PFC. Tickets for members are available at the front office. Non-members can buy tickets at www.paintnite.com



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And don't forget to check out our Facebook page: [Facebook.com/ThePacificFleetClub](https://www.facebook.com/ThePacificFleetClub)



Photo by Corporal Blaine Sewell, MARPAC Imaging Services. A resident of Victoria lays a poppy at the feet of a sentry at the Legislature Cenotaph.



Photo by Corporal Blaine Sewell, MARPAC Imaging Services. The Honourable Judith Guichon, Lieutenant Governor of British Columbia, receives (and returns) the Royal Salute during the Victoria ceremony.



Photo by Steven Epple. PO2 Pollard and his sons Seth and Camden affix their poppies to the Canadian Armed Forces Wreath during the Trinity Detachment, Naval Ocean Processing Facility, Whidbey Island, ceremony.



Photo by Corporal Blaine Sewell, MARPAC Imaging Services. Commander Canadian Fleet Pacific, Commodore Jeff (Buck) Zwick (left on dais), and the Honourable Judith Guichon, Lieutenant Governor of British Columbia (right on dais), salute the parade contingent marching down Government Street near the B.C. Parliament Building in Victoria.



Bdr Albert Law, 39 CBG Public Affairs Photographer. RAdm Art McDonald was the Reviewing Officer for the Remembrance Day ceremony at Victory Square in downtown Vancouver.



Photo by MCpl Carbe Orellana, MARPAC Imaging Services. The City of Esquimalt gathered for Remembrance Day at the Esquimalt Cenotaph, where members of the Canadian Armed Forces, and other local emergency service personnel participated.

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Photo by LS Rommel Billanes

Ice Breaker – Leading Seaman Rommel Billanes first-place entry was snapped from the shoreline of Iceland's rugged coastline when the Marine Technician visited there in 2015.



Photo by LS David Gariepy

Midnight Pollution – Leading Seaman David Gariepy captured his grim industrial black and white image through a chain link fence depicting a pulp and paper mill in Quebec.



Photo by MWO Mario Robillard

Dancing Nudibranch - Master Warrant Officer Mario Robillard took his award-winning photo in the waters of Brentwood Bay. The talented photographer and recreational diver captured this close-up image of a colourful sea slug.

Going deep: photographers honoured for their work

Peter Mallett
Staff Writer

An amateur photographer with a passion for capturing colourful underwater imagery has claimed two awards in the Canadian Armed Forces Imagery Contest.

Master Warrant Officer Mario Robillard, who works as a Senior Financial Manager for FSA and Financial Policy, Procedure and Inspection at Maritime Forces Pacific (MARPA) headquarters, was pleasantly surprised to find out in email from the contest's judges that his first-ever submissions won not one, but two prizes.

He took second place and third place wins in the Novice Division in the CAF's annual contest for photography and videography, noting his images were unique as they were not taken on dry land.

He is an avid diver and member of Aquarius Dive

Club and snapped the photos while below the surface of Brentwood Bay near Henderson Point. His photo of an illuminated white jelly fish entitled *Over Easy Please* captured Second Place in the Open category, and *Dancing Nudibranch*, a close-up image of a colourful sea slug, took third spot in the Macro photography (close to the lens) category.

Four years ago he bought a professional underwater camera to capture the beauty he saw beneath the waves.

"It's not as easy as a point and shoot," he explains. "The settings and controls are much more complicated, so there was a learning curve."

The camera uses two powerful strobe lights, a focus light, and a floating arm for balance and buoyancy, and is vacuumed sealed to keep water out.

MWO Robillard says it's not only a case of having

the right equipment to get a good image, but also having good buoyancy underwater to avoid touching the fragile sea life.

As part of the contest prize structure he received a \$100 Bank of Montreal gift card for his second-place entry and a \$50 card for his third-place entry. This year's contest involved 1,473 entries from 272 participants.

Strong Showing for Esquimalt

MWO Robillard wasn't the only photographer from CFB Esquimalt to be recognized.

Four other photographers from the base collected top prizes.

Leading Seaman Rommel Billanes of Canadian Forces Fleet School captured First Place in the Advanced Division Environment category with his photo *Ice Breaker*. He snapped the image of early morning sunlight shining on shoreline

ice while on vacation in Iceland in 2015.

It is the seventh consecutive year that the 49-year-old Marine Technician has captured a top prize in the photo contest with his entries last year earning him recognition as Advanced Photographer of the Year.

