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Volume 58 Number 42 | October 21, 2013

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## GREAT BC SHAKEOUT

At 10:17 a.m. on Oct. 17, units across CFB Esquimalt ran through their earthquake response procedures as part of the Great BC Shakeout. More than 690,000 people throughout the province participated in the annual event designed to prepare residents to respond to a major earthquake.

**Left:** A first-aid triage station is assembled by civilian and military volunteers.

**Below:** LS Courtney Edwards (left) and Sgt Suzette Webb (right) work the radio at the Signal Hill emergency box.

Photos by Shawn O'Hara, Lookout



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# BRAVING THE STORM

**Shawn O'Hara**  
Staff Writer

Cpl Jean-Simon Lessard had to put his survival skills to the test when he was trapped for four days in the mountains of Strathcona Park.

The electrical distribution technician left Sept. 28 with friend Christopher Yao for what was to be a two day hiking trip on Mt. Albert Edward.

Arriving at the park, Cpl Lessard says there was no indication such a drastic change in weather was on the way.

"We didn't hear anything about a storm when we talked to the park attendant," he says. "The weather reports said it would be mild until Sunday, which was when we planned on leaving. We had no idea what we were in for."

The pair began their hike towards Mt. Albert Edward, following the well-worn trail past Circler Lake and up towards the alpine. About one kilometre from the top of the mountain, Cpl Lessard and Yao realized something was wrong.

"It was snowing a little bit and we found a small sign covered in snow. We brushed it off and it said 'Mt. Jutland,'" he says. "We were on the wrong mountain. We decided to turn back then and make it back to Circler Lake."

It was then the weather took a turn for the worse. Within minutes the 20km/hr wind kicked up to a blistering 100km/hr, bringing a blinding curtain of snow with it. Cpl Lessard and Yao were forced to make camp and wait out the weather.

"We thought if we just waited for the storm to let up we could leave early the next morning," he says. "We set up our tents next to a cliff and hoped for the best."

In the morning Cpl Lessard and Yao woke up to another world. Where the day before there were lush green pines, breathtaking views, and bare

rock, there was now over 40 centimetres of snow, a thick blanket of fog, and winds as strong as the day before.

"When we saw what had happened we decided it was time to leave," he says. "The trail had disappeared but there were markers on some of the trees so we tried to follow them back down to Circler Lake."

After an hour and a half of slogging through almost waist high snow Cpl Lessard and Yao came up short when they emerged on the lip of a 100 foot cliff face. They were lost.

"We thought we probably weren't going to make it into work on Monday," he says with a smile. "We found a relatively safe place between two cliffs, set up our camp, and started figuring out what we were going to do."

With just two days of food in their packs, they needed an exit strategy. The two decided if they kept their calorie intake down to 300-400 calories a day, their food could potentially last them for seven days.

"We knew we'd have food for at least a week," says Cpl Lessard. "Obviously, we were hoping to get out of this before that but if we had to stay we could."

After another cold and windy night in the tents, Monday offered the pair a bittersweet revelation.

"We heard helicopters, but they couldn't find us," says Cpl Lessard. "They couldn't figure out where we were because we ended up on a different mountain than we said we'd be, but we knew they were looking for us."

Tuesday was more of the same. Throughout the cold and windy days and nights Cpl Lessard says he and Yao didn't let the possibility of failure enter their minds.

"When we talked we were planning," he says. "With nothing else to do we set our minds on getting out of there. It was the only thing we could do."

After a meagre meal of camping food the sound of helicopters filled

the air again, and the hikers decided to try making themselves more visible.

"We took anything we had with some colour and started laying it out, trying to cover as much area as possible," says Cpl Lessard. "In the end it was just too foggy and snowy, so they passed us by again."

Wednesday morning, with their rations running low, they decided to move. Due to the lack of food, their energy was low, but Cpl Lessard says they knew if they didn't start trying to get more visible they might never be found.

"We brought all our gear with us, and started trying to head back to Circler Lake," he says. "We were tired and hungry, but we knew this might be our only chance."

After a few hours of walking, their salvation arrived.

"The sky cleared on a rocky outcropping and we knew this was our chance," says Cpl Lessard. "We spread out all our most colourful gear and started waving the tarps of our tents. The helicopter saw us and we knew we'd been found."

With the arrival of search and rescue personnel, Cpl Lessard recalls the feeling of elation as nothing he's felt before.

