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Volume 64 Number 41 | October 15, 2019

LOOKOUT

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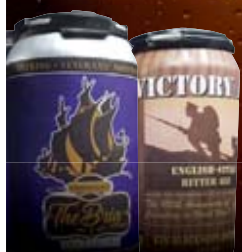


No Stone Left Alone

Junior Canadian Ranger Maison Meer-Crossen of the Telkwa Junior Canadian Ranger Patrol takes a moment to read the gravestone of a First World War soldier. Read the full story on page 2.

Photo by Lieutenant Natasha Tersigni, 4th Canadian Ranger Patrol Group Public Affairs Officer

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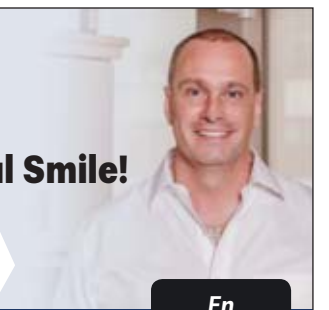
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The Stewart Canadian Ranger Patrol hosted a No Stone Left Alone Remembrance Ceremony on Oct. 5, in Anyox, B.C., with Junior Canadian Rangers from the Stewart and Telwka Junior Canadian Ranger Patrols. They honoured the 15 Canadian soldiers that served during the First World War and were laid to rest at the Anyox Cemetery.

Photos by Lieutenant Natasha Tersigni, 4th Canadian Ranger Patrol Group Public Affairs Officer



Ghost town soldiers' graves not forgotten

Lieutenant Natasha Tersigni
4th Canadian Ranger Patrol
Group Public Affairs Officer

For the fourth year in a row, a No Stone Left Alone Remembrance Ceremony was held in Anyox, B.C., on Oct. 5, to ensure soldiers from the First World War buried in the now-abandoned town are not forgotten.

Organized by the Stewart Canadian Ranger Patrol, 11 Junior Canadian Rangers from the Stewart and Telwka Junior Canadian Ranger Patrols, along with local Canadian Rangers, travelled by helicopter to Anyox for the event.

"After arriving in Anyox, located 60 kilometers southwest of Stewart, B.C., on the Observatory Inlet, the JCRs and Canadian Rangers hiked into the forest where the cemetery is located," said Commander Sergeant Eric Drew, Stewart Canadian Ranger Patrol. "The Stewart Canadian Ranger Patrol came into this area five years ago for a patrol exercise. We knew the cemetery was here, so we conducted ground searches as part of our

training and we were able to locate it. We have been coming back here ever since with our first NSLA event being held in 2016 with youth from the community and local JCRs. It is important for the youth of today to recognize and remember the sacrifices of the soldiers from the past."

In 1914, Anyox was a booming mining town that had over 3,000 residents thanks to the Granby Consolidated Mining, Smelting and Power Company. Men that joined the Canadian Armed Forces and went overseas to fight in the First World War were guaranteed their job back at the mining company upon their return. The Granby Company also honoured soldiers from Anyox who served by providing them with gravesites at the cemetery, complete with military recognition.

By 1935, the Great Depression had forced the shutdown of the mine and the town residents left. Forest fires in 1943 and 1944 destroyed the remaining structures in the town. Today, Anyox is known as an abandoned ghost town and is uninhabited with no rail or road links

to the rest of British Columbia.

Before the NSLA service was held on Oct. 5, JCRs spent time cleaning the 15 gravesites of soldiers that served in the First World War.

"What is unique is Granby Mining Company made a promise to veterans they would receive a proper burial and they didn't forget about them when they came home from the war. What we are doing here is not forgetting about them either, or forgetting about the other veterans from across Canada," said Captain Dave Coish, 4th Canadian Ranger Patrol Group, British Columbia Company Officer in Command, during the service. "No Stone Left Alone makes sure graves of Canadian soldiers are not forgotten and are taking care of."

The No Stone Left Alone initiative is a



Junior Canadian Ranger Wyatt Rondeau rakes debris off the gravesite of a First World War veteran.

national event that works to educate Canadian youth on the sacrifices made by Canadian soldiers. It is typically held the week before Remembrance Day. Youth place a poppy on a military headstone in numerous Canadian towns and cities to honour and recognize the sacrifices Canadian men and women made while serving in the Canadian Armed Forces.

"Making Scents of the Military"

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CO-OP STUDENT HAVING A BLAST AT FMF

Peter Mallett
Staff writer

A university engineering student and rocket enthusiast is launching her dreams through a work-study placement at Fleet Maintenance Facility (FMF CB) Cape Breton.

Kelsey Towers-Jones, a third-year mechanical engineering student at the University of Victoria, is on a cooperative education placement with the Industrial Engineering Section at FMF CB.

She is tasked with making recommendations on how to best configure equipment and resources to improve workplace efficiencies throughout FMF CB, and developing designs and engineering drawings for a number of continuous improvement projects.

The 22-year-old started her job four weeks ago and says she fully enjoys working at the sprawling 35,000 square metre facility in Dockyard.

"This is exactly the stuff I want to do for my career – industrial engineering and manufacturing," said Towers-Jones. "The people at FMF are passionate about their jobs and it is always great to work with those genuinely interested in what you are passionate about."

Reaching for the stars

When she isn't cracking the books or working, Towers-Jones builds rockets as a member of the UVic Rocketry club.

She and approximately two dozen other students meet on evenings and weekends to design, build, and launch rockets in international competitions.

She recently became the rocketry team's payload engineering lead, and handles the engineering design work to support the payload science team that develops the real "rocket science" on board the rockets.

Kelsey's club is currently preparing for the next Spaceport America Cup amateur rocketry competition, to be held next June in New Mexico. The competition challenges university engineering teams from around the world to build better, faster and more efficient rockets.

Right now, the team is developing competition rockets to reach 30,000 feet (10 kilometers) using commercial off-the-shelf 'N' size solid motors.

Motors for rockets are clas-

sified into categories from 'A' to 'T' denoting the amount of energy contained in each motor.

Each motor letter size contains double the amount of energy as the previous letter – the N motors contain 128 times more energy than G size motors, which are the biggest motors available to consumers without requiring certification.

The team is also developing their first student researched and designed hybrid rocket engine, says Towers-Jones.

