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FOR TOUR DE ROCK



Photo by Peter Mallett, Lookout

Base Commander, Captain (Navy) Jason Boyd gets the cuffs slapped on by arresting officer and Tour de Rock rider Sub-Lieutenant Antoine Leblanc of Military Police Unit Esquimalt.

Capt(N) Boyd, who has a self-confessed sweet tooth,

was charged with "Excessive Treats and Sundays in the First Degree", during a mock Jail and Bail Fundraiser for Tour de Rock on Sept. 18.

SLt LeBlanc and other first responders who make up the Tour de Rock team embarked

on their two-week, 1,100 kilometre journey across Vancouver Island Sept. 22, returning Oct. 5, in support of pediatric cancer research and support programs.

During the mock Jail and Bail fundraiser, online donors

pledged the necessary \$500 to have Capt(N) Boyd set free on bail, with donations made through the Base, SLt Leblanc's and the Tour de Rock Facebook Pages.

Canadian Fleet Pacific Commanding Officer,

Commodore Angus Topshee, also participated in the fundraiser and raised \$560, enough money to buy back his freedom.

For more information about the Tour de Rock visit their website www.tourderock.ca/

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Charity campaign launches, give what you can until it feels good



CFB Esquimalt/Maritime Forces Pacific,
 It's that time of year again, and I am proud to announce the launch of CFB Esquimalt's National Defence Workplace Charitable Campaign (NDWCC) 2018. This year's campaign will run from Sept. 20 to Nov. 23 – that's only 64 calendar days, total.

This is different from previous year's campaigns, and the length was shortened based on the feedback from a survey that was distributed to last year's unit reps; you spoke – and we listened. It's a much shorter campaign to prevent donor fatigue and hopefully prevent added stress during and after the holiday season.

Preparations are currently underway to help ensure that this year we empower everyone with the knowledge and capability to give back to the community in any way possible.

This year's campaign theme is focused on, "Giving what you can give, how you can give it, and giving until it feels good, not until it hurts."

While giving your hard-earned dollars helps fund much-needed programs, services and research in your community, giving your valuable time, or new and gently used items that help ease suffering in the community, are also great options for giving.

Since 1994, CFB Esquimalt has contributed over \$10 million to the NDWCC, and last year alone

our friends and colleagues volunteered over 40,000 hours of their time in Vancouver Island communities. I am extremely proud of both these figures. I want to thank all who participated in whatever capacity they could during last year's campaign, and to all those who continue to give of their precious time and money throughout the year.

I am confident 2018 will be another successful year for the NDWCC on the base, and a big thank you to all who have already stepped forward as unit representatives.

Marie Amoto is our campaign coordinator this year and is available to assist your campaign in any way. If you have any questions, please contact her by phone at 250-363-4322 or by email Marie.Amoto@Forces.gc.ca.

Capt(N) Jason Boyd
 Commander CFB Esquimalt



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Peter Mallett
Staff Writer

Fundraiser for veterans, supporting Broadmead

A sailor who works for Naval Fleet School (Pacific) is convinced his Bollywood-style fundraiser celebrating Indian food, fashion and music next month in Sidney will be a success.

Petty Officer Second Class Kanwar Nijjer's says his confidence about the upcoming Saragarhi Ball is buoyed by both interest and early ticket sales, with approximately half of the 600 seats to the \$100-a-plate dinner already sold.

Proceeds from the weekend extravaganza at the Mary Winspear Centre, Oct. 21 from 6 to 11 p.m., will go to The Veterans Memorial Lodge at Broadmead to pay for overhead lifts, specialty beds and new blankets. The evening that celebrates both Sikh and South Asian cultures is the latest unifying outreach effort by PO2 Nijjer.

"My vision was to bring all the communities of Victoria and all Canadians together and also to unite people in uniform, military police and first responders under one banner," said PO2 Nijjer. "The cause is to support our veterans and also for the Sikh community to make a positive statement for our youngsters and our country to see what fabric we are made of."

Renowned wedding caterer Dhaliwal Catering of Vancouver will provide a lavish spread of

traditional Indian food and sundries along with pan-pacific fusion cooking including salmon, pasta and salads. Music for the evening will be by DJ SM of Vancouver. Following the opening of a cash bar, appetizers will be served followed by buffet-style main course and desserts.

The evening will also be highlighted by a Bollywood Fashion show organized by Armaan Designs Ltd., and a fundraising auction.

PO2 Nijjer says the name Saragarhi is "one that carries both strength and pride" for he and other soldiers who celebrate their Sikh heritage. That's because the Battle of the Saragarhi in 1897 was a historic last stand for 21 Sikh soldiers of the crown's 36th Regiment of the Bengal Native Infantry.

The soldiers defended their post, located in present day Pakistan, against an army of 10,000 Pashtun invaders for seven hours. The deceased were posthumously awarded the Indian Order of Merit, the highest gallantry award an Indian Soldier can receive, like the Victoria Cross.

Although enjoying each of his 24 years of service with the Royal Canadian Navy, PO2 Nijjer says his most satisfying have been in recent years where he stepped up his efforts to support the navy's community outreach efforts.

