

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

www.lookoutnewspaper.com



Shawn O'Hara, Lookout

Hull Technician Qualification Level 3 students douse flames on the Helicopter Crash Rescue Firefighting simulator at Damage Control Training Facility (DCTF) Galiano.

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Into the fire at damage control school

Shawn O'Hara
Staff Writer

A group of Hull Technician Qualification Level 3 (QL3) students spent Oct. 9 beating back a roaring tower of flames as part of their Helicopter Crash Rescue Fire Fighting (HCRFF) training.

Clad head to toe in fire fighting gear and spraying torrents of water from hoses, students battled a simulated Sea King Helicopter crash.

"It gives students an opportunity to fight a helicopter fire with the equipment they would be using on board an HMC ship's flight deck," says Sgt Jeremy Buckingham, Senior Firefighter at Canadian Forces Fleet School Esquimalt (CFFSE). "In the event of a helicopter disaster on board ship they'll have a frame of reference for the type of things they'll be dealing with, which is invaluable when it comes to saving lives."

The boxy metal simulator contains various liquid and gas propane ejectors that pump the required fuel for the helicopter fire fighting evolution. Portions of the simulator can be ignited at varying degrees of intensity with only the touch of a button, with even at lowest levels projecting a wall of heat over 30 feet in every direction.

"We're keeping the fires low today so the students can get near it somewhat comfortably," says Sgt Buckingham. "At the higher levels, the radiant heat can melt the paint off cars if we're not careful. It can get quite intense."

Students suppress the flames initially using Twin Agent Units: Aqueous Film Forming Foam and Potassium bi-carbonate (Dry Chemical).

"These are the tools they'll be using on the ship," says Sgt Buckingham. "When it comes to fighting helicopter fires it's vital to have an in-depth understanding of your equipment and how to use it."

Continued on page 3

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GREAT BC SHAKEOUT

Get Ready to Drill!

Oct 17 ★ 10:17am

As part of the goal to advance awareness and preparedness for major earthquakes, Joint Task Force Pacific (JTFP) will join over 500,000 British Columbians in the largest earthquake drill in Canadian history. The Great BC Shakeout drill will coincide with simultaneous drills in California, Nevada, Oregon, and Guam.

The JTFP Exercise Great BC Shakeout will begin at 10:17 a.m. on Oct. 17. In accordance with the CFB Esquimalt Emergency Response Plan, all MARPAC/JTFP personnel, civilian and military, will take part in "drop, cover and hold-on" drills, and evacuate to their designated muster locations. Disaster Response Containers (E-Boxes) will be opened and training will take place to explain the subsequent response activities, which includes Tsunami evacuation. These activities should conclude by noon.

Behind the scenes, steps will be taken to demonstrate the ability of JTFP to contribute, and provide significant effects to the federal whole of government response to support British Columbia during an emergency. This contribution will be exercised through our established linkages to the federal regional other government departments (OGDs) and through EMBC. This exercise will be the first time Joint Task Force Pacific critical command and control nodes will re-locate to the new Base Emergency Operations Centre located in the Base Fire Hall. 39 Canadian Brigade Group and 19 Wing, Comox will also participate, but will be guided by their formation emergency response plans.

This exercise is an excellent opportunity to make sure 72 hour personal and building survival kits are complete and up to date. Don't forget to take your personal kit with you when you muster at your designated E-Box - if you don't know where to go, ask your Emergency Evacuation Co-ordinator.

For more information and useful links about emergency preparedness go to the Base Operations site on the DIN or click on the Emergency Response Plan link on the right hand side of the MARPAC Notice Board.

EARTHQUAKE & TSUNAMIS CFB ESQUIMALT RESPONSE GUIDE

DURING AN EARTHQUAKE:

- **INDOORS:** stay there. Drop, Cover and Hold On until the shaking stops, then count to 60 and look for hazards around you.



- **OUTSIDE:** move into an open area. Stay away from buildings as debris may fall.
- **DRIVING:** pull your vehicle to the side of the road and stop. Avoid power lines and utility poles. Remain inside until the shaking stops.

AFTER AN EARTHQUAKE:

- When the shaking stops, look around, make sure it is safe to move. Help injured or lightly trapped persons. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
- Evacuate to an Emergency Box (Large Orange Shipping Container), situated throughout DND property, with your personal survival kit. Report any missing co-workers to personnel at the Emergency Box and follow further instructions.



- **Expect aftershocks.** These secondary shockwaves are usually less violent than the main quake, but can be strong enough to cause additional damage to weakened structures and can occur in the first hours, days, weeks, or even months after the quake.

TSUNAMI:

Tsunamis are a series of large waves that are usually caused by an earthquake, but can also be triggered by landslides or explosions.

Authorities may issue one of three notifications:

1. A **Watch** (least serious level of alert) is issued if the danger level is not known and you should stay alert for more information.
2. An **Advisory** (second highest level of alert) indicates that strong currents are likely and you should stay away from the shore.
3. A **Warning** (most serious level of alert) indicates that an inundating wave is possible and evacuation may be suggested.

IN CASE OF TSUNAMI:

- Mass notification systems will be activated to indicate a Warning via Base Email, and Base Telephones.
- Move to higher ground and do not go near the water. Proceed to evacuation sites as indicated by signs.
- Evacuate Base and dockyard; follow Evacuation Routes as indicated by signs. Stay out of inundation zones.
- Stay tuned to local media.
- Signs you may see:



Firefighting course trains hull technicians for disaster on ship

From page 1

This year's QL3 course is the first of a new variation in the program. Usually HCRFF is taught to QL5 students, but Sgt Buckingham says as the Hull Tech trade moves towards a more involved fire fighting role on board ships this is the reason why students are being educated on the more advance fire fighting skills earlier in their career.