Their long-term goal is to build a rocket to reach lofty heights of 100 kilometers, which is the accepted boundary between Earth's atmosphere and space, also known as the Karman Line.

"We want to make it to space."

As a mechanical engineering student interested primarily in manufacturing, she admits that propulsion and space travel are not her main area of interest.

"I like participating in the club because I can refine skills that I otherwise wouldn't get a chance to work on in school. While school focusses on things like classic mathematics skills, it's very important to get experience working on things like CAD [three dimensional] drawings and seeing how parts are made, since I eventually want to go into industrial engineering and manufacturing for my career."

She says her rocket-building hobby is helping with her current duties at FMF CB.

"Rocketry is also a place where I can exercise my engineering interests because it involves making good engineering drawings for manufacture," said Towers-Jones. "This skill also ties in with my co-op placement at FMF because it helps me practice and make better engineering drawings and designs for the shop floor quickly and effectively."

Her supervisor Tim Alford, Senior Project Leader, Industrial Engineering, says he has been impressed with her work.

"Kelsey displays a pure enthusiasm in her pursuit of knowledge and understanding of engineering and scientific studies," said Alford. "She employs this enthusiasm daily in the execution of various engineering and design activities within FMF industrial engineering."



Kelsey Towers-Jones shows off a Hyak-2 rocket used in competition by the UVic Rocketry club. The rocket reached a speed of 2,200 km/h, or Mach 1.8, during a recent competition. Towers-Jones is currently doing a cooperative education placement at Fleet Maintenance Facility Cape Breton.

Photo courtesy UVic Rocketry

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WHAT SAY YOU

People Talk

On Oct. 4 Tour de Rock cyclists made a stop at CFB Esquimalt's Fire and Rescue hall. Lookout asked those in attendance

What did you like most about the annual fundraiser?



My favourite thing about the Tour de Rock is their stop at CFB Esquimalt because we get a chance to show off the department and the base to the community. We also get a chance to welcome back our rider Alexandria Marshall and for everyone to come out to the fire hall and show their support for the ride.

**Geordie Douglas, Chief,
CFB Esquimalt Fire and Rescue**



I just think it's really neat how the first responders including firefighters, police and EMS workers team up to support such a good cause.

**Doug Young, Manager,
Port Operations and Emergency
Services Branch**



Helping these children is what I like most about the Tour de Rock because many of these kids never get the opportunity to really be a child because of cancer. Tour de Rock is all about people and bringing them together to help these children in their time of need.

**Dee-Ann Lemire,
Base Administration**



My favourite thing about the Tour de Rock is it brings the whole community together and creates awareness about children's cancer.

CPO1 (Retired) Marc Dufort

WHAT SAY WE

Message from the Base Surgeon's office

I get the flu vaccine every year. So does my wife and my six year old.

This year, my one year old will get her flu vaccine along with the rest of us. Influenza kills. The flu vaccine saves countless lives, every year.

By the end of the 2018/2019 flu season, 223 people across Canada died from influenza, most of them otherwise healthy adults. More than 3600 people were hospitalized. One can only imagine what the flu did to the productivity and readiness of our fighting military force. The 2018/2019 flu vaccine was 72 per cent effective in preventing the first wave of the H1N1 influenza virus. Unfortunately, it was not effective for the second wave of H3N2.

Just like everything in life, there is no 100 per cent guarantee.

There are also potential side effects, fortunately almost all are relatively minor. If you ask me, the benefit far outweighs the risk.

For the leaders among us, "convenience" has been identified as a major predictor of influenza vaccination. Therefore, CF Health Services Centre (Pacific) will endeavour to make it as convenient for you as possible. Unit leadership are encouraged to promote this proven health promotion initiative, your encouragement increases vaccine uptake.

The flu vaccine will protect you, your shipmates, your mission and your friends and family. What you should ask this year is not "why should I get it?" but rather "why not?"

**Dr T. Siu, Deputy Base Surgeon
Dr M. Drake, Base Surgeon**



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| Dockyard DY109 | 22 Oct | 0800 - 1400 |
| 443 SQN Hornets Mess | 25 Oct | 1130 - 1500 |
| Fleet Diving Unit Sick Bay | 30 Oct | 1230 - 1400 |
| Albert Head AH1075 | 15 Nov | 1000 - 1200 |

Respect and discipline through Brazilian Jiu-Jitsu

Capt Jenn Jackson
HMCS Ottawa PAO

Photos by Leading Seaman Victoria Loganov,
MARPAAC Imaging Services

*Respect is on the mats
and in the flats.*

*What happens on the mats,
stays on the mats.*

*I am only here
to make you better.*

Those are the rules that govern the physical training that takes place two to three times a week in HMCS Ottawa's hangar. The area is transformed and a group of passionate Brazilian Jiu-Jitsu athletes practice their sport, working to collectively make each other better.

It is an initiative spearheaded by Marine Technician Master Seaman Matthew Taggart. The group is open to all who want to participate and averages four to 10 members of Ottawa's crew, both male and female.

"As we were preparing for this deployment, I knew there were others from Victoria's Brazilian Jiu-Jitsu

community on board," says MS Taggart. "I reached out to them to see if they wanted to practice while we are at sea and that is how the group began."

MS Taggart is a four-and-a-half year veteran of the sport who has been competing for three. He tried Jiu-Jitsu for the first time at the encouragement of a subordinate during Operation Artemis. Once he tried it, he found himself on a different path.

"Looking back, I was not in a good place in my life when I started Jiu-Jitsu," said MS Taggart. "I was extremely angry for a number of reasons, but once I started training regularly I found that Jiu-Jitsu not only

gave me a positive outlet, but it also led to a commitment to better myself. I am still honouring that commitment today."

That philosophy is reflected in the rules established by the group which highlight the sense of discipline and respect inherent to the sport. Any member of the ship's crew is welcome to take part in the training, but anyone who does not follow the rules is politely asked to no longer participate.

"On the mat, there is no rank or position," adds MS Taggart. "It is two people focused on what they are doing, working to make each other better, and testing each other's limits until one of them 'taps out'."

The "tap out" is the most sacred part of the sport. It is respected in all cases and no matter what is happening on the mat, when someone taps, everything stops. This fundamental principle helps reduce injuries across the sport compared to other martial arts.