He acknowledges the Saragarhi

Ball is likely his largest undertaking to date, due mostly to logistics and the many moving parts of organizing and planning the ball.

"I want to show Canadians that taking care of veterans is everyone's job, and as a member of the Sikh community it is our responsibility to assist veterans by enriching their lives," said PO2 Nijjer. "The evening is also a celebration of veterans who have given us our freedom so we can enjoy such a diverse and inspiring community today."

His wife, who served eight years in the Indian Army, also played a big part in organizing the event. She works as Site Manager for Broadmead's Rest Haven Lodge and was approached by Broadmead's Vice President of Philanthropy Mandy Parker with the idea for the ball.

"This is an event that will bring the community together and recognize Canadian veterans and Allied veterans as well," said Parker. "We often get individuals from the military who come here [to Broadmead] to spend time and visit with our veterans, but this brings together a different aspect with everyone coming together to raise money for veterans which makes it unique and extraordinary at the same time."

For tickets and more information about the Saragarhi Ball visit their web page at www.saragarhiball.techgurucanada.com

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WHAT SAY YOU

Gnaval Gnome is coming home

Lookout (LO): Gnaval Gnome, it's good to hear from you again, thank you for 'phoning in to do this interview. What is it you're up to?

Gnaval Gnome (GG): Lately I'm quite the gnomadic gnome. As you may already gknow, I was recently posted out to Halifax, "Warden of the Gnorth", and am now making my way back to Esquimalt, visiting gnaval establishments in various cities as I cross the country. I've visited so many cities, you might call me a "Metro-gnome". There's some great shots of my adventures on my Facebook page.

LO: Metro-gnome...I see what you did there. What was the highlight of your journey so far?

GG: I'd have to say it was the day I spent standing in for the Commander of the RCN while visiting the Gnational Defence Headquarters in Ottawa.

LO: As it's our nation's capital...

GG: Gnation's...

LO: As it's our capital, were you exposed to a lot of politics while in Ottawa?

GG: Zoiks, but politics can be confusing. You really have to listen. For instance, there's all this talk about a pipeline between Alberta and B.C. But I thought they said "Pie Plane", and that Alberta was planning to fly delicious desserts out to us.

LO: Hmm...

GG: And in Manitoba, I visited the Mint where all the money is made. My uncle, Habakkuk Gnome, retired from the Mint when they stopped producing pennies. He said his job just made no cents after that.

LO: With all your years in the Navy, do you enjoy travelling?

GG: Very much so. For this trip, I purchased a gnew pelican case. I tell you what, though, whoever invented those things gnever tried putting a live pelican in one...it is gnot easy!

LO: But you're on your way back west. What will you be doing when you get out here?

GG: When I get back to the west coast, I'll be participating in the Defence on the Dock event down at Ogden Point on Sunday 30 September. It promises to be an amazing day, showcasing all manner of gnifty aspects of the CAF and RCN, with a lot of fun activities! I encourage all your readers to get out for that with their families.

LO: Well, we'll all look forward to seeing you there. I understand you've been travelling out of the country lately?

GG: Well yes, that's the only way one can get out of the country...by travelling....

LO: Er, yes. So where did you go?

GG: I went to support the Wounded Warriors Battlefield Bike Ride 2018, from Sarajevo in Bosnia to Zagreb in Croatia.

LO: Are you an avid cyclist?

GG: Am I an avid cyclist? Is a shackle of anchor cable gninety feet long? Oh my yes, I remember the first time I saw a bicycle wheel...well, it spoke to me. But I've had a bad experience lately with a bike that seemed to do everything it could to make riding unpleasant...it was a vicious cycle.

LO: And how did you find Bosnia and Croatia?

GG: It was easy; when I got off the plane, there they were.

LO: No, I mean, what did you think of them?

GG: Oh. They were most excellent! The people were very friendly and the scenery was beautiful. And of course the whole area has history dating back ever so long. I even spotted some dogs on the Dalmation coast.

LO: What other projects do you have on the go?

GG: Well, as you gknow, I'm a huge fan of the Gnaden Band of the RCN. I'm working with them to develop a growth-ray that can be used to zap the members of the Band and enlarge them to ten times their gnormal size.

LO: Why would you want to do that?

GG: For that Big Band sound, of course.

LO: I see.

GG: I'm also thinking of investing in the eider feather business, but I'm worried that might just get me down.

LO: Well Gnaval Gnome, thank you for your time; do you have any final observations for our readers?

GG: Remember to check out Defence on the Dock at Ogden Point on Sunday 30 September! And take a look at my page on the Facebook! And I'll just add that I hate peer pressure, and you should too!