"I can barely describe it," he says. "It was the happiest I've ever felt in my entire life."

Cpl Lessard says it was his military training and a healthy understanding of wilderness survival that gave him and Yao the edge they needed to stay alive.

"My training saved my life," he says. "Without those skills, and without our gear, I'm not sure we would have made it off the mountain alive."

Now fully recovered and back at work, Cpl Lessard says he won't let his ordeal scare him away from camping.

"I still love it, and I plan on going again fairly soon," he says. "This time, though, I'll probably bring an SOS device and a GPS."

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Cpl Jean-Simon Lessard stands in the camping spot he and Christopher Yao used following a 40 cm snowfall.



Cpl Lessard (left) and Yao (right) pose in front of the Cormorant search & rescue helicopter that carried them to safety after four days of being stranded on Mount Jutland in Strathcona Park.



The rocky heights of Mount Albert-Edward, Cpl Lessard and Yao's original destination. The pair became stranded on neighbouring Mount Jutland, after being surprised by a storm that covered the trails in 40 cm of snow.

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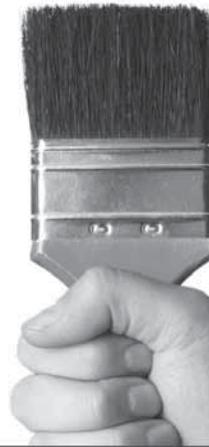
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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*Why do you think it's important for the defence community to support events like the Government of Canada Charitable Workplace Campaign (GCWCC)?*



As a professional organization it's the role of the military to support the community. No matter what the event, whether it's the GCWCC or a local fundraiser, the military should show it's support.

**PO1 Edward Hartley**



It's a way for us to interact with the community and show that in all the ways they help us we want to help them too.

**PO2 Mario Renderos**



It's good to give back to the community. It's always nice when we can show them in concrete, direct terms that we care.

**LS Jenny Duff**



It shows the community the military cares. It's a message that needs to be reaffirmed and highlighted as much as possible.

**Samantha Patterson**



I think everyone in the military at one time or another will find help in an organization supported by the United Way and the GCWCC. If we're going to take, we have to give as well. It's our responsibility.

**PO1 Chris Gervais**

## Triathlon Championships a test of perseverance

### PO2 Wade Smith Contributor

Triathlon is one of the true life-long sports in which athletes can participate and compete over the course of their lives. The sport distinctly imitates the ups and downs, curve-balls and challenges of everyday life.

Those who choose to train for triathlons inevitably make it a way of life. Triathletes log countless training hours to minimize the chance of unexpected obstacles. When things don't go according to plan, it takes perseverance for an athlete to go the distance.

This year during my training for the Olympic or "Standard" distance triathlon - 1,500 metre swim, 40 km bike and 10 km run - a serious obstacle stood in my way.

While cycling a few days before a local triathlon in July, a large male deer darted out from the roadside, and took me out like an NFL linebacker. His shoulder hit my left

*A large male deer darted out from the roadside, and took me out like an NFL linebacker. His shoulder hit my left thigh and we both went down on the asphalt.*

thigh and we both went down on the asphalt.

Animal lovers don't fret; the buck walked away from the collision far easier than I did. My bike and body broken, I was unable to walk. Later, I learned that I had torn my ACL in the collision.

My goals and dreams were suddenly on the chopping block. The World Championships in London, England were a mere nine weeks away and now I

couldn't walk.

Lucky for me, I've encountered numerous challenges throughout my life and career as a Clearance Diver. After all, that's what we learn to do in the military - overcome challenges and jump over hurdles to complete the task at hand.

My goal changed from placing well in the standings to being able to complete the race. Perseverance was my new mantra, along with loads of physiotherapy and massage. I thought of the challenges I had overcome in the past, like the Mountain Man Challenge of 2009. It was scorching during that race, and I was a navy guy in a sea of green, but I managed to persevere. Why not now?

I focused on healing and being as ready as I could and everything came together in the week before the race.

I successfully completed the race 77th out of 193 competitors.

Approximately 8,500 other athletes faced their own chal-

lenges. The world championships last five days and consist of Juniors, Under-23's, Elites, Para-triathletes, aquathlon (swim-run, or run-swim-run), an open race for locals, and Age-group Sprint and Standard distance triathlon races.