In fact, this is one of the reasons that led another member of the group on his Jiu-Jitsu journey.

Lieutenant(N) Dusan Brestovansky, Ottawa's Combat Systems Engineering Officer, has been practicing Jiu-Jitsu for four years. A former boxer, Lt(N) Brestovansky wanted

to make a switch to a less violent sport that protected his head and could be continued as he aged. Jiu-Jitsu was a perfect fit.

"Jiu-Jitsu may look aggressive and mean, but it is actually controlled, disciplined and quite gentle," explains Lt(N) Brestovansky. "Any partner can always tap out, and there is a lot of strategy involved. In the end, Jiu-Jitsu is about discovering your strengths and using them to your advantage against your opponent. You become better and learn from each roll."

A "roll" is the term used to describe a sparring match between athletes. For the Jiu-Jitsu group in Ottawa, rolling is only the tip of the iceberg.

"We train for about an hour at a time," said MS Taggart. "We generally begin with prep work, do some focused and collaborative work on technique, and finish with some rolls to try techniques in context."

The art and skill involved in Jiu-Jitsu is the attraction that led another group participant to discover the sport.

Sub-Lieutenant Matt Mooney began training in Jiu-Jitsu following RIMPAC 2018. Having an on-going interest in combat sports, he was looking to try something that involved using

both his head and his body and could also be applied to military training.

"For me, Jiu-Jitsu brings my life into focus as everything else fades away and I am entirely present during every practice," says SLt Mooney. "After a roll, there is a huge sense of accomplishment and of mental clarity. You know that you get better each and every time you are on the mat and it makes you want to learn more. You learn how to become comfortable with being uncomfortable and I know that will help me as my career progresses, no matter where I go."

One of the unique things about the group that trains in Ottawa is the collaboration that takes place. Because it is such a small group from different backgrounds in the sport, there is a constant interchange of styles meaning each member is able to explore a full range of techniques based on the strengths of all the other participants.

"Participants in different weight classes have different strategies. A lighter athlete has to use speed and flexibility to overcome a heavier athlete who uses his higher weight and larger size to his advantage," explains MS Taggart.

"The real beauty of Jiu-Jitsu is that no one style or

technique works for every athlete. We are all different and we collaborate to make each other stronger. We are a family and community dedicated to helping each other become a better athlete and person both on and off the mat."

MS Taggart's passion and commitment to Jiu-Jitsu is shared among the participants, all of whom emphasize the value of the sport in instilling discipline both during practice and in their professional lives, in addition to being a good workout for physical training while at sea.

Following their deployment on Operations Projection and Neon, all three plan to return to their gyms to continue their training. MS Taggart and SLt Mooney train at Zuma and hope to compete in the new year, and Lt(N) Brestovansky trains at Fierce.

"When you deploy, there are a lot of things you do at home which you can't do on the ship," concludes MS Taggart. "I think I speak for the whole group when I say I am grateful there is a Jiu-Jitsu community on the ship that allows me to continue to practice my sport and passion. The training we do together here will make us better and stronger when we return to our gyms in December."



Members of HMCS Ottawa practice Brazilian Jujutsu for physical training on board HMCS Ottawa while deployed on Operations Projection and Neon.



Master Seaman Matthew Taggart practices Brazilian Jujutsu with Sub-Lieutenant Matt Mooney for physical training.

OTTAWA SAILOR SNAPSHOTS



OS KYLE EDWARDS, BOATSWAIN

Regular Force: 2.5 years

Career Highlight: This deployment so far!

Deployment must have: My dive gear.

"To my little brother Blair, I only have a few things to say: slow is fast and fast is slow, knuckle down and get it done....and learn My Boy Willie."



LS VICTORIA IOGANOV, IMAGE TECH

Regular Force: 8 years

Career Highlight: Too many! In order: my dad enrolling me in the forces, deploying on Op Reassurance/Op Artemis, becoming an image tech, meeting my life-long friend and most of all meeting my husband!

Deployment must have: A camera!

"Hi Papa! You're probably sailing right now but I love you and miss you so much, so proud to be your daughter. Hi Mama! Love you, thank you for blessing me with passion for art. Give Rexy, Mouha, Diesel and Bama a big hug + kiss."



CPO2 ROBB FRANKLIN

Regular Force: 22 years, 8 months

Career Highlight: Two tours at the Naval Ocean Processing Facility on Whidbey Island, Washington.

Deployment must have: Pictures from home (now they are all on my phone).

"Hello to my wife Leah and the rest of my family back home. I love you and I miss you."



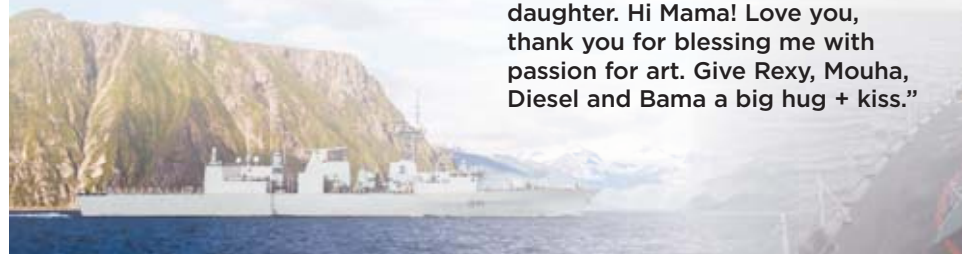
LT(N) GILLIAN HERLINGER, DECK OFFICER

Regular Force: 24 years

Career Highlight: I'm pretty sure that when I look back over it all, this posting. Deck Officer on a deployed frigate will probably stand out as one of the highlights. Other highlights, Op Apollo 2002 in HMCS Algonquin and Westploy 2016/Op Projection 2018 in HMCS Vancouver.

Deployment must have: A ton of books to read. Now they are all neatly contained on an e-reader, but back in the day I used to bring entire boxes full of books with me - I am not sure how I found space for them. Also, an old beat up stuffed cat named Princess has managed to accompany me on nearly every sails. Princess is the name of the street I live on.

"To my kids, my amazing parents and everyone else holding down the fort back home: thank you for being there for me!"