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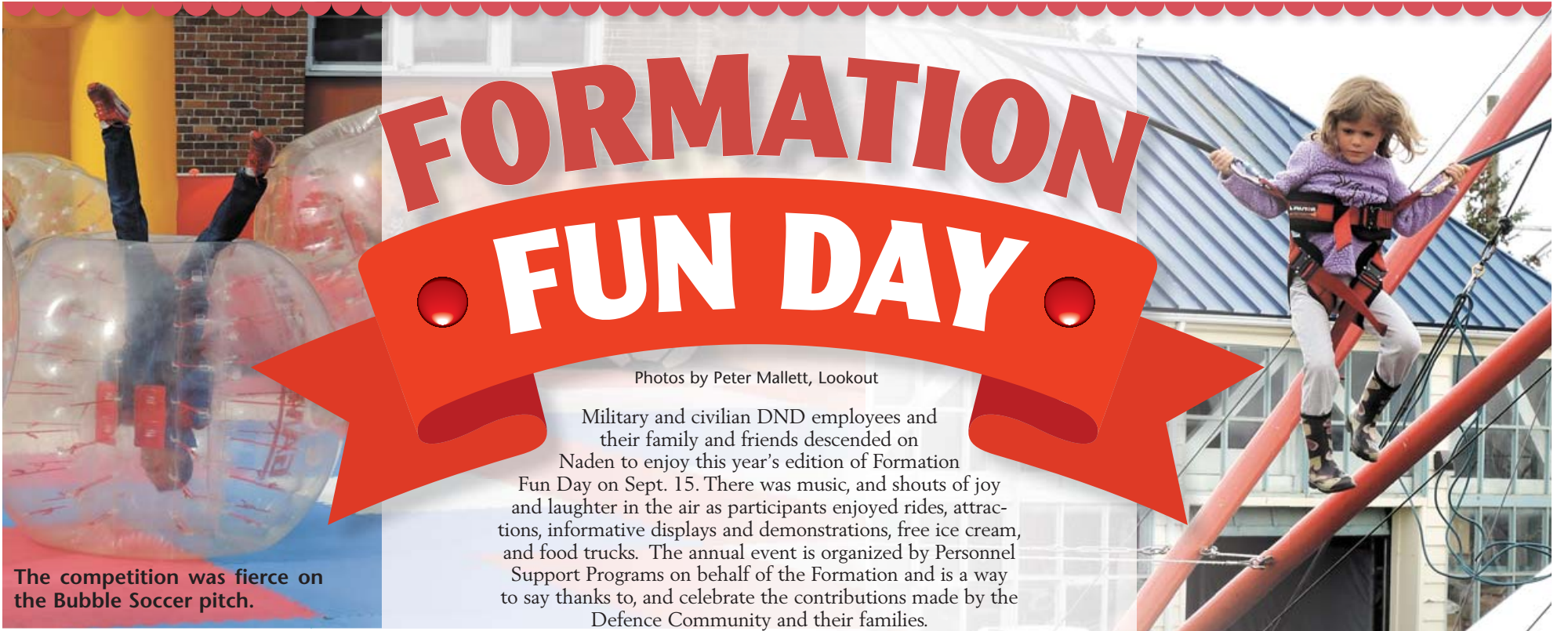
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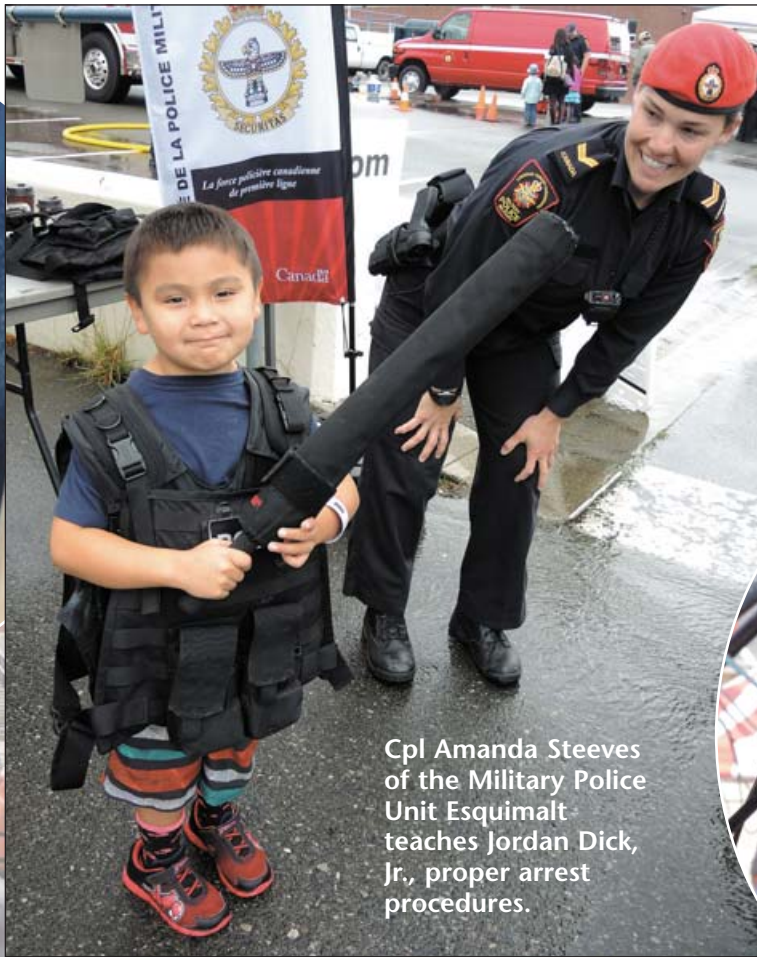