"Starting next year, some firefighting positions will be moved off the frigates and the Hull Techs trade will be filling them," he says. "This way they'll have the base of knowledge to improve on, and perfect over a much longer period of time than before."

Hull Techs from across the Formation have been

Starting next year, some firefighting positions will be moved off the frigates so it's important to have Hull Techs trained up on those positions.

-Sgt Jeremy Buckingham
Senior Firefighter at CFFSE

undergoing training with the QL3 course since March, preparing for positions aboard the navy's various vessels.

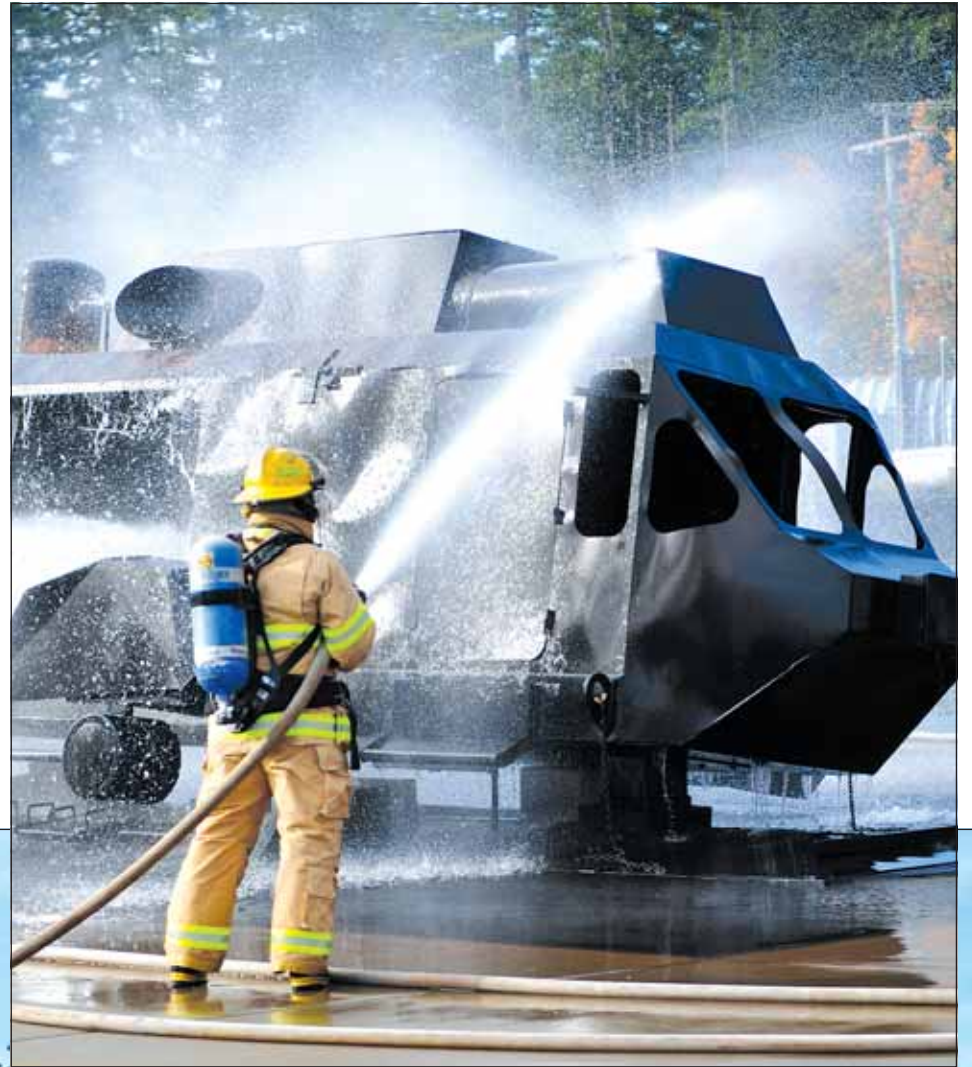
LS Andrew See recently made the jump to Hull Tech from Naval Communications, and says the variety of the QL3 course is its strength.

"Just the sheer amount of subjects we've been trained on has been incredible," he says. "We spent a few weeks on everything, so if there's a skill you particularly like

it's easy to pursue it after training."

With a position aboard *HMCS Winnipeg* on the horizon, LS See says the variety of skills learned have been priceless.

"From the plumbing to wood work, I'll be using these skills for the rest of my career," he says. "Even things like the two weeks we spent on math will be helpful, not just at work but in my civilian life as well. It's been a great experience."



A Hull Tech QL5 student uses a high yield fire hose to suppress the roaring flames of a simulated Sea King helicopter crash.




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WHAT SAY YOU

Overcoming fear: memoirs of a first-time diver

A/SLt Stephanie Flynn
Contributor

It is 2 p.m. on a beautiful Friday afternoon; the sun is as bright as the water is cold. I have just donned my drysuit for the first time and it feels like I've been wrapped in garbage bags and duct tape.

With a layer of fleece and long underwear beneath, I've created my own sweat lodge. Bending my limbs is hard; walking is difficult.

Once the tank and lead weights are strapped to my back movement becomes something between a waddle and that near-vertigo sensation that comes before a fall. If I sit down I know I'm not going to stand again.

I signed up for the Open Water Dive Course through the Aquarius Dive Club on a whim. I've always wanted to learn to dive, but I've always had a fear of water. It's a fear I've wanted to abolish for years and this was a perfect opportunity to overcome it.

With the pool lessons completed, we have now reached the open water portion; I am filled with a wave of trepidation and the thought that perhaps I've made a terrible mistake. But I made a promise to myself that I would do this and I have to push through. My instructor Shawn has been fantastic in coaching me through my drills.

We're at Ogden Point, standing atop the breakwater where a long wall of huge cement blocks compose giant stairs three feet in height each. One enters the

water by falling in backwards. If you jump straight off, you risk hitting the next tier down and breaking your ankle.