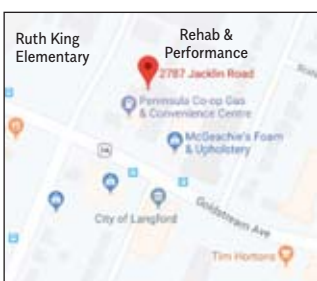
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TOUR DE ROCK

Riders humbled

by cancer fundraiser

Tour de Rock rider Cpl Michael Smith of the Esquimalt Military Police Unit gives a cheer during a stop at CFB Esquimalt Fire and Rescue on Oct. 4.

Peter Mallett
Staff Writer

This year's Tour de Rock riders were given a hero's welcome when they rode their bikes into the base fire hall on Oct. 4.

CFB Esquimalt was one of their final stops in the annual fundraiser that benefits pediatric cancer and Camp Goodtimes, a summer camp for children with cancer and their families.

Corporal Michael Smith of the Military Police Unit Esquimalt and Alexandria Marshall of CFB Esquimalt Fire and Rescue were part of the 19-member team of first responders in the final

stages of their grueling, two-week, 1,100-kilometre journey across Vancouver Island.

Marshall was given a warm embrace by her boss, CFB Fire and Rescue Fire Chief Geordie Douglas; Cpl Smith and other riders pumped their fists over their heads to a gathering of approximately 100 well-wishers who celebrated their arrival.

By the end of the day, when the team arrived at their final destination at Centennial Square in downtown Victoria, they had raised over \$1.1 million.

Cpl Smith says the team's journey across the Island was more emotion-

ally draining than physically taxing. That's because his team made over 150 stops at schools, community centres and other venues and heard dozens of stories in each community of loved ones lost or of those currently fighting cancer.

"It was a humbling experience seeing all of Vancouver Island come together and support Tour de Rock and strengthened my faith in humanity to unite and support people in need," said Cpl Smith.

He and each rider on the tour was paired with a junior rider who has overcome or is battling cancer, which he says creates a two-

way street of inspiration and motivation. His junior rider was Marley, a cancer survivor. Cpl Smith says she helped him get through some trying moments on his journey. Those included multiple spells of heavy rain with the constant spray of mud and road grease up into his face.

"She was the one that got me over the hills, through the heavy rains and the dirty spray into my eyes, and made me remember who I was riding for."

For more information about the Tour de Rock and how to get involved visit their website: <https://www.tourderock.ca>

She (cancer survivor and junior rider Marley) was the one that got me over the hills, through the heavy rains and the dirty spray into my eyes, and made me remember who I was riding for."

Corporal Michael Smith,
Military Police Unit Esquimalt



Tour de Rock riders make their way into CFB Esquimalt Fire and Rescue during a tour stop on at CFB Esquimalt Fire and Rescue hall.

Photos by Peter Mallett, Lookout

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Captain Lisa Evong
Public Affairs Officer,
5 CDSG

We have all heard that a healthy body aids in a healthy mind, but how do sports and fitness fit into the Canadian Armed Forces (CAF) framework? Why are sports important?

Just over a century ago, American philosopher William James called for the creation of a "moral equivalent of war": the search for something – other than war – that would enhance a person's self discipline, hardiness and self sacrifice. Today, we call this equivalent "sport."

In fact, the Olympics were partly designed so countries would compete on the sporting field rather than the battlefield.

Sport is now seen as a way of uniting people rather than dividing them. Working towards a goal can teach people the value of hard work, commitment, and dedication, and team sports are a great way to learn these values.

Since the CAF's military ethos is based on a unifying spirit that brings all members of the CAF together along with the Canadian public to guide its operations, it only makes sense to encourage sports among its ranks.

CAF Sports Program

The CAF Sports Program is divided into two main sub-groups, the intramural and the extramural programs. At the local level, every base, unit and wing conducts intramural or local sporting events for all levels of athletes.

Extramural competition includes Regionals, Nationals and Conseil International du Sport Militaire, what we call CISM

(phonetically said: Sizem).

CISM is one of the largest multidisciplinary organizations in the world made up of elite athletes. CISM organizes various sporting events for the 140 member countries in which the largest number of disciplines is represented. The aim of CISM is to establish permanent relationships in the fields of sport and education between the Armed Forces of the World.

Meet the Canadian CISM Women's Basketball team

LCol Sharlene Harding, Assistant Coach, Sapper Catherine Bougie, point guard or shooting guard, A/SLt Blaire Coffey, shooting guard, Captain Megan McDougall, power forward, and AB Leah Robinson, all positions, explain the benefits of sports to the CAF.

AB Robinson, a Naval Reservist at HMCS Queen Charlotte and full-time student, had to learn at an early age that in order to balance her schoolwork, her sports and her job in the CAF, she had to be organized and make arrangements with her professors. She said, "I immediately reached out to my school and work and made everything work in order to attend the training camps." Sometimes it means getting up earlier, staying up later and just plain working harder than your peers to get what you want. For AB Robinson, it means she gets to play basketball on the international stage in China this year.

Sapper Bougie, a Combat Engineer from 4 Engineer Support Regiment, a high readiness unit that came to the aid of Maritimers



The Canadian CISM women's basketball team.



during two different domestic operations in 2019, has to earn hardcore respect in her trade. She says being physically fit helps her in her daily work routine. More importantly though, teamwork and working hard gain her respect from her comrades.

For Captain McDougall, CFRC Calgary, CAF sports allowed her to interact with members of all occupations and ranks. For her, meeting her assistant coach, a down-to-earth, level headed, senior CAF officer, LCol Harding, it was the first time she was up close and personal with a female role model

to whom she can relate. Capt McDougall sees LCol Harding as a mentor and someone to emulate. Developing sportsmanship in her view is also very important. She thinks learning to lose well, by learning from your mistakes and being happy for others' success, is a great character builder and life skill.

A/SLt Coffey, Supply Officer at HMCS Catarauqui, says she has met some of her closest friends playing sports. She has built a strong network nationwide.

Assistant Coach, LCol Harding, Commanding Officer of the Canadian Contingent at NATO SHAPE HQ and the Deputy Canadian National Military Representative to NATO SHAPE HQ, is a seasoned veteran when it

comes to sports. After 25 years of playing at the university and international level through CAF, she believes she is a better leader for it.