Photos by Peter Mallett, Lookout

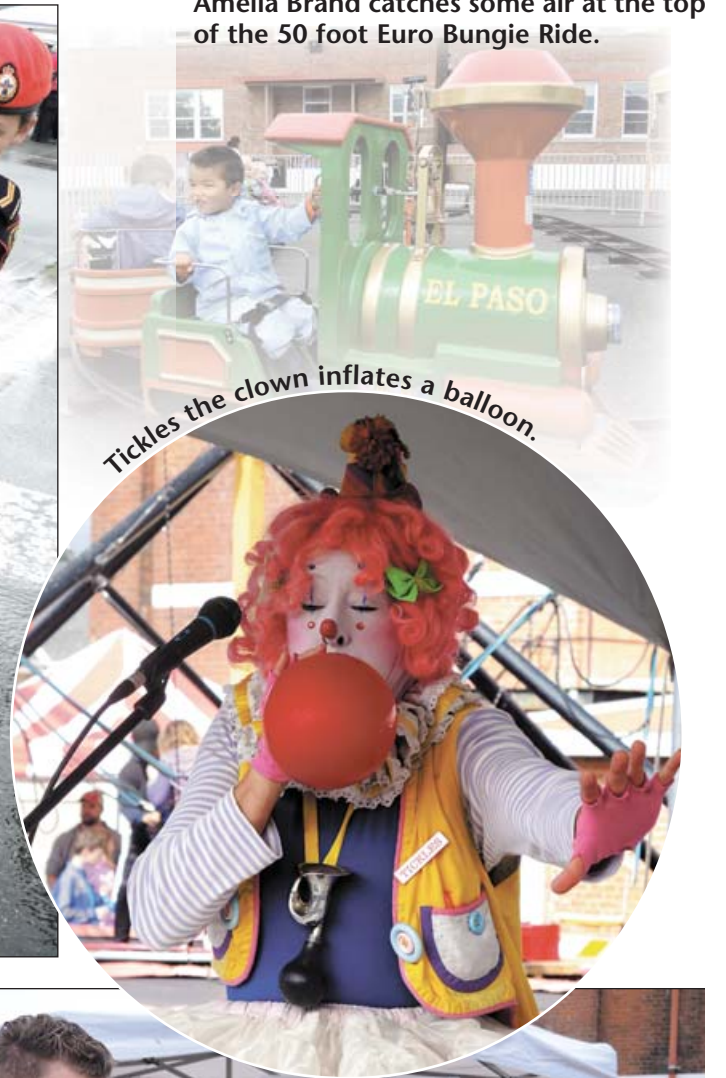
Military and civilian DND employees and their family and friends descended on Naden to enjoy this year's edition of Formation Fun Day on Sept. 15. There was music, and shouts of joy and laughter in the air as participants enjoyed rides, attractions, informative displays and demonstrations, free ice cream, and food trucks. The annual event is organized by Personnel Support Programs on behalf of the Formation and is a way to say thanks to, and celebrate the contributions made by the Defence Community and their families.

The competition was fierce on the Bubble Soccer pitch.

Amelia Brand catches some air at the top of the 50 foot Euro Bungee Ride.



Cpl Amanda Steeves of the Military Police Unit Esquimalt teaches Jordan Dick, Jr., proper arrest procedures.



Tickles the clown inflates a balloon.



Frozen characters Anna and Kendra of Enchanted Fables Princess Parties have a visit with MCpl Raymond Dooley and his children Abigail and Connor.



Doug Hodson of Esquimalt Fire and Rescue shows Kiana how to aim a fire hose.

Fallen firefighters remembered

Peter Mallett
Staff Writer

Two CFB Esquimalt firefighters travelled to the nation's capital earlier this month to attend a memorial honouring 67 of their fallen comrades.

This year's 15th annual Canadian Firefighters Memorial Ceremony, Sept. 9 at the Ottawa Fire Service Memorial, was hosted by the Department of National

Defence Fire Service.

Keith Lee, Captain of CFB Esquimalt Fire and Rescue Services No. 2 platoon, and fellow firefighter Brad McPhee were informed in early June that they had been selected to act as representatives from the base.

They were joined by approximately 600 firefighters including representatives from all of Canada's military fire departments.

The ceremony honoured

both civilian and military firefighters killed in the line of duty or from work-related illnesses. The memorial also included a parade by the Toronto Fire Department's pipe and drum band, the unveiling of a symbolic helmet that was presented to the loved ones of 10 of the deceased, and the dedication of a plaque on the site's memorial wall.

Prime Minister Justin Trudeau was among dignitaries who attended and addressed the gathering. While standing to the left of family members of the fallen he described firefighters as brave men and women who answer the call to duty with "courage and distinction."