Perched above the concrete blocks, I balance and get my fins on - no easy task - and after equipment checks I watch Shawn fall in first. The other divers and I have gathered a crowd and my first graceful back flop into the water is to be filmed and added to the cherished photo collections of the watching tourists. I feel awkward.

After a nod from Shawn I turn my back to the water to face the onlookers standing on the walkway above us. Holding my mask and regulator against my face, I close my eyes tight and fall back. Icy water envelops me and a loud rushing sound covers my head and it's all I can do to stop from panicking. Everything slows down as I force my brain to work.

My equipment works; the fleece is keeping me warm and my suit is keeping the water out. Everything is fine. My head is only under for a moment when I start to bob on the surface. I locate Shawn and the other divers and we make our way towards a nearby buoy.

We follow a chain down into the depths. I remember my training and every few feet I have to pause, hold my nose, and pop my ears as the pressure builds and it begins to hurt. If you descend too fast it's like someone is hammering a cork into the side of your head and you have to go back up a few feet to relieve the pressure.



A/SLt Stephanie Flynn used the Aquarius Dive Club's dive course to squash her fear of water.

It's hard to see at first as visibility is restricted to only a few feet. Shawn has assured me it would clear up as we went deeper. It's a strange feeling to have the whole ocean open around you, and yet feel claustrophobic. I have to push down my nervousness. I take slow, deep breaths and descend.

The murky waters part beneath me and everything is suddenly clear. I can breathe and I can see, and what I see is beautiful. We're

surrounded by fish and kelp and I can't believe how many starfish are clinging to the rocks below. Wolf eels, ling cod, and crabs are covering the bottom. I marvel at the life around me as I relax and enjoy the dive.

It took a lot to take the plunge, but I can now enter the water confidently. I have faith in my equipment and my fellow divers and I can't wait to go on more dives with the club now that I've completed my training.



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Saanich cadet finds himself in first place for orienteering

Lt Michelle Wilson
3005 Royal Canadian Army Cadet Corps

A local cadet took home gold and silver medals in the Men's 15-16 age category at the recent B.C. Provincial Orienteering Championships held in Victoria.

This year's provincial championship consisted of two events: a 12-control, several kilometre "Long Event" in a forested area at Thetis Lake Park, and a fast "Sprint Event" at the University of Victoria. Both events had several courses adjusted for age and ability.

Cadet Ben Turner, 16, and a member of 3005 11 Service Battalion Royal Canadian Army Cadet Corps, persevered a torrential rain and cold, muddy conditions to place second in the Long Course at Thetis Lake Park on Day One.

The next day, Cadet Turner finished the 11-control sprint course at the University of Victoria in a time of 20:48, 23 minutes ahead of the second place finisher.

Orienteering is a sport

that combines cross-country running with precision navigation and map reading. Competitors are given a map and must choose the fastest route to strategically placed control flags marking the course. The natural elements of overland navigation, map reading, decision making and physical fitness make it an excellent activity for the Army Cadet program.

Two other members of 3005 Army Cadets also had a strong showing at the competition. Lance Corporal Tristan Hill finished fourth in the Men's 15-16 age category in Sunday's sprint race, and Corporal Michael Paulin finished second overall in the Men's Open Level 1 Sprint Category.

The cadets of 3005 Royal Canadian Army Cadets were joined by members of 2483 'Princess Patricia's Canadian Light Infantry' Royal Canadian Army Cadet Corps from Esquimalt, and 2893 'Seaforth Highlanders of Canada' Royal Canadian Army Cadet Corps from Port Coquitlam who were competing for the Cadet Team Trophy after winning

their respective zone competitions in April.

This year's Provincial Championship was hosted by the Victoria Orienteering Club, with CFB Esquimalt's own Maj Linda Hildebrandt acting as course planner for the long event. The event is one of a series of competitions hosted by the Victoria Orienteering Club. For more information on Orienteering in Victoria, please visit <http://vico.whyjustrun.ca>.

Royal Canadian Army Cadets is a federal youth program for boys and girls aged 12 - 18, jointly sponsored by the Department of National Defence / Canadian Forces and the Civilian Army Cadet League of Canada. Army Cadets offers youth exciting opportunities for leadership and citizenship, community service, physical fitness activities, expeditions and outdoor skills development, marksmanship, summer training - and more.

For more information on 3005 Royal Canadian Army Cadet Corps, please visit our website at www.victoriaarmycadets.ca or phone 250-363-3194.

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Fleet boot camp has arrived 1 day only!



Although the October Fleet Run has been cancelled due to paving and mandated Personnel Support programs (PSP) staff training, PSP is not going to leave you without an opportunity to workout as a large group.

PSP Fitness and Sports staff are planning a Fleet Bootcamp Class at the Naden Athletic Centre on Oct. 23 at 1:30-2:30 p.m.

This will be a fun-filled class with a variety of different exercises. All levels are welcome. All instructors are highly

qualified, so if you are unable to complete any of the exercises, the Fitness staff will be making modifications so everyone can participate. Stations will be both inside and outside, so bring what you need for both environments.

Please arrive 15 minutes early so we can start right at 1:30 p.m.

If you have any questions or concerns please email Gillian Hawes the Acting Fitness and Sports Director: gillian.hawes@forces.gc.ca or call 250 363 4067.