"I sometimes think the judges must be tired of seeing me, since I have been entering the contest for so long," says LS Billanes. He first entered the contest in 2011 while he was a new recruit living in Nelles Block.

Also recognized in the Novice Environment Category is Leading Seaman Sisi Xu who took Second Place for her photo *Shades of Toxic*, and LS David Gariepy who took third spot for his submission *Midnight Pollution*.

LS Gariepy snapped his grim, industrial-themed black and white image depicting a Quebec City

pulp and paper mill last year and didn't think much of it at the time.

"When I was taking pictures at the site I was trying to avoid the fence," he says. "It was only when I reviewed my pictures later that I realized how powerful an image it was."

LS Xu said she thought the sulfurous fumes coming off an active volcano near Ōwakudani, Kanagawa Prefecture, Japan, would make an interesting photo, snapping her image from a tourist ropeway.

Corporal Stuart MacNeil of Formation Imaging received an Honorable Mention in the Advanced division Animals category for his submission *Eagle Eye*. He captured the image with his 200 mm lens near Duncan, B.C.

Two West Coast-based photographers claimed this year's top overall prizes in the contest. Petty Officer Second Class

Greg Matthews, from Vancouver's Naval Reserve Unit HMCS Discovery, won Photographer of the Year in the Novice Category, while Major Jean-Francois Dupont of 442 Squadron Comox was named Advanced Photographer of the Year.

The CAF Imagery contest has operated since 1968 and is an effort to celebrate the many facets of military life through recognizing excellence in the art of photography. The contest is organized by CAF Imaging Systems Program Management (ISPM) and Canadian Forces Morale and Welfare Services (CFMWS) has seen 20,000 photos submitted from 4,000 participants since 1999, the year it moved to a digital format.

For further details about the contest and full results please visit the website www.cafconnection.ca/National/Get-Involved/CAF-Imagery-Contest.aspx

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A toast to effective communication

Peter Mallett
Staff Writer

If you've ever become tongue-tied while speaking with a colleague, large audience or potential employer, the solution to your dilemma could be joining Toastmasters.

The West Coast Toastmasters chapter can help you overcome those all too common stumbling speech blocks.

The group meets every Thursday over the lunch hour in the Naval Fleet School Pacific Building N92 conference room.

Central to the Toastmasters mandate is providing practice and training in communication skills. The benefits of membership extend past having confidence and poise while speaking, says Ian Dorge, West Coast Toastmasters Vice President of Education.

"Toastmasters is really about the entire communications spectrum: listening, evaluating, impromptu speaking and presenting. If you join our group and become a member you will notice an improvement to many aspects of your communication skill set. If you are a better listener, you comprehend things better, you can answer more effectively and you can speak more effectively."

Dorge, who works as a Deputy Material Distribution Manager with Base Logistics, says the club

is all about creating a warm and hospitable space where members can interact and learn as the international organization's founder intended.

Toastmasters was created in 1924 by Dr. Ralph C. Smedley in the basement of a YMCA in Santa Ana, California. Smedley's overall vision was to offer practice and training in communication and leadership skills, including the art of public speaking, presiding over meetings and promoting sociability and fellowship.

Today, the organization boasts approximately 352,000 members in 13,000 clubs located in 142 countries worldwide.

West Coast Toastmasters was co-founded in 2013 by current club president Wendy Arthurs. The group has a wide-ranging membership because of its location near both Dockyard, Naden and downtown.

"Our group is very diverse; not only do we have civilians and military that work for the Department of National Defence, but we also have civilians from outside the base," says Arthurs.

In order to achieve their objectives, meetings move quickly, have a strict itinerary and try to involve as many members of the group as possible. Each member has a designated role to play at meetings, which typically start with the week's designated Toastmaster

introducing the topic of the day and members of the evaluation team.

The Evaluation Team consists of a Grammarian who introduces a Word of The day; an Um-Ah Counter who monitors and encourages members to avoid filler type words during pauses; a Table Topics Evaluator who grades the speaker's presentation, and a Timer who uses a stopwatch to time speeches and make sure members don't go over the time limit.

A Table Topics Master provides the question a member answers within the one to two minute time limit.

Why Join?

Members of West Coast Toastmasters come from different occupations and backgrounds and have unique reasons for joining.

Acting Sub Lieutenant Guillaume Lussier-Houle, who is working to master English as a second language, began his involvement in Toastmasters in 2016 in his hometown of Montreal. After he completed basic training earlier this year, he was posted to Esquimalt and reached out to the group.