A memorial at the site now includes the names of 1,411 firefighters who have died since 1848.

Lee, 60, says there was a collective outpouring of grief on the day and the significance of the occasion was not lost on him or any of the others attending.

He has accumulated 39 years as a civilian firefighter at



Photos by Linda Matta, Waken Photography
Prime Minister Justin Trudeau is joined by Department of National Defence Fire Marshall Lt-Col Lee Goodman (left) and firefighter Robert Kirkpatrick from the Mississauga Fire Department during a memorial hosted by the Canadian Firefighters Memorial Ceremony, Sept. 9 at the Ottawa Fire Service Memorial.



Sergeant Sebastien Cournier-Cote, a firefighter from CFB Borden, stands sentry during the memorial.

CFB Esquimalt; he first started working at the base in 1979. He says peer support is the glue that cements an unbreakable bond for him and other members of his trade.


"There truly is a huge bond between firefighters because we look out for each other on day-to-day operations. We train together, eat together, know what others are doing on our days off, and support each other through all sorts of problems much like a family does."

Among the fallen firefighters Lee was thinking about most during the ceremony was former CFB Esquimalt Fire and Rescue's Dave Hill who died

from a work-related illness in 2012. Lee and his station mates have kept Hill's memory alive by lavishly decorating one of the department's fire trucks with Christmas ornaments each holiday season, something Hill took pride in doing.

Hill was honoured on the site's memorial's wall during the 2015 ceremony while his daughter Jodi Hill received a bursary from Doug Lock Memorial Scholarship fund offered through the Canadian Fallen Firefighter's Foundation (CFFF).

For more information about the CFFF visit their website at www.cfff.ca



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Naval security team deploys

SLt M.X.Déry
MARPAC Public Affairs

The Naval Security Team (NST) deployed last week to Greece where they joined *HMCS Ville de Quebec* (VDQ) in order to allow members of the ship's crew to take leave; the ship is half way through its six-month deployment on Operation Reassurance.

NST is a scalable, flexible, and deployable naval reserve team that provides enhanced force protection for the safety and security of deployed Royal Canadian Navy (RCN) ships.

The team takes over the responsibility of force protection, which frees up personnel to support other tasks such as ship maintenance, and they provide an extra layer of enhanced land- and sea-based force protection capability and expertise to support those

deployed RCN assets.

This is the fourth time since its inception in 2017 a Naval Security Team has deployed overseas.

"We've got 42 naval reservists from across Canada, from Ordinary Seaman all the way to Lieutenant (Navy)," said Lt(N) Jean Richer, Officer in Command of NST. "They have a myriad of experiences they bring to the table to better protect the ship and contribute to the team."

For Lt(N) Richer, who joined the Naval Reserves in 2001, this will be the first time leading such a unit on a deployment and is a unique opportunity for him to "exercise command of a small team."

Prior to departing, NST Greece trained at CFB Esquimalt for three weeks to build unit cohesion and refresh on weapon's handling, force protection, and rules of engagement.

"Then we trained on a ship for all the scenarios we might face in Greece, so we are ready to protect the ship," said Lt(N) Richer about the final week of training and Sea Training's final assessment.

Commodore Angus Topshee, Commander Canadian Fleet Pacific, spoke to the NST Greece team following their final training exercise and was pleased with the results.

"It's clear to me the training we provide you is high quality," he said. "There is no doubt in my mind that you are ready to go off and perform the mission in Greece."

NSTs are drawn from all Naval Reserve Divisions across Canada and they are always looking for new team members. If you are a primary reservist let your chain of command know you are interested in joining the NST on an upcoming deployment.

Photos by SLt M.X. Déry
Below: AB Darcey Tieincy on watch as upper deck sentry aboard HMCS Vancouver during the sea training validation phase prior to deployment.



Above: Sisters AB Montana Cross and AB Madison Cross pose on their final training day aboard HMCS Vancouver prior to deploying.

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DEFENCE ON THE DOCK / DÉFENSE SUR LE QUAI

SUNDAY SEPT. 30.18
OGDEN POINT 10 AM - 5 PM

SCHEDULE OF EVENTS

10:00	Defence on the Dock door opens • Naden Band Quintet stage (20 min.) • HMCS VANCOUVER and HMCS WHITEHORSE open for tours* • HMCS CHICOUTIMI – tour giveaways throughout the event*	* No high heels for Ships' Tour visitors
10:00 to 17:00	Interactive and Dynamic Displays / Exhibits / Recruiting Booths / Food Trucks	
10:30	Opening Ceremonies (stage) • First Nations Blessing • RAdm / BComd Welcome	RHIB Rides begin * Children must be 50 inches or taller
10:45	CP140 Aurora fly past	
10:50	5th Field Regiment Band - on stage	
11:15	Cadet Bands	
11:30	Fleet Diving Unit Demonstration (demo area)	
11:50	Naden Band (stage)	
12:15	5th Field Regiment Band - on stage	
12:45	Fundraising Dunk Tank challenge	
13:15	Cadet Bands	
13:30	First Nations Drummers / Dancers	
13:45	CH149 Cormorant fly past	
14:45	SkyHawks performance	
15:30	Fleet Diving Unit Demonstration (demo area)	
16:00	Naden Band (stage)	
16:30	Closing remarks (RAdm / BComd)	Tour of Ships ends Last RHIB ride
17:00	Defence on the Dock ends / door closed	

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The Base Commander invites you to discover the Armed Forces

To the people of the Greater Victoria area and beyond, it is my pleasure to invite you to Defence on the Dock at Ogden Point. This free event takes place on September 30, from 10:00 a.m. to 5:00 p.m.