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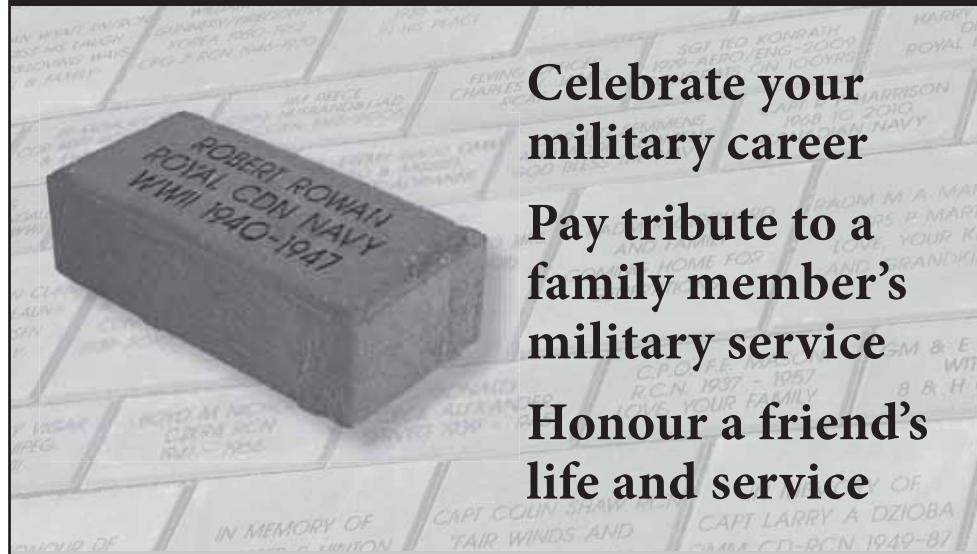
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New online forum launched and they want to hear from you

Maple Leaf

As Blueprint 2020 Champion and Assistant Deputy Minister (Public Affairs) Edison Stewart put it in his recent blog on enhancing our ability to communicate, "talking is a wonderful thing."

He says before we can make fundamental changes to how we do things, whether here at Defence or government-wide we need to communicate better, share ideas more often, and listen to what each other has to say.

As the largest organization in government, with some 130,000 people in locations throughout the world, sharing ideas isn't always easy. But just because it may be difficult does not mean it shouldn't be done.

Online forum launched

To help share ideas, a new online forum has just been launched to encourage dialogue and knowledge-sharing, and foster an innovative and collaborative spirit across the Defence Team. Called Defence Connex, the space is located on the government-wide GCconnex platform and uses online tools familiar to many, including discus-

sion groups, polls and blogs. To participate, all you need is a "...forces.gc.ca" email address.

Defence Connex is designed to get your input on two distinct engagement initiatives currently underway at Defence: Blueprint 2020 and Defence Renewal.

Blueprint 2020 is a pan-government, Public Service-specific initiative that is examining how to fundamentally transform the Public Service and is limited to public servants. At the same time, the Defence Renewal initiative is examining the way we work in order to be more efficient and effective, engaging both public servants and Canadian Armed Forces members to find opportunities to reinvest in ourselves.

Although distinct, these initiatives do share one very important theme – a focus on personnel engagement to collect your insight to forge a clear path forward.

A one-stop collaboration shop

Defence Connex is truly a one-stop-shop for you to connect and collaborate with your colleagues from across Defence, no

matter your rank, classification, which organization you serve, whether you are military or civilian, or the distances involved. Senior leaders here at Defence are interested in your thoughts, and your participation on Defence Connex will help shape the Blueprint 2020 report that will be presented to the Clerk of the Privy Council later this fall and future Defence Renewal initiatives.

Joining is easy!

- First, create an account on GCconnex, the government-wide networking platform that houses our Defence Connex space;
- Second, join the Defence Connex group; and
- Finally, visit the Group Blog and Group discussion to weigh in!

If you need more help, visit the Defence Team intranet for step-by-step instructions to get started.

So, sign up today, browse the interactive tools available on the platform, read and comment on Mr. Stewart's blog, and share your ideas on the discussion boards. Feel free to begin your own discussion threads – the goal is to spark conversation from coast to coast to coast.

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Athlete excellence celebrated in Ottawa

CFMWS

The 2013 Canadian Armed Forces (CAF) Sports Awards Ceremony, presented by Sport Chek, Sports Experts and Canadian Tire, will honour the past year's outstanding CAF athletic achievements on Oct. 25 at the Hampton Inn Conference Center in Ottawa.

CAF athletes, coaches, officials and teams will gather to acknowledge the sporting achievements of their fellow military members and to celebrate the success of the CAF Sports Program.

The 25th Annual CAF Sports Awards Ceremony will focus on the contribution of sports to the military community. There will be several award presentations to highlight female and male athletes of the year, male and female coaches of the year, teams of the year and officials of the year. Special presentations will also be made to the 2013 inductees to the CAF Sports Honour Roll and Hall of Fame.

The CAF Sports Program, organized by the Personnel Support Programs division of Canadian Forces Morale and Welfare Services, promotes fitness and good health within military communities, and thus contributes to the CAF's mandate of operational readiness. By community, the nominees are:

Cold Lake
MCpl Anita Zacher, Official of the Year nominee, Hockey



Edmonton
Cpl Andrew Tardiff, Male Athlete of the Year nominee, Soccer

Esquimalt
PO1 Shanna Wilson, Female Coach of the Year nominee, Soccer

CPO2 Frederic Torres, Male Coach of the Year nominee, Soccer

CFB Esquimalt Women's Volleyball Team, Team of the Year nominee, Collective Sports

Halifax/Shearwater
PO2 Kasia Danigier, Female Athlete of the Year nominee, Triathlon

CPO2 Brian MacBarron, Male Athlete of the Year nominee, Triathlon

Sergeant Wanda Burton, Female Coach of the Year nominee, Swimming

MS Dave Pawson, Official of the Year nominee, Hockey

CFB Halifax and 12 Wing Shearwater: nominees for CAF Health and Physical Fitness Award

Greenwood
Capt Heather Smith,

Female Athlete of the Year nominee, Multi-sports

Sgt Alain Chalifoux, Male Athlete of the Year nominee, Multi-sports

14 Wing Women's Hockey Team, Team of the Year nominee, Collective Sports

North Bay
Sgt Kevin Thompson, Male Coach of the Year nominee, Hockey

Ottawa
Cpl Victor Tedondo, Male Coach of the Year, Football Quebec Region Squash Team, Team of the Year nominee, Individual Sports CFSU(O) Men's