For years she honed time management skills. It is not easy to eat as if you are fueling your body, get enough rest, manage a busy schedule and, climb the "chain of command."

Her sports training has made her mentally tough, resilient to what the CAF has to throw at her.

All of these women echoed similar character traits they developed through sports. Most important is the bond they share.

The CISM Women's Basketball team participated in their last training camp in Kingston from Oct. 10 to 14 before the World Military Games starting on Oct. 19.

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FALL BIKE TO WORK DAYS

October 21-27

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VICTORIA SHIPYARDS



Wanted: youth reporter

CFMWS

Canadian Forces newspapers are looking for youth reporters from military families between the ages of 13 and 18 who want to write a story about an issue that is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight that has not been widely reported, and reflects the life of the contributor or their friends and family.

Youth interested in this endeavor should submit an application with their story pitch between Oct. 6 and Dec. 31. The application can be found at CAFconnection.ca/YouthReporter.

Then, Canadian Forces newspaper managers will meet in January to choose the five most unique and powerful story pitches – and have the winning entrants write their story.

The stories will be published online and in CF newspapers.

Up for grabs is a grand prize package and scholarship for the best story, determined by readership votes.

Deadline: December 31, 2019

CAFconnection.ca/YouthReporter



Legion memorial to honour 'forgotten' soldiers

Peter Mallett
Staff Writer

Members of the Royal Canadian Legion will honour military members who lost their lives on Canadian soil with a memorial service next weekend in Cobble Hill.

The ceremony is organized by the Malahat District Branch #134 of The Royal Canadian Legion and commences at the Cobble Hill Cenotaph at 11 a.m. on Oct. 19.

This is the third annual memorial service. This year's organizer, Master Corporal (Retired) Harold Davis says the ceremony is an important opportunity to commemorate and celebrate the lives of countless Canadian Armed Forces members who died in the years following their service.

"We often commemo-

rate Canadian soldiers who die in foreign theatres of war, but quite seldom nothing is said about those who lost their lives on Canadian soil," says Davis. "The ceremony is really to say to these men and women and their loved ones that we remember you guys too, and want people to be aware that military personnel put their lives at risk every day while serving our country in Canada."

The ceremony, says Davis, is also meant to honour people who are all too often invisible casualties of war; veterans who have succumbed to both mental and physical injuries following their years of service.

The main focus is a moment of silence to remember the dead followed by a wreath laying.

The Canadian flag at the cenotaph will be lowered to half-mast ahead

of the ceremony.

Davis, a former air weapons technician, is the founder and President of the Persian Gulf Veterans of Canada. He recently retired after a 42-year career with Shared Services Canada that included 32 years of military service.

During the proceedings, Davis will be thinking about people he knew and worked with. Those include two aviators Bob Henderson and Wally Sweetman who lost their lives during a Sea King ferry flight to Shearwater in 1994 and a diver who died during training, also in Shearwater.

"We want to remember these people and celebrate their sacrifices," said Davis.

Attendees are invited to attend a post-memorial get-together at the Branch No. 134 headquarters located at 134 Shawnigan Lake Rd.

Visit lookoutnewspaper.com for all your MARPAC navy news

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October is Healthy Workplace Month

A Healthy Workplace Works for Everyone!

Join the Organizational Wellness Working Group to ensure MARPAC is a healthy workplace!



A Message From The Base Commander

OCTOBER is healthy workplace month and we have a lot of exciting initiatives rolling out as part of the MARPAC Health and Wellness Strategy. I am proud to be the champion of the Organizational Wellness working group because who does not want to be part of a healthy, productive workplace!

The thing is... healthy organizations do not just happen... it involves all of us committing to making our work environments the best they can be. And that makes organizational wellness everyone's responsibility!

This is why I am pleased to kick off the 2019 NOW Campaign.

NOW stands for "Nurturing Organizational Wellness".

There are 13 factors known to positively impact our work environment and promote a healthy workplace.

Over the next 13 months;

- We will introduce one factor each month
- We will paint a picture of how that "factor" plays out in the workplace and
- We will then provide useful strategies that we can all consider implementing in our individual units.

There will also be opportunities for you to get actively involved and share with us your suggestions on those strategies that you use or see somebody else using in making your unit a great place to work.

Achieving good organizational wellness requires a collective effort. When we all take responsibility for making positive changes in our workplace, we can make a difference. Stay tuned for the first of the 13 factors starting next month. Watch for information on the intranet and in the Lookout.

I urge everyone to come on board during this new stage of our Health and Wellness strategy journey. Together we can create a healthier work environment – join me NOW!

WHAT IS ORGANIZATIONAL WELLNESS?

General Definition as per the strategy:

"Organizational Wellness describes a healthy workplace that encompasses a holistic approach to wellness. It is one where employees are engaged, satisfied, productive and effective, and the organization accomplishes its goal. It prioritizes work/life balance so employees can effectively manage multiple responsibilities at work, at home and in their communities.

Important to note:

This pillar is different from the other pillars as the other pillars focus on the health of the individual, this focuses on the health of the organization.

How we have clarified this strategy so people understand it:

There are 13 workplace psychosocial factors known to positively impact an employee's mental health, psychological safety, participation, and productivity. If these factors effectively exist in the workplace, they have the potential to prevent psychological harm. The 13 workplace factors were adapted from Guarding Minds @ Work and used for the purposes of the National Standard of Canada for Psychological Health and Safety in the Workplace. They:

- Provide a framework for preventing potential psychological harm arising out of work conditions (the benefit being the reduction of absence, disability, health costs, and productivity loss).
- Promote a psychologically healthy workplace (the benefit of this is improved organizational retention, recruitment potential, engagement and performance).
- We are using this national standard and the 13 factors as our indicators and have outlined them in the strategy cards we worked on two years ago. These are the workplace factors we want to build on in our community to create a healthy workplace culture.