Canadian Forces Base Esquimalt has been part of your community for more than 100 years and during that time the Canadian Armed Forces has changed considerably into the versatile, active, and modern military it is today. We want to show you what the base is now!

Defence on the Dock is bringing CFB Esquimalt to you! Come to Ogden Point and interact with the military and civilian personnel who work on the Base, learn about the activities and missions that we are engaged in every day, and see first-hand the equipment and assets we use to serve you in the defence of Canada.

Defence on the Dock is a free public event which includes a collection of interactive displays and demonstrations from units found at the base. We will be sharing with you demonstrations from the Fleet Diving Unit, music from the Naden Band, members from the Naval Tactical Operations Group, artifacts from the Esquimalt Harbour environmental projects, Cadet displays and so much more!

Highlights of the day will include tours on 3 different types of Her Majesty's Canadian Ships, a chance to see our helicopters up close and the SkyHawks parachute team will fill the sky!

There will be numerous activities directed towards kids, information on both military and civilian career opportunities, exciting demonstrations, and informative displays. I look forward connecting with you, our community on September 30th as we bring CFB Esquimalt to you!

Captain (Navy) Jason Boyd
Base Commander
Canadian Forces Base Esquimalt

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HONOURING VALOUR AT SCHJELDERUP LAKE

Lieutenant Cameron Park
The Canadian Scottish Regiment
(Princess Mary's)

Soldiers from The Canadian Scottish Regiment (Princess Mary's) and Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) returned from a joint excursion to Schjelderup Lake on Aug. 31. The purpose of the five-day trek was to replace a damaged marble plaque at the lake dedicated to Lieutenant-Colonel Roger Schjelderup, DSO, MC and Bar, CD.

Led by Lieutenant Evan Machin of The Canadian Scottish Regiment (Princess Mary's) and Sergeant Lance Beavin of 2 PPLCI, the team moved through complex, mountainous terrain to Schjelderup Lake.

They carried a 45-pound bronze plaque and the myriad of tools required for the replacement and mounting.

"I kind of underestimated what the mountain would look like," said Corporal Matthew Rees of 2 PPLCI. "I thought

we would go up one steep embankment and ride a ridge all the way down into a valley and then see the mountain, but that wasn't the case. The ridge turned out to be a series of what I would call mountains, being from Manitoba."

As they moved through the challenging terrain members of the expedition reflected on the challenges faced by Lieutenant-Colonel Schjelderup during his wartime service.

He was born in Smithers, but grew up in Comox, British Columbia. In 1937, at the age of 15, he summited the nearby Golden Hinde after camping at the lake that now bears his name.

Serving with The Canadian Scottish Regiment (Princess Mary's), he landed with 'C' Company on Juno Beach on D-Day - June 6, 1944. Wounded in the fighting, he was awarded the Military Cross for Valour. Upon recovering from his wounds, he rejoined the regiment as it fought through Holland. During the assault across the Leopold Canal in

October of that year, he was wounded and captured during a German counterattack. Escaping from captivity, the then Captain Schjelderup and a small number of soldiers were sheltered by members of the Dutch resistance. After three months behind enemy lines, and intermittent encounters with German forces, he managed to lead members of his group to link up with British forces.

"I think we drew some inspiration from his story for sure," said Lieutenant Machin. "Not only was he at that lake as a 15-year-old before there was a trail, and with the hiking technology of the 1930's which would have been a challenge in itself, but also his adventures in the Second World War. The escape from the Germans and slogging through the icy fields of Holland, it's a really incredible story."

Drawing on the technical expertise of Master Corporal Denis Byrne of The Canadian Scottish Regiment (Princess Mary's), the group carefully removed the

damaged plaque and mounted the new one. Having previously placed a plaque in a remote setting, Master Corporal Byrne was enthusiastic about joining the team. He pointed to the benefits found in a challenging trek.

"The tradition of mountaineering builds fighting skills and teamwork. It helps you on the battlefield. It's very intimate, like you're living together and enduring hardship."

With the war over, Lieutenant-Colonel Schjelderup continued to serve with the Canadian Army in a variety of posts, including command of Second Battalion, Princess Patricia's Canadian Light Infantry. While still serving, Lieutenant-Colonel Schjelderup passed away in 1974 due to illness related to his wartime injuries. He lies today in Sandwick Cemetery in Comox, BC.

The remains of the damaged plaque were retrieved to be shared with the two units and Lieutenant-Colonel Schjelderup's family.