"I am always looking to get lots of practice for my English, and taking part in activities like Toastmasters really helps me to get my point across when I'm at



Photo by Peter Mallett

West Coast Toastmasters members (left) Rob McDermot, Wendy Arthurs, Ian Dorge, Deidre Moran, Linda Quesnel, Acting Sub-Lieutenant Guillaume Lussier-Houle gather for their weekly meeting at Naval Fleet School Pacific.

work, such as if I need to ask my boss a question or have something important to explain," said the 28-year-old, currently enrolled as an N-41 Trainee at the Naval Officer Training Centre (NOTC).

Dorge said he joined Toastmasters in 2013, but drifted away from it for about a year. However, it became evident he was missing something important in his life and career.

"When I stopped my involvement with Toastmasters because of a scheduling conflict I noticed bad habits were creeping back into my speech. I decided to rejoin in May 2016."

New members receive their indoctrination into the group by

embarking on the Toastmasters Education Program. The program includes two main tracks: A Communication Track involving 10 speaking projects, and a Leadership Track, which involves serving in all of the various roles in the club to develop key leadership and people skills, such as the power of persuasion.

Membership dues for the West Coast Toastmasters are approximately \$56 every six months with an additional one-time \$25 registration fee for new members.

For more information about Toastmasters, visit their website: <http://victoriatoastmasters.org/> or contact Ian Dorge at Ian.Dorge@forces.gc.ca

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Bravo ZULU

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Bravo ZULU



Captain Jacqueline Zweng of Regional Cadet Support Unit (Pacific) was presented the red seal for the Award for Aerobic Excellence by Cdr Brad Henderson.



442 Transport and Rescue Squadron Honorary Colonel Diane McCurdy receives a Citizenship Affirmation certificate from Citizenship Judge Gerald Pash on the occasion of being the guest speaker at two special Remembrance themed citizenship ceremonies to welcome 124 new Canadians in Surrey, B.C. on Nov. 7. The document is inscribed, "This certificate is presented to those Canadians who, having reflected on the values, rights and responsibilities of Canadian citizenship, have demonstrated their commitment to Canada by reaffirming their citizenship." RCMP Sergeant Chad Greig opened and closed the ceremonies.

Base Logistics hosts Pan-Navy Material Management SMEs

Base Logistics

The week of Oct. 16 to 20 was extremely productive at Base Logistics. The unit hosted personnel from both Fleet Maintenance Facility Cape Scott and Cape Breton, along with representatives from Base Logistics CFB Halifax, Director of Naval Logistics, and Director of Maritime Procurement to discuss materiel management and support issues across the Royal Canada Navy (RCN) supply chain.

The week-long meeting was to find ways to modernize and align various business processes, and to improve the overall responsiveness of materiel support to navy operations. Of particular interest was better alignment of business processes across the navy with a special focus on greater process integration with Fleet Maintenance Facility.

“Working together to improve the RCN’s materiel readiness and deliver



the right part to the right place at the right time is a critical enabler of fleet operations,” said Cdr Sam Sader, Commanding Officer Base Logistics Esquimalt.

In addition to reviewing established procedures, the Halifax group set off for tours through both Base Logistics and FMF Cape Breton, to gain a visual perspective on physical assets and materiel flow. This was followed by discussions

on how to prepare for the future materiel supportability model that will increasingly rely on In-Service Support Contracts.

FMF personnel also worked on aligning specific production and planning processes with an impact on materiel.

In an effort to mitigate uncertainty in stock maintenance, there was agreement on establishing an Inventory Controller position that will work across Base logistics and FMF lines to de-conflict materiel reservations and optimize availability.

There was also general consensus that common supply chain analytics are to be leveraged to monitor the performance of the RCN supply chain.

This week-long conference marked a first step towards the strategic objective of improving the delivery of materiel support to the RCN and evolving business practices to sustain the current and future fleet.



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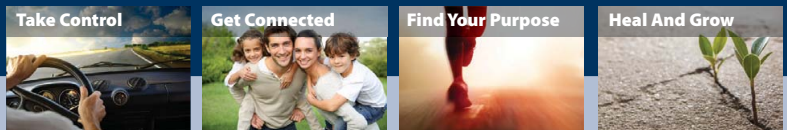
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The standby diver is an essential member of dive teams in the Canadian Armed Forces (CAF). This individual must be fully dressed and ready to enter the water at immediate notice to assist, rescue, or recover a stricken diver.