FACTORS FOR A HEALTHY WORKPLACE

October: What is Organizational Wellness + the NOW Campaign

- Organizational Culture: The work environment is characterized by trust, honesty and fairness
- Workload Management: Tasks and responsibilities can be accomplished within the time available
- Balance: There is a recognition of the need and promotion of work/life balance)
- Psychological and Social Support: Coworkers and supervisors are supportive of employees' psychological and mental health concerns)
- Civility and Respect: Employees are respectful and considerate in their interactions
- Recognition and Reward: The work environment appropriately acknowledges and celebrates employee efforts in a fair and timely manner

- Physical Safety: Employees' physical safety is ensured
 - Psychological Protection: Employee's psychological safety is ensured
 - Clear Leadership and Expectations: There is clear, effective leadership and expectations
 - Involvement and Influence: Employees are included in discussions about how their work is done and how decisions are made
 - Psychological Demands: There is a good fit between employee's interpersonal and emotional competencies, their job skills and the positions they hold
- Follow along with the NOW Campaign as we explore each of these topics.**

Posters outlining these factors are available through Health Promotion. Please contact Claire.Grant@forces.gc.ca



WHAT IS THE MARPAC HEALTH & WELLNESS STRATEGY?

The MARPAC Health & Wellness Strategy aims to improve the health and wellness of military, civilian employees, and families by changing the culture towards one of enhanced well-being.

The MARPAC Health & Wellness Team is a group of helping professionals who work collaboratively to address health and wellness concerns in the MARPAC community. Our primary initiative is the MARPAC Health & Wellness Strategy – an ambitious project involving over 90 people determined to create a culture of health and wellness within the defence team in five priority areas. The MHWT is a diverse, multidisciplinary team stemming from military personnel, civilian employees, and families with the task of improving the health and wellness of the entire Formation. With the support of the senior military and civilian leadership, the MHWT utilizes the principles of

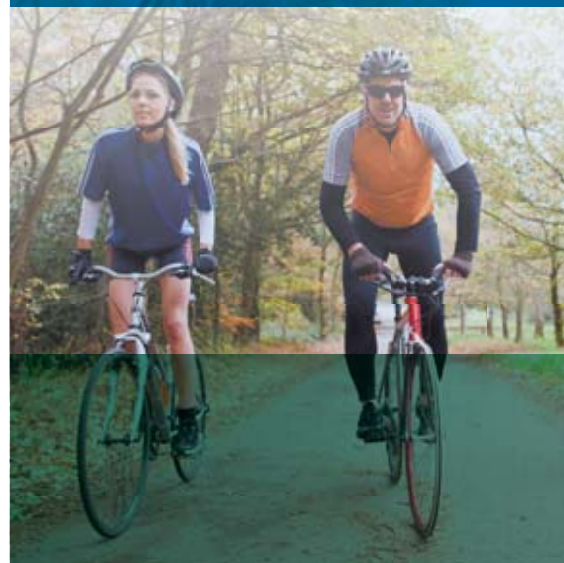
health promotion to influence healthy behaviors and in doing so improve the overall health of the Formation. MHWT is not a disease-focused organization. Quite to the contrary, the emphasis is on the maintenance and enhancement of population health focusing on healthy policy, education/awareness at all levels of the organization, removing barriers to health and wellness, creating supportive environments and fostering positive behavior change within individuals.

The MARPAC Health & Wellness Team has identified five high-priority areas to address in the overall MARPAC Health & Wellness Strategy:

- Active Living;
- Addiction-Free Living;
- Healthy Nutrition & Weight Wellness;
- Organizational Wellness; and
- Social & Mental Wellness.

Interested in becoming a part of the team, please contact Health Promotion Manager, [Maryse Neilson @ Maryse.Neilson@forces.gc.ca](mailto:Maryse.Neilson@forces.gc.ca)

UPCOMING EVENTS



CANADA'S HEALTHY WORKPLACE MONTH - OCTOBER 1-31

Keep an eye on the notice board for events and updates!

The goals of Canada's Healthy Workplace Month® (CHWM) are to:

- Increase awareness of the need for a comprehensive approach to workplace health in Canada that is influenced by the four elements of a healthy workplace: (1) Healthy Lifestyles; (2) Workplace Culture and Mental Health; (3) Physical Environment and; (4) Corporate Social Responsibility.
- Provide healthy workplace tools, resources and best practice examples, through www.healthyworkplacemonth.ca, to help organizations create healthy workplaces with benefits for employees and themselves
- Increase the number of healthy workplaces in Canada

GUEST SPEAKER: SARAH KINSELY

We hope you enjoyed guest speaker Sarah Kinsely, to give a presentation on "mental fitness, mindfulness, and health" as part of October's Healthy Workplace Month.

Please if you have any feedback contact: Andrea.Lam@forces.gc.ca



WORLD MENTAL HEALTH DAY

The World Health Organization (WHO) designated October 10th as World Mental Health Day. The WHO uses this day as an opportunity to raise awareness about mental health issues and this year's theme is suicide prevention. Positive mental health is the foundation upon which all health is built, is essential when dealing with all components of health, and can help mitigate the risk of suicide.

- Positive mental health includes:
- 1) feeling in control of your life;
 - 2) being able to manage stressful situations;
 - 3) feeling hopeful that good things are coming your way;
 - 4) feeling physically healthy, and;
 - 5) feeling like you belong to a group or community.

HEALTHY RELATIONSHIPS CAMPAIGN

Oct 14-Oct 18

For the Family Crisis Team. The campaign's aim is to raise awareness about the roads we take to achieve and maintain positive and healthy relationships.

Daily posts and videos can be found at the MFS Facebook page during the week of the campaign. <https://www.facebook.com/MFS.CFMWS/>

JACKSON KATZ

October 16
1400-1530
Nixon Gym, NOTC

Spots are filling up quick - if you haven't already registered make sure you email Rebecca.Gaetz@forces.gc.ca to ensure you take advantage of this great opportunity!



FALL BIKE TO WORK DAYS

October 21-27

The Active Living Working Group is celebrating the 25th anniversary of Bike to Work Week!

Interested in getting active and winning great prizes? Please register at: <https://www.biketowork.ca/registration>

\$1.00 SALAD BAR WEDNESDAY

Wednesday, October 23rd

Come enjoy a \$1.00 salad bar at all the static Galleries (Nelles, NOTC and Wardroom).



FORMATION NOW CAMPAIGN

Based on feedback from the 2018 Strategy Evaluation the Organizational Wellness Working Group's main priority is "To enrich the MARPAC workplace culture by providing opportunities for leaders, supervisors and employees to enhance capacity in how to create a healthy workplace."