Photo by Lt Evan Machin, C Scot R. Members of The Canadian Scottish Regiment (Princess Mary's) and Second Battalion, Princess Patricia's Canadian Light Infantry move along Phillips Ridge en route to Schjelderup Lake on Vancouver Island.

Photo by Private Jordan Oakley, 2 PPCLI.

Top of page: The joint team of soldiers from Second Battalion, Princess Patricia's Canadian Light Infantry and The Canadian Scottish Regiment (Princess Mary's). From left: Sergeant Lance Bevan, Master Corporal Lucas Roy, Private Mike Albrecht, Private Donovan Scott, Master Corporal Jed Jackson, Corporal Nicolas Cazalais, Private Matthew Dimmers, Private Carlee Smith (kneeling), Corporal Jonathan Dick, Corporal Matthew Rees, Corporal Devin Baret, Corporal William Cable, Lieutenant Evan Machin (kneeling), Master Corporal Denis Byrne and Private Jordan Oakley.



Robin&AJ
Good morning. Good times.





Left to right: SLt Pelletier, SLt Ferguson and SLt Szachury are all smiles after graduating their naval warfare officer course.

The road to naval warfare officer, THREE-TIERED TRAINING

A/SLt Jesse Grigor
Contributor

For the third consecutive summer, reservists from across Canada have taken time away from their studies and professional lives to become Naval Warfare Officers at Venture in Work Point.

There are three phases of training and each summer students complete one phase – each more difficult and demanding than the previous. All told, Naval Warfare Officers training requires 10 months from instruction to complete the entire curriculum.

During the first phase, Naval Warfare Officers II, students learn about sea survival, seamanship, damage control and an introduction to life aboard ship.

The second phase, Naval Warfare Officers III, requires that students learn core skills to be the Officer of the Watch on ship, including ship handling, navigation, marine engineering and manoeuvres.

The final phase of training, Naval Warfare Officers IV, teaches students both routine and warfare operations, emergencies, pilotage navigation and divisional administration.

“The experience has been really fulfilling, but bitter sweet because some of us

have been together since basic training and now it’s over,” says SLt Szachury, elementary school teacher in Regina, Saskatchewan.

SLt Ferguson, 22, joined when he was 18, and lauds his choice to become an Naval Warfare Officer while going to school full-time at UBC.

“What 18 year old gets taught to drive warships? It’s insane. My other friends all have boring jobs.”

Similarly, SLt Pelletier confessed, “I would have paid to have this opportunity, now I’m getting paid to do it.”

Like many trades, becoming a Naval Warfare Officer has many challenges. After reflecting on the past three summers of training, SLt Ferguson admits the toughest part of the training was not quitting.

“There were so many moments during my training that I thought this is where my navy career ends. During training you learn more about yourself than anything else.”

SLt Szachury agrees saying, “You are constantly proving to yourself you can overcome the next challenge. There are always doubts along the way.”

Becoming a reservist offers two fantastic benefits for students: It provides students with a full-time job during the summer, and

if students have difficulty finding employment after they graduate from school, they can easily find employment with the Canadian Armed Forces.

SLt Pelletier said she feels the reserves are a fantastic choice for students.

“It’s great for students. I have one more school semester left, but as soon as I’m finished I want to sign a contract with my reserve unit.”

Similarly, SLt Szachury said she hopes to consolidate her training as soon as she can get a contract with her unit.

She also highly endorses being a reservist Naval Warfare Officer.

“A career as a NWO allows you to choose your own adventure. You get to be as involved as you want to be. It’s the best of both the civilian and military worlds.”

The attitude of these three graduates strongly reflects the passion this year’s graduates have towards becoming a Naval Warfare Officer reservist and their eagerness to join the fleet.

Though this year’s summer courses are completed, next summer will witness the return of many reservists back to Venture to complete the next phase of training and successfully join the fleet.

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IRONMAN 70.3



Lightbody rises to the top of World Ironman 70.3

Peter Mallett
Staff Writer

Award-winning triathlete Lieutenant (Navy) Nico Lightbody is celebrating an impressive first outing at the World Ironman 70.3 Championships after a top 100 finish.

He finished the 1.9-kilometer swim, 90-km bike ride and 21.1-km run with a time of 4:16:03 in the multi-sport competition held in Nelson Mandela Bay, South Africa, on Sept. 1.

Lt(N) Lightbody, winner of the Royal Canadian Navy

(RCN) 2017 male athlete of the year award, says he was encouraged with his 89th place overall finish in a field of 3,764 competitors.

"I am extremely happy about my results because the calibre of athletes at the race is extremely high and it's nice to race against the best triathletes in the world."

He and the rest of the competitors battled rain and slippery conditions for the cycling and running portions of the race. The good results came despite a leg cramp during the running portion,

which he was eventually able to overcome.

He was especially impressed with his swimming performance, where he finished tops in his age 25 to 29 age category, recording a personal best of one minute faster than his previous time.

As part of his New Year's resolution, Lightbody is considering doubling down on race distances towards competing in full ironman event that involves 3.86 km of swimming, 180.25 km bicycle ride and a 42.20 marathon.