It's imperative the standby diver remain ready, focused and cognizant of the task at hand throughout the dive. Burdened by wearing a diving ensemble that is heavy and awkward when sitting on the surface, this diver waits virtually motionless, often in cold severe weather, sometimes for several hours.

The Standby Diver Over Garment provides environmental protection to the standby diver during CAF diving operations, whether they are on shore or afloat, improving their comfort, sustaining their focus, and maintaining a critical safety response.



Photo by Master Seaman Sara MacAleese
 Leading Seaman Glen Straarup, Fleet Diving Unit (Pacific), tries out the Standby Diver Over Garment during a recertification course.

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New operational fitness objectives for Canadian Army

Major Krzysztof Stachura and Dr. Tara Reilly
Contributors

Physical fitness is an integral component of military service. Strength and endurance could mean the difference between success and failure in a military operation.

The army has traditionally used a load-bearing march, familiar to most as the Battle Fitness Test, as the accepted physical fitness Individual Battle Task Standard. It was originally designed to ensure soldiers are physically prepared for land operations.

While the current and familiar FORCE evaluation was being developed, Human Performance Research and Development was monitoring and evaluating the physical demands of typical army operational tasks conducted in various environments. The conclusion: the Battle Fitness Test no longer had broad operational relevance for the army and a new army physical fitness Individual Battle Task Standard needed to be developed.

The result is FORCE Combat; the most comprehensive and scientifically validated physical fitness Individual Battle Task Standard ever developed for the Canadian Army.

FORCE Combat represents an evolution of the existing Individual Battle Task Standard based on modern and relevant army operational tasks observed over the last 15 years.

Research was conducted by Personnel Support Programs and the Canadian Army to validate the transition from the old to the new Individual Battle Task Standard.

Trials were performed to determine the optimum number of practice attempts to account for the initial learning curve associated with the new evaluation (three times). The DFit.ca training program developed for those who were originally unable to complete FORCE Combat was also validated with great success (all participants who followed the program successfully achieved the new Individual Battle Task Standard).

Field trials in various locations in Canada have resulted in the development of scientifically validated tools and resources to help soldiers achieve the new standard and maintain a level of physical fitness that allows them to thrive and succeed during modern operations.



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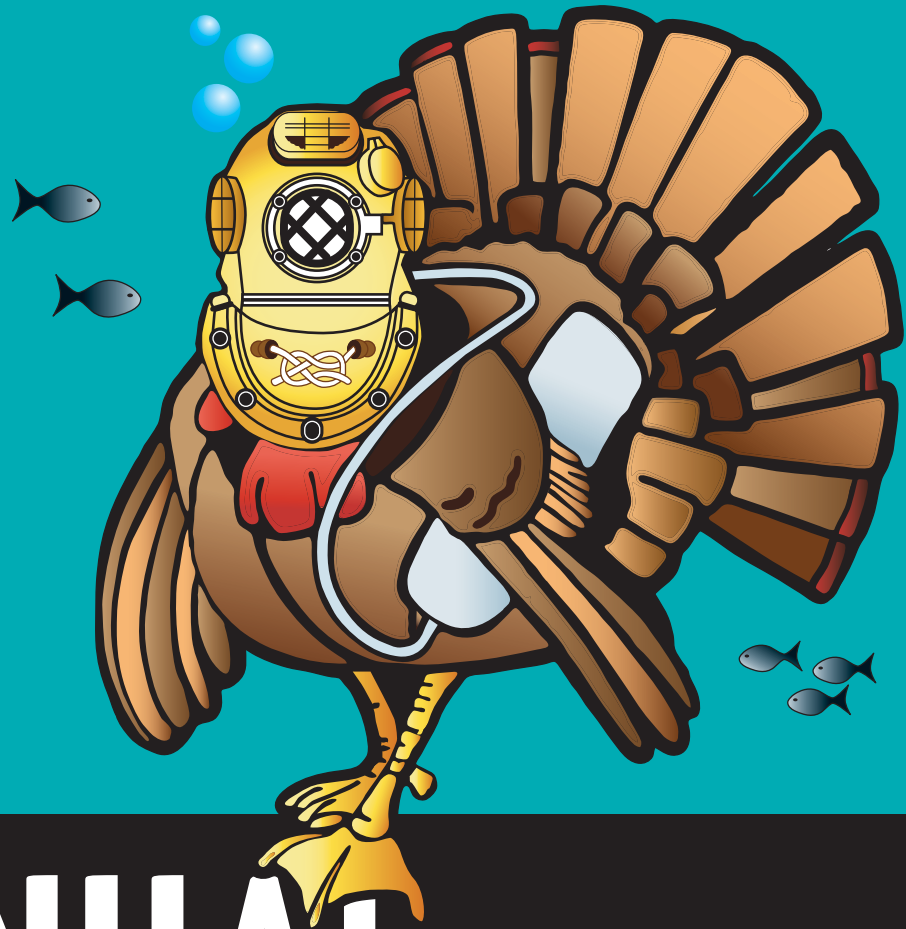
TWO-FOR-ONE
**SEASON
TICKETS**

for the month of November

to all military and their families,
for 2018 season, contact our office.