Based on this feedback, a 13-month campaign focusing on Organization Health will be kicked off in October during Healthy Workplace Month. Each month will focus on a unique workplace factor that promote wellness. Resources from Guarding Minds and Workplace Strategies for Mental Health and will be shared through various sources throughout the formation. Keep an eye in the lookout and on Social Media for videos, updates, and more!



The unsinkable museum

Camille Douglas
Totem Times Newspaper

After a series of unexpected hardships, the HMCS Alberni Museum and Memorial is re-opening.

Wednesday will mark a ribbon cutting ceremony at 2 p.m. to celebrate their re-launch.

This year was to be a 20-year anniversary celebration, but Mother Nature and a criminal act set them back.

"In the spring, the museum was damaged by an arson fire," said Lewis Bartholomew, founder and executive director. "Then, during a sudden rainstorm in the middle of the tourist season, we sustained severe water damage."

When the call went out on social media that the museum needed to be evacuated due to the sudden flooding, the community rushed to aid. Within two hours of the announcement, the majority of the display cases and fixtures had been removed to an empty but dry store front

next to the museum, and over the next two days, community volunteers came to assist in disassembling the entire museum, including a crew from *HMCS Quadra*.

Only then could the three-week drying process begin and the damages assessed.

Restoration efforts began, with tremendous support from the broader community through crowd funding and the donations of goods and services.

"Almost all of the initial estimate of damages – approximately \$10,000 – was donated. The labour to remove and reinstall flooring was provided as a donation to the museum by a local flooring company and community volunteers," said Bartholomew.

Ceremonial relaunch

The ceremony to relaunch the museum will be conducted at the entrance located at 625 Cliffe Avenue in downtown Courtenay.

Music will be provided by the Canadian Military Wives Choir

– Comox, and there will be special guests cutting the ribbon alongside Bartholomew, including representatives of the Canadian Merchant Navy, the Royal Canadian Navy, the families of the crew of Alberni, the families of Canadians of the Great War, the volunteers of The Alberni Project, the Downtown Courtenay BIA, the Canadian Forces, and international and domestic museums.

The summer exhibit "A Sailor's Sketchbook" has been extended through to Remembrance Day, and the traveling exhibit "Innocent Eyes: war from a different perspective" will be shown for one day only on Oct. 16.

Special hours

The museum will open with special hours on Oct. 16, with an expanded time of 10 a.m. to 8 p.m.; admission is by donation.

For more information on The Alberni Project and the HMCS Alberni Museum and Memorial visit alberniproject.org, or drop by the museum at 625 Cliffe Avenue in Courtenay.



Veteran Service Card available to some

DND

The Veteran's Service Card is now available upon request to all eligible former and releasing Canadian Armed Forces members. Veterans who have completed basic training and have been honourably released can now apply for the new Veteran's Service Card at the following: <https://bit.ly/2IEPpaL>

The first stage of the Veteran's Service Card was announced in September 2018. The Department of National Defence, Veterans Affairs Canada, and Library and Archives Canada are working together to ensure that the necessary resources are in place to verify, produce, and distribute the Veteran's Service Cards in a timely manner.

"The women and men who have served in the Canadian Armed Forces deserve our full support as they transition to post-military life," said Vice-Admiral Haydn Edmundson, Commander Military Personnel Command. "We introduced the Veteran's Service Card in September of 2018, rolled out the stage two distribution last December and, as promised, the stage three distribution now begins. We have a sacred obligation to our women and men

in uniform, and the Veteran's Service Card acknowledges and recognizes their devoted service to Canada."

In stage three, cards will be produced and issued upon request to all eligible Veterans who released prior to February 2016. Eligible Veterans in the stage two group—those who released between February 2016 and September 2018—who have not yet requested the card may also apply.

Moving forward, all Canadian Armed Forces members who are eligible receive the card automatically upon their release.

The Veteran's Service Card provides a tangible symbol of recognition for former members, and encourages an enduring affiliation with the Canadian Armed Forces. It has no expiry date and it is not intended for use as an ID card, pursuant to Treasury Board of Canada Secretariat and other guidelines on official identification cards.

All serving Canadian Armed Forces members and Veterans are encouraged to register for a MY VAC Account: <https://bit.ly/1opxr9L> with Veterans Affairs Canada.

For more information on the Veteran's Service Card, or to apply, visit www.canada.ca/veterans-service-card.

MFRC Halloween Spaghetti Dinner and Scary Movie Night

It's the Friday before Halloween what's there to do? Come out and enjoy a meal and movie with other deployed families. Join the MFRC for a spaghetti dinner followed by Halloween movie night. Register for dinner with the MFRC at 250-363-2640. This is an interactive event so there will be no childcare available.

Colwood Pacific Activity Centre
Friday, Oct. 25, 5:30-8:30pm
\$10 for those not experiencing a deployment
Free for families experiencing a deployment

PSP Family Pumpkin Carving and Haunted Hallway

Bring the family to carve out your pumpkins for Halloween! There will be games, activities and more. For those that are wanting a little scare come enter our Haunted Hallway!

Colwood Pacific Activity Centre
Booking code: F19REC500
Saturday, October 26, 12:00pm-3:00pm
\$10.00 for a family of 4 and 1 pumpkin, \$5 for every additional pumpkin

PSP Parent vs Kids Night

The night we've all been waiting for! Why let the kids have all the fun? Bring the whole family for a couple hours of fun as the adults take on the kids in some hilarious and fun games. Included in the cost of registration is pizza!

Colwood Pacific Activity Centre
Glow in Dark Dodgeball Wars
Booking code: F19REC502
Friday, October 18, 6:30-8:00pm
\$10.00 for a family of 4, \$2.50 per additional person





Leading Seaman Timothy Bee prepares the fueling station to conduct a replenishment at sea with the United States Naval Ship Pecos on Sept. 26.

Photos by Leading Seaman Victoria Loganov, MARPAC Imaging Services

HMCS OTTAWA AT WORK

HMCS Ottawa is currently on a four-and-a-half-month deployment to the Asia-Pacific region on Operations Projection and Neon.