Volleyball Team, Team of the Year nominee, Collective Sports

LCdr Joel Kam, Official of the Year nominee, Soccer

CFSU(O), nominee for CAF Health and Physical Fitness Award

Shilo
CFB Shilo, nominee for CAF Health and Physical Fitness Award

Saint-Jean
Men's Multisports Team, Saint-Jean, Team of the Year nominee, Individual Sports

WO Pascal Germain, Official of the Year nominee, Hockey

Valcartier
Sgt Magalie Pinel, Female Athlete of the Year nominee, Multi-sports

MWO Bernard Lafontaine, Male Coach of the Year nominee, Hockey

Valcartier Men's Hockey Team, Team of the Year nominee, Collective Sports

Capt Robert Landriault, Official of the Year nominee, Soccer



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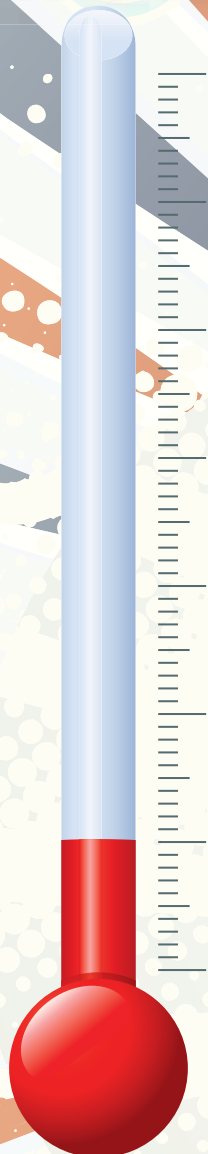
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Activities include:

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Hockey Shoot	Foosball
Turkey Shoot	Ping Pong
Wii Bowling	50/50 Draw
Mini Golf	

Non-Perishable Food Collection

Call/e-mail MS Denton to confirm attendance: 250-391-4103
NLT Oct. 15
Lunch: BBQ hamburgers or hot dogs

Weekly 5km hike

Donate at least \$5 towards the GCWCC campaign to participate. Partners / pets welcome. Immediate supervisor approval is required. Send nominations to Richard.Blanchard@forces.gc.ca. Snacks and drinks after each hike. Carpooling is available if requested in advance.
Hikes and dates:
Oct 10 - Mill Hill (Langford)
Oct 17 - Thetis Lake (Colwood)
Oct 24 - Elk lake (Broadmead)
Oct 31 - Beaver Lake (Broadmead)
Nov 14 - Mt. Douglas (Best mountain in the world) Gordon Head
Meet in the selected hike's parking area at 1 p.m.

Make a payroll deduction to GCWCC this year and you could win!

- PRINCE OF WHALES WHALE WATCHING TRIP FOR TWO (approx value \$220)**
Submit your GCWCC-UW gift form (any amount) to your unit campaign representative by Nov. 6 and you will be entered into this draw.
- ROUND TRIP FOR TWO BETWEEN VICTORIA AND SEATTLE ON THE CLIPPER (approx value \$300)**
Submit your GCWCC-UW gift form (any amount) to your unit campaign representative by Nov. 13 and you will be entered. Entries from Nov. 6 will remain in the draw as well.
- ONE NIGHT ACCOMMODATION FOR TWO AT THE CHATEAU VICTORIA (approx value \$200)**
Submit your GCWCC-UW gift form (any amount) to your unit campaign representative by Nov. 20 and you will be entered into this draw. Entries from Nov. 6 & 13 will remain in the draw as well.

- DR. DRE HD HEADPHONES (approx value \$230)**
Submit a gift form of \$150 or more to your 2013 GCWCC-UW campaign unit representative by Nov. 27 and you will be entered.
- HOME OFFICE CHAIR (mid-back synchro-seat tilt w/tension control and lumbar support - approx value \$761)**
Become a Leader! Submit a gift form at the Leadership level (\$500 or more) to your 2013 GCWCC-UW campaign unit representative by Nov. 27 and you will be entered in this draw.

UNIT REPRESENTATIVES:
Submit your unit's qualifying names directly to Vicki Laidlaw by the day after EACH deadline (Nov. 7, 14, 21, 28). Draws will happen close of business day each Friday following the deadline.

HMCS Oriole, sailing like our forefathers

Shawn O'Hara
Staff Writer

A hand-picked crew recently returned from three weeks sailing the tall ship *HMCS Oriole* in the open ocean, with their compass set for San Francisco, and then back to Esquimalt.

The journey was conceived by the Fleet as an opportunity for the temporary crew to get true seafaring experience in the 92-year-old sailing ketch.

"They were chosen just before we left," says LCdr Jeff Kibble, *Oriole's* skipper. "We took applications from across the Fleet for people who were most deserving of the opportunity to sail on *Oriole* for three weeks. We lucked out and got a really great group of people."

San Francisco's port resides 610 nautical miles away from *Oriole's* home waters.

"It's the first time I've taken *Oriole* that far," says LCdr Kibble. "In a way it was just as great an opportunity for me as it was for them."

During the trip, the crew got a salty taste of the ocean with cresting waves up to 20 feet high with 35 knot winds. This left many holding a bucket or doubled over the edge. However, LCdr Kibble says for the most part the crew stepped it up, followed instructions, and sailed like pros.

"The boat itself was never in any danger, but a lot of the crew were not used to those kinds of conditions," he says. "We had army guys who had never sailed a day in their life. Considering that, they sailed like real salt dogs."

During their five days in San Francisco, the crew was honoured with a visit from Cassie Doyle, the Canadian Consul General for Northern California and Hawaii.