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Firefighting help from afar

SLt M.X.Déry
MARPAC Public Affairs

When the B.C. government requested assistance from the Canadian Armed Forces during the wildfires this past summer, Joint Task Force Pacific (JTFF) stood up a Battle Watch Operations Center in CFB Esquimalt in order to coordinate assistance where required.

The Intelligence Section of JTFF was given the task of determining the areas near the fires that were at risk, and, where possible, evacuation operations that might be required during the months of wildfire activity.

"We tracked hundreds of fires, routinely doing analysis on the threat these fires posed to civilian populations,

and finding ways for the Canadian Armed Forces to assist residents," said Acting Sub-Lieutenant Alex Webb, Intelligence Officer.

He oversaw and directed a team of analysts working to track fires, and predict where and how fire or smoke could impact flight operations, and ultimately evacuations.

"We sifted through topographic and cartographic data to determine the hazards to our fire-control teams, easing the burden on B.C. Wildfire Service firefighters and helping enable their work on the most threatening fires," he added.

Working in consort with Capt Frédéric Bok, Intelligence Officer from 5th Service Battalion, he lead four Intelligence Operators, acting as analysts

during the 16 hour days, doing quality control checks on the written reports and verbal briefings provided daily, and managing the flow of information from multiple sources.

"Daily, the team produced briefings, environmental analyses, airfield operability summaries, evacuation projections, and any other products requested from them by the soldiers working to combat the fire," said A/SLt Webb, adding that it was an impressive feat for operators from all over Canada who had to learn the idiosyncrasies of B.C. in order to work effectively.

Three Intelligence Operators were deployed from seven Intelligence Company in Ottawa, and one from two Intelligence Company in Toronto.

"The Intelligence section for Operation Lentus provided command with tremendous support and allowed us as a joint task force to assist the Province of B.C.," said Capt(N) Steve Jorgensen, J3 Director Plans and Operations.

As a result, provincial agencies were provided the assistance they needed to effectively combat the fires and ensure the continued safety of Canadians.

Op Lentus 18-05 lasted from Aug. 13 to Sept. 13 and involved hundreds of Canadian Army personnel, dozens of RCAF members and various fixed and rotary wing RCAF aircraft. The intelligence section was part of the 40 JTFF personnel working out of the JTF headquarters in Esquimalt, BC.



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Bravo Zulu

HMCS Vancouver Assumption Ceremony

Image by Leading Seaman David Gariepy, MARPAC Imaging Services



The incoming Commanding Officer of HMCS Vancouver, Commander Jonathan Kouwenberg (left), receives the Assumption of Command certificate from Commodore Angus Topshee (right), Commander of Canadian Fleet Pacific, during HMCS Vancouver Assumption of Command ceremony Sept 13.



Bravo Zulu

Local "Champ" Sophie Wood, 15, of Victoria, presented MP Randall Garrison with a Canada Post commemorative envelope which celebrates The War Amps 100th anniversary. The envelope reflects the Association's long history and innovative programs through photos and text. The War Amps was started in 1918 by amputee veterans returning from the First World War to help each other adapt to life with amputation. The Association's programs have grown over the past 100 years from assisting war amputees - whom they still serve - to all amputees, including children.



NRU Asterix

AB Andrew Samonte is promoted to his current rank by LCdr James Classen, Commanding Officer of Naval Replenishment Unit Asterix, with the help of MWO William Lightfoot, and Lt(N) Gabriel Cayouette.



Business Information Services

LS McInnis is promoted to his current rank by Cdr Nicholas Manley and CPO2 Doug Bacon.

Bravo Zulu Patrol Craft Training Unit



AB Fradette is promoted to his current rank by LCdr Bergmann and PO2 Mill.



AB Nickerson is promoted to his current rank by LCdr Bergmann and PO2 Mill.



AB Van de Laar is promoted to his current rank by LCdr Bergmann and PO2 Mill.



LS Gardiner is promoted to his current rank by LCdr Bergmann and PO2 Mill.

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OVARIAN CANCER: WOULD YOU KNOW IF YOU HAD IT?

SYMPTOMS

- Abdominal discomfort
- Pelvic pain/backache
- Bloating/gas/swollen stomach
- Vaginal bleeding/painful intercourse
- Urinary urgency
- Ongoing fatigue
- Indigestion
- Weight loss/gain
- Change in bowel habits

If you have been feeling a combination of these symptoms for longer than three weeks, visit your doctor and ask for a Ca125 blood test.

OPEN TO CAF MEMBERS, DND PERSONNEL and STUDENTS



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- 15 Workshops including CAF Career Transition, GCTools, Alternative Work Arrangements (AWA), Mentoring, Activity Based Workplace and more!
- Kiosks including Finance and Procurement, Career Development Programs, Canadian Forces Recruiting Center, Reserve Units, Base Administration and more!
- “Career Connections”, to provide in-person and online networking with hiring managers

WHEN:

17 October 2018

WHERE:

Come and meet local hiring manager at LCC (N136) in Esquimalt

SIGN UP NOW:

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