Operation Projection contributes to the Canadian Armed Forces' persistent maritime presence in the region. Operation Neon is Canada's contribution to a coordinated multinational effort to support the implementation of United Nations Security Council sanctions imposed on North Korea. The imposed UN sanctions aim to pressure North Korea to abandon its weapons of mass destruction programs

and respond to North Korean nuclear weapon tests and ballistic missile launches.

While deployed, HMCS Ottawa will work with partner navies and conduct key leader engagements to enhance military cooperation and partnerships in support of Canada's diplomatic efforts in the region. Ottawa will also make six port visits in four countries including Japan, the Republic of Korea, Thailand, and the United States. These port visits will directly support Canada's diplomatic, strategic and operational efforts in the region.



Leading Seaman Timothy Bee drives the rigid-hulled inflatable boat to escort the ship after a port visit to Dutch Harbor, Alaska on Aug. 13.



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Top: Master Corporal Daniel Jacklin maintains a record of the course and speed while HMCS Ottawa makes her approach towards United States Naval Ship Pecos to conduct a replenishment at sea.

Centre: Lieutenant (N) Colin Dudeck inspects a sample of fuel.

Bottom: Marine Technician, Leading Seaman Justin Horvath descends down into an engine space.

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Transition Centre

VAdm H. Edmundson, Commander Military Personnel Command, visited Transition Centres Esquimalt and Vancouver from Oct. 4 to 7. He met with staff and partners and spoke about the CAF Transition Group. He presented Dawn Thompson, Nurse Case Manager, with her 25-year Long Service Award along with CWO Geoffroy.



Ken Watson turns the chapter of his book, from full time service to casual employment, after more than 50 years of combined service to Canada, 30 years of which were within the Royal Canadian Navy, retiring as a Captain(N), and the most recent 22 years as a public servant having led Venture Division's Naval Bridge Simulators.

HMCS Regina

LS Richard Rowntree is presented his Canadian Forces' Decoration by Cdr Landon Creasy.

Photo by LS Stuart Carmichael



Naval Security team receive skills pin

Commodore Angus Topshee, Commander Canadian Fleet Pacific, awarded the Naval Security Team Skills Pins to the returning mission security team for HMCS Halifax.





Naval Pacific Training Group Medal Presentations

LCdr Dany O'Regan awarded Canadian Forces' Decorations to members of the Naval Pacific Training Group.



Lt(N) Monsour receives the Special Service Medal - Expedition (Operation Projection) with his wife and daughter by his side.



A/SLt Boucher receives his Canadian Forces' Decoration.



MS Bouchard receives his Canadian Forces' Decoration.



Sgt Armstrong receives his Canadian Forces' Decoration.



PO2 Charlton receives his Canadian Forces' Decoration.



LS Koehler receives his Canadian Forces' Decoration.



LS Pajot receives his Canadian Forces' Decoration.



LS Klooster receives his Canadian Forces' Decoration with his wife by his side.



Want to recognize someone in your unit?

Send your BZs to melissa.atkinson@forces.gc.ca

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October is Healthy Workplace month so come and enjoy
\$1.00 Salad Bar Wednesday

Wednesday, October 23rd
at all the static Galleys (Nelles, NOTC and Wardroom).



Fleet Maintenance Facility Cape Breton Promotions and Medal Presentations

Captain (Navy) Martin Drews, Commanding Officer of Fleet Maintenance Facility (Cape Breton), presented medals at the unit's awards ceremony on Sept. 27.

Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services



Petty Officer Second Class Justin Ivany is awarded the Canadian Forces' Decoration.



Petty Officer First Class Lee Richardson is awarded the Canadian Forces' Decoration First Clasp.



Master Seaman Brad Holden is awarded the Canadian Forces' Decoration First Clasp.



Lieutenant-Commander Les Gunderson is awarded the Special Service Medal (Expedition).



Retired CPO2 James Zsombor is awarded the Special Service Medal (Expedition).



CPO2 Greg Simmonds is awarded the Special Service Medal (Expedition).



PO2 Justin Dewar is awarded the Special Service Medal (Expedition).



Master Seaman Pascale Baune is awarded the Special Service Medal (Expedition).



MS Dean Harbert is awarded the Special Service Medal (Expedition).



Able Seaman Gary Cook receives his certificate.

Bravo ZULU

Communications Information Systems and Network Operator Certificate presentations

Commander Annick Fortin, Commandant of Canadian Forces Fleet School, presented the Communications Information Systems & Network Operator Session #0016 certificates at the Communications Information Systems & Network Operator Graduation at the Naval Fleet School (Pacific) Seamanship Division on Sept.11.

Photos Leading Seaman Brendan Gibson, MARPAC Imaging Services



Leading Seaman Charmaine Davison-Peer receives her certificate.



Able Seaman Marjorie Gauvin receives her certificate.



Leading Seaman Lucie Healey receives her certificate.



Leading Seaman Benjamin Leales receives his certificate.



Able Seaman Nathan Maseo receives his certificate.



Able Seaman Forrest Mcdowell receives his certificate.



Able Seaman Alexander Meyer receives his certificate.



Leading Seaman Kenneth Powell-Duvall receives his certificate.



Leading Seaman Kathryn Struthers receives her certificate.

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www.victoriapregnancy.org

REAL ESTATE FOR RENT

BRAND NEW ONE BEDROOM SUITE IN SOUTHPOINT

New one-bedroom suite for \$1,250 per month. The suite has nine-foot ceilings, new kitchen, laminate wood floors, new washer dryer, over 640 sq. ft. with access to sunny back yard. Just off Leigh Road for easy access in and out of town. Includes water and unlimited internet, electricity is extra. A credit check is required. Available Nov 1. Contact Scott at 250-208-5454.

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This street level suite was built in June 2017 with custom kitchen cabinetry and sturdy laminate flooring. The suite has a spacious front room with a good sized bedroom (full closet) plus a den or child sized bedroom. There is a large shared backyard with multiple gardens surrounding the property. Additional features: Inclusive of high speed internet access, hydro, water, dishwasher, and in suite laundry. Minutes walk away from Esquimalt Recreation Center, Saxe Point park, and Esquimalt Plaza (grocery store, liquor store, pharmacy, bank, etc). Perfect for young professional or couple. Must provide references. No dogs, cats considered. Call 778-855-9405 by cell or 250-544-0200 ext. for work.

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