"She was very interested in the ship," says LCdr Kibble. "It was a great experience to get to show her

We could have... waited for the storm to pass, but we decided to trim our sails, dig in, and race the thing home. It was a tense and honestly exciting end to the voyage.

-LCdr Kibble
HMCS *Oriole's* skipper

around. We were able to take her and some of her staff out on the water."

On the way back, LCdr Kibble and crew received reports of a storm headed for the West Coast. Eager to avoid 30 foot waves and 55 knot winds, the skipper was faced with a decision.

"We could have headed into port and waited for the storm to pass, but we decided to trim our sails, dig in, and race the thing home," LCdr Kibble says. "It was a tense and honestly exciting end to the voyage. Luckily we made it to port the day before the storm hit. It was a relief."

Once in a lifetime trips such as this are a chance for Canadian Armed Forces personnel to get some sail time in, but LCdr Kibble says it's about much more. While they learn the basics of trimming sails, sail configuration, navigation and other nautical skills, they're really learning about themselves.

"The phrase 'we're all in the same boat' is rarely as true as is it on *Oriole*," he says. "When you're stuck with the same people on 100 feet of boat for seven days straight you learn a lot about teamwork, togetherness, and how you feel about yourself. What I've learned is the sea teaches you who you really are."



Above: HMCS *Oriole* approaches the iconic Golden Gate Bridge on its way into San Francisco's waters.

Below: HMCS *Oriole* braves the choppy waves of the Strait of Georgia on the way back to the home waters of CFB Esquimalt.



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\$10 per category



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 (if you are sending it from your DWAN account, turn the NX Powerlite OFF)
Drop your entry fee off at the Lookout office - 1522 Esquimalt Rd.
 Entry deadline November 18th.



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players

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November 4, 2013

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LS Dan Bard, Formation Imaging Services, Halifax, Nova Scotia

Boarding party members of HMCS Toronto pack up seized narcotics after searching a suspected smuggling vessel in the Arabian Sea region on Oct. 5 during Operation Artemis.

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HMCS Toronto scores again

HMCS Toronto made a drug seizure Oct. 5 during a patrol in the Arabian Sea region, while deployed on Operation Artemis.

This drug seizure marks Toronto's seventh narcotics shipment disruption as part of ongoing counter-terrorism operations in the Indian Ocean.

Toronto intercepted and boarded a suspected smuggling vessel approximately 500 nautical miles east of the Horn of Africa, and discovered 154 bags of heroin weighing more than 180 kilograms. The illicit narcotics were then catalogued and later destroyed, thus ensuring they would not reach their intended recipients.

To date, Toronto has recovered approximately 7.8 metric tonnes of narcotics. On March 29, 2013, a massive narcotics shipment in the Indian Ocean was disrupted, when the ship's naval boarding team recovered approximately 500 kilograms of heroin, while another boarding action on May 30, 2013, recovered approximately 5950 kilograms of hashish.



LS Dan Bard, Formation Imaging Services, Halifax, Nova Scotia

Above: Disposal team members handle narcotics found on a smuggling vessel.

Below: Toronto's Sea King helicopter stops a suspected smuggling dhow.



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NEWS *Nuggets*

New Military Judge Appointment

The Government of Canada announced Oct. 4 the appointment of Colonel Michael Gibson, M.S.M., C.D., as a military judge.

The appointment is the first in six years, and fills an opening resulting from the recent retirement of one of four military judges.

The National Defence Act requires that military judges be military officers for at least 10 years and members of a provincial bar for at least 10 years.

Colonel Gibson has been a member of the Canadian Armed Forces since 1980, and was called to the Bar in Ontario in 1996.

Before becoming a lawyer, he served as an Air Navigator in the Royal Canadian Air Force.

As a legal officer in the Canadian Armed Forces, Colonel Gibson has acted as prosecution, defence and appellate counsel, and has also acted as a legal adviser in a variety of field and headquarters positions. Most recently, he has advised on the development of military justice policy.

Military judges preside at courts martial and adjudicate at other military proceedings, such as the judicial review of accused persons held in pre-trial custody.

Air Force Participates in Australian Fleet Review

A Royal Canadian Air Force CP-140 Aurora aircraft from 14 Wing Greenwood represented the Canadian Armed Forces Oct. 5 at the Royal Australian Navy's (RAN) International Fleet Review in Sydney, Australia.

The RAN invited more than 50 countries to send warships, tall ships and aircraft to participate in the event from Oct. 3 to 11, to mark the 100th anniversary of the first entry of the RAN's Fleet into Sydney Harbour. The

review is the largest commemorative event ever undertaken by the RAN, and more than 8,000 Australian and visiting personnel are expected to participate.

Her Excellency the Honourable Quentin Bryce, Governor-General of the Commonwealth of Australia, conducted a fleet review, accompanied by His Royal Highness Prince Henry of Wales.

Former Deputy Commander of the Royal Canadian Navy dies

The Hon. Fred J. Mifflin, Rear-Admiral (Retired), PC, CD died Oct. 5 in Ottawa at the age of 75.

"It is with a heavy heart that we mark the passing of a former Deputy Commander of the navy," said Vice-Admiral Norman. "Rear-Admiral Mifflin was an outstanding Canadian who served his country with distinction throughout a 33-year naval career, as a Member of Parliament and a Cabinet Minister. On behalf of the RCN, I extend my sincere condolences to the Mifflin family during this difficult time."

Rear-Admiral (Retired) Mifflin was born in Bonavista, NL, in 1938 and joined the RCN in 1954 when he was just 16 years old. Highlights of his 33-year career in the navy include serving on at least eight different RCN ships throughout the Cold War, including as Executive Officer of HMCS Saguenay, and Commanding Officer of HMCS Skeena, as well as serving as the Commander of the First Canadian Destroyer Squadron. He rose to the position of Deputy Commander of the Navy before retiring in 1987.