FLEET DIVING UNIT



8TH ANNUAL

TURKEY RUN

**Sunday
26 November**
Race starts at 0800



FDU(P) is hosting a charity 5km/10km trail run!

As part of their annual NDWCC campaign, ALL PROCEEDS are going towards the Goldstream Food Bank. The goal is to raise enough money to feed over 700 needy families in the community this holiday season.

Thetis Lake Regional Park - Main Beach

REGISTER TODAY!

Participants can register at this link:

<http://ultrasignup.com/register.aspx?did=51133>

No age limits, race fee is \$25

Anyone can run!

Anyone (Civilian or Military) who thinks they have what it takes to race Clearance Divers in support of a good cause is invited to register!

INTERACTIVE DIVING AND EOD DISPLAYS will also be on site for those that aren't racing. Anyone interested in registering as volunteers or any potential sponsors is asked to contact Lt(N) Spencer – 250 363 4829 or email bradley.spencer@forces.gc.ca.



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COME BE A PART OF THE 3rd Annual Pyjama Prance Fun Run/Walk on Sunday December 10th at 9am through the streets of Esquimalt in your PJ's! There will be a pancake breakfast, live music, silent auction, and prizes! Two distances to choose from, the Pyjama Prance 5km and the Santa's Stroll 2km. Registration for this event is a minimum of 5 items of food and/or a suggested minimum donation of \$10. All food/funds raised will go to the Rainbow Kitchen. To register, please email pyjamaprance@gmail.com with your name, age, phone number and distance. All ages welcome, as well as wheelchairs, strollers & pole walkers; but please no pets, bikes, scooters or skates. For more information, please call 250-661-6550.

848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

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ATTENTION GENERAL PANET High School Alumni Camp Petawawa Ontario. The General Panet High School Reunion Committee is proud to be organizing one of the Largest High School Reunions from Friday May 18, 2018 - Sunday May 20, 2018. To register for this event please contact Keith Croucher at kcroucher57@eastlink.ca or go to on line registration site: <https://ticketbud.com/events/080449dc-801e-11e7-87bc-8b9a03e48f92>

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

MISCELLANEOUS

FANTASTIC MID 40's Fabulous mid 50's East Coast Ladies. Starting Biweekly Evening Socials. Join FB Group "Sassy Ole Scotians" to learn more about "Distressed Mess SOS"

INTERESTED IN JOINING A coffee or social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. Facebook Group: [cowichan valley coffee](https://www.facebook.com/cowichanvalleycoffee).

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QUALIFICATIONS:
 High school diploma, AND some experience OR
 An acceptable combination of education, training, and experience will also be considered.
 Language Requirement: English Mandatory
Experience Requirements:
 • In providing customer service
 • In cash handling
 • In using software for word processing, spreadsheets, presentations, databases, e-mail, and Internet browsing.

SECURITY:
 • Enhanced Reliability
 NPF employees must demonstrate the following shared competencies: client service, organizational knowledge, communication, innovation, teamwork and leadership.

NPF is committed to employment equity. Our goal is a diverse, inclusive workforce that reflects the communities we serve. We strongly encourage applications from all of the designated group members. Individuals needing employment accommodation in the hiring process or job postings in an alternative format may contact the NPF Human Resources Manager.

OPEN TO: This Category I unionized position is open to all interested parties. Preference will be granted in accordance with the Collective Agreement for the UFCW bargaining unit for Category I NPF employees at CFB Esquimalt.

SALARY \$11.46/hr - \$14.06/hr
START DATE As soon as possible
APPLICATION DEADLINE Open until filled

APPLICATION SUBMISSION
 Submit resume to NPF HR Office quoting competition # ESQ-17-044. Email: NPFHREsquimalt@cfmws.com or online: www.cfmws.com.
 We thank all applicants in advance for their interest in this position, however, only those selected for an interview will be contacted.

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