Following his retirement from the Navy, Rear-Admiral (Retired) Mifflin entered politics. He was elected as a Member of Parliament in 1988, and later served in a

variety of government portfolios including Minister of Fisheries and Minister of Veterans Affairs.

Rear-Admiral (Retired) Mifflin remained a friend and supporter of the RCN for the rest of his life. As the Honourary Chairman of the Navy League of Canada, he worked to promote an interest in maritime affairs throughout the country and to encourage the education and training of youth through participation in the Cadet movement.

HMCS Preserver Assists in Illicit Drug Seizure

HMCS *Preserver* and her embarked CH124 Sea King helicopter assisted the United States Coast Guard (USCG) in seizing a large quantity of cocaine Oct. 2.

As part of a U.S.-led interna-

tional illicit trafficking operation in the Caribbean Sea, 432 kilograms of cocaine were seized from 15 bags that were jettisoned into the water by individuals on board a suspect vessel. The narcotics were recovered without incident and will be destroyed.

"The crew of HMCS *Preserver* proved her tenacity today. Their professionalism and quick reaction lead to the successful interception of illicit drugs potentially destined for our shores," said Lieutenant-General Stu Beare, Commander Canadian Joint Operations Command. "This seizure clearly demonstrates the Canadian Armed Forces' capacity to support our international allies while contributing to safeguarding Canada and Canadians."

This is the first narcotics sei-

zure for *Preserver* since beginning deployed on Operation Caribbe, the Canadian Armed Forces' contribution to Joint Interagency Task Force South (JIATF-S) in mid-September. Canada has contributed naval and air assets to counter illicit trafficking operations since 2006.

"I am very proud of what we accomplished," said Commander Greg Adamthwaite, Commanding Officer of HMCS *Preserver*. "It demonstrates the close relationship the sailors and air crew of the *Preserver* have developed with our embarked U.S. Coast Guard counterparts and the strong partnership we have with our international allies on Operation Caribbe. Our combined skills and professionalism are second to none."



Canadian Forces Combat Camera
A Canadian Armed Forces Military Police member watches as a member of the Royal Canadian Mounted Police gathers marijuana plants from an illegal growth area in eastern Ontario on Sept. 18, 2013, during Operation Sabot.

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All proceeds go to the GCWCC.
Entries judged at the end of campaign event.

Deadline for entry Nov. 18, 2013

Barbecue welcomes families new to Victoria

Newcomer families who have relocated from across Canada to Victoria were invited to a special barbecue Friday Oct. 4, as a welcoming gesture by the Military Family Resource Centre and Personnel Support Program (PSP) recreation department.

More than 40 people, a mix of adults and children, met at the Colwood Pacific Activity Centre to learn about the resources available to them, enjoy a meal and cake, and for the kids, play in the bouncy castle and special activities set up just for them.

On hand to personally greet everyone was Base Administration Officer Cdr Wes Golden. He also presented three youth from the military community with a special bravo zulu and prize for their work in creating videos on what it's like to live the military life style. The contest was a MFRC-PSP joint venture.

Event sponsor SISIP was also in attendance educating families on the special financial services they provide to military families.



Top: Leo Bosse accepts a Youth Video Contest Award on behalf of his son Adam Bosse from Cdr Wes Golden.

Middle: Jared Hampson, with parents David and Tammy, accepts a Youth Video Contest Award from Cdr Wes Golden.

Bottom: Emma-Lynn Whitman, with parents Brian and Mandi, accepts a Youth Video Contest Award from Cdr Wes Golden.

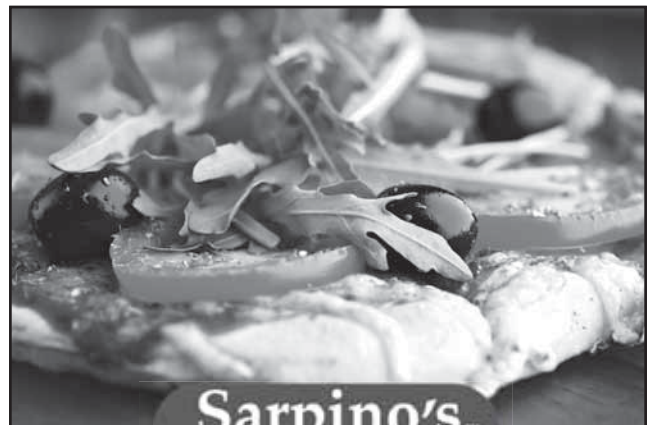


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HMCS Algonquin AWARDS



LCdr Lafontaine is presented with his Canadian Forces Decoration by Cdr Tettamanti.



LS Berardi is promoted to his current rank by Cdr Tettamanti.



AB Burke is promoted to his current rank by Cdr Tettamanti.



MS Day is the HMCS Algonquin Sailor of the Quarter.



MS Penner is presented with the Canadian Forces Decoration by Cdr Tettamanti.



LS McIntosh is promoted to his current rank by Cdr Tettamanti.



SLt Yuan is presented with the Naval Weapons Engineering Certificate.



Cpl Stuart MacNeil, MARPAC Imaging Services
Cdr Lori McAllister presents MS Ryan Pollard with a Canadian Forces Decoration during a presentation at CFB Esquimalt on Oct. 2.



Cpl Stuart MacNeil, MARPAC Imaging Services
Cdr Lori McAllister presents PO1 Lee Westwood with a Canadian Forces Decoration bar.



Cpl B. Sewell, MARPAC Imaging Services
LCol Pat Quealey (left), presents MS Marc-Andre Bibeau (right) with a Commander's Commendation from the Commander 1 Canadian Mechanized Brigade Group at Fleet Diving Unit Pacific (FDU(P)), CFB Esquimalt, Oct. 8, 2013. MS Bibeau received the commendation in recognition of his dedication, professionalism and enthusiasm in support of two subsequent serials of Basic Reconnaissance Patrolman run by the Second and Third Battalion, Princess Patricia's Canadian Light Infantry (PPCLI). MS Bibeau acted above and beyond all expectations both as a diver and as a patrolman during his time with the PPCLI.



Left: Maritime Forces Pacific Commander (MARPAC), Rear Admiral Bill Truelove inspects the candidates of Primary Leadership Qualification (PLQ) 0027 graduation parade in the Naden Drill Shed at Canadian Forces Base Esquimalt on Oct. 1.



Cpl Stuart MacNeil, MARPAC Imaging Services
Formal Group photo of Canadian Forces Fleet School Esquimalt (CFFSE) staff taken at CFB Esquimalt on Oct. 1.

Front row left to right: PO1 Mitchell, CPO2 Barker, CPO1 Lesperance, and PO1 Lightfoot.

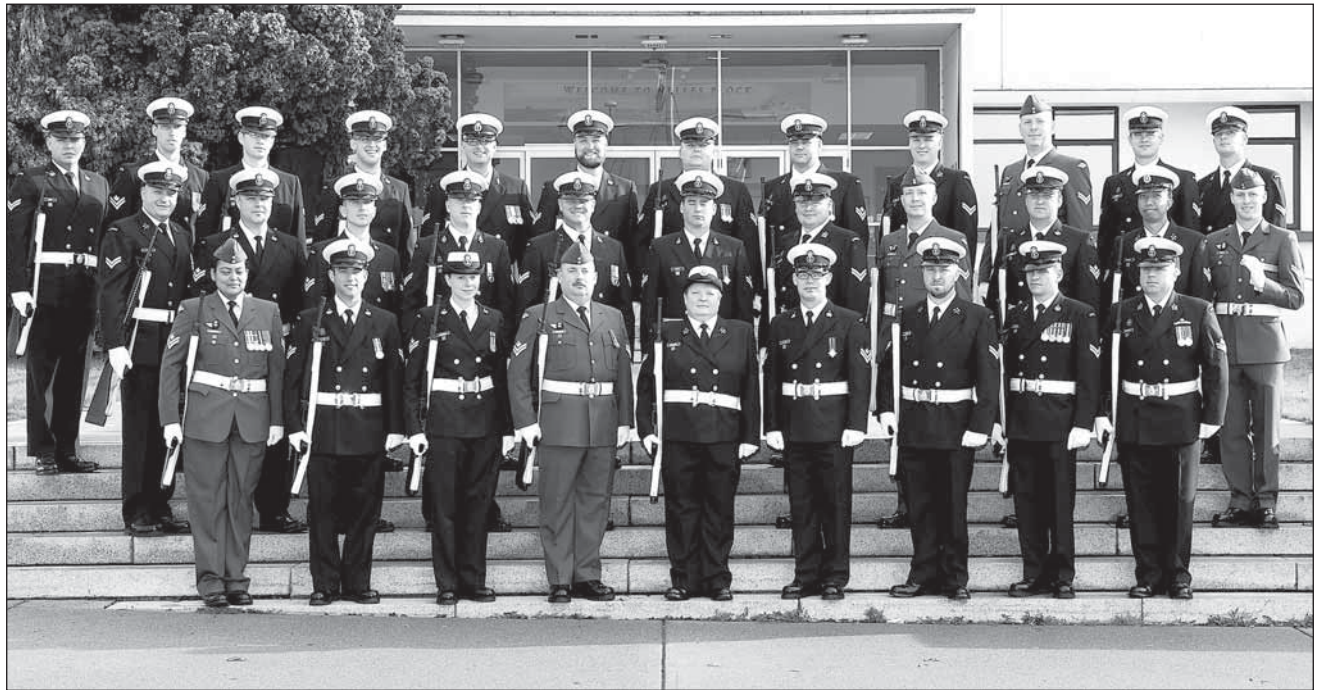
Rear row: PO2 Blore, MS Schultz, PO2 DiMartino, PO2 McCormick, PO2 Alix, MCPL Graham, and MS Ritchie.

Primary Leadership Qualification *Graduation Ceremony* October 1, 2013

Cpl Stuart MacNeil, MARPAC Imaging Services



Parade Commander for PLQ course 0027 MS Mark Pyza salutes RAdm Bill Truelove during the parade march.



Cpl Stuart MacNeil, MARPAC Imaging Services

Formal Group photo of Primary Leadership Qualification (PLQ) course 0027 taken at CFB Esquimalt on Oct. 1.

Front Row Left to Right: MCpl Jaskiran Atkinson, MS Todd Acland, MS Antonew, MCPL Philip Berresford, MS Lori Clairmont, MS Pierre Lacombe, LS Jonathan Lamb, LS Patrick Fortin and MS Russell Colbourne.

Middle Row Left to right: LS Freddy Thiele, MS Scott Cullum, MS Mark Pyza, LS Troy Kendrick, LS AJ Johnston, MS Timothy Snow, LS Byron Neufeld, Cpl Nathan White, MS Blair Donovan, MS Joey Espineli and Cpl Dominic Gagne.

Rear Row left to right: LS Alexander Bork, MS Jeffrey Snook, MS Zack Stopa, LS Andre Bienvenu, LS Jacob McCabe, MS Darren Huskinson, LS Andrew Sherk, MS Paul Awalt, LS Tristan Smith, Cpl Sebastien Poirier, LS Timothy Noordam and LS Collin Teasdale.



Don Cook presents LS Andre Bienvenu with the Top Candidate award for PLQ course 0027.



CPO1 Stephane Lesperance presents MS Mark Pyza with the PLQ Drill Award.



CPO1 Paul Helston presents LS Johnston with the Formation Chief Petty Officer's Award.

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LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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