Canada came out on top in the U-23 women's race, capturing first, second and fifth. The race venue followed a similar format to the 2012 London Olympics and was nothing short of spectacular, with the bike route passing under the Marble Arch, Buckingham Palace and along the River Thames - truly a breath-taking experience.

I would like to extend a huge thank you to all those who support the triathlon community. I have special thanks for all those who cheered me on and supported me, especially the health care professionals who worked tirelessly to mend me, the CF for its support, and my family for putting up with an injured athlete.

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# Canadian divers lead ordinance disposal for Swedish exercise

**Lt(N) Greg Oickle**  
Fleet Diving Unit (Atlantic)

A team of Royal Canadian Navy Clearance Divers from Fleet Diving Unit (Atlantic) joined teams of divers and Explosive Ordnance Disposal (EOD)/Improvised Explosive Device Disposal (IEDD) operators from six other countries in Karlskrona, Sweden, from Sept. 6 to 19, to participate in Exercise Northern Coast 2013 (NOCO 13). This year was the first time Canada acted as Commander of the EOD Task Group, a significant role in this large and complex exercise.

Throughout the exercise, the Canadian command team successfully generated and stood up a multinational Combined Task Group battle watch staff and assumed Command of EOD, IEDD and dive teams from Germany, the United States, Latvia, Denmark, Croatia, Sweden and Canada.

"Having the opportunity to train with foreign nations during exercises such as NOCO allows our unit and highly skilled specialists to enhance our existing training, tactics and procedures as well as maintain our EOD/IEDD skill sets, which can be vital contributors to ensuring Canada's continued national security," said LCdr Stephan Julien, FDU(A) Commanding Officer.

NOCO is a multinational exercise for invited NATO and EU countries and has been conducted on an annual basis in the Baltic Sea since 2007. The focus of this exercise was operations in confined and shallow waters while also providing joint

operations interoperability training for maritime, land, air and special operations forces in a multi-threat environment at the unit, force, and staff level.

This is Canada's second year of participation. FDU(A) deployed 21 personnel in roles including land-based divers and EOD/IEDD operators. FDU(A) also provided a team of clearance divers who sailed with the German Frankenthal Class mine hunter (FGS) Gromitz, as an organic dive team for the duration of the exercise. An Advanced Diving Medical Officer, Exercise Control Staff, and various other staff level positions also comprised this highly specialized team.

Adding to the realism of the training, divers used live explosives in multiple settings along the Swedish coastline. FDU(A) members were tasked in the full spectrum of their mine counter measures skills including harbour and jetty clearance, lifting and beaching mines, and maritime EOD with live fire disposal of naval mines. IEDD operators faced a variety of complex maritime IED scenarios including Victim Operated IED, Radio Control IED and Vehicle Borne IED.

"It is important to maintain these specialized skills in the event that we are required to deploy to another area of operations to deal with asymmetric type threats such as IEDs," explained LCdr Julien. "For this reason, FDU(A) continuously seeks leadership roles from section commander to commander of a task group to ensure we maintain the highest state of readiness."



Fleet Diving Unit (Atlantic) (FDU(A)) Clearance Divers dispose of a Manta Mine in Karlskrona Harbour, Sweden.



A member of FDU(A) is on his way to neutralise the improvised explosive device located onboard a Swedish naval vessel.

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## Behind the Brick

DEDICATION BRICKS

CPO2 Will Slater bought a brick for CPO1 Rick Bertrand who he met in 1988 when they both worked at the Ration Depot in Esquimalt, now called Return and Stores. The Chief died young and unexpectedly in 2006. "I've always thought of Chief Bertrand as a mentor and I credit him for where I am today," says CPO2 Slater. "It was his mentorship that got me into positions where I could shine. But he wasn't just influential in my career, he always provided an excellent example to follow and it's my sincere wish that I can do the same for young people today."

After consulting with CPO1 Bertrand's widow and daughter, CPO2 Slater bought a brick in his honour.

"I remember when I called her and left the message on her answering machine," says CPO2 Slater. "I'm not sure she could understand it by the end because I was

in tears. It's a huge loss to society; he was such a great guy. I respected him as a person, as a supply tech and as a chief."

"I think the Homecoming Statue is a wonderful tribute to Victoria's military. It brings some focus back to the navy and is a great reminder to people who live in Victoria, as well as visitors, that we have a strong naval history here. And I really appreciate what it does for the MFRC in order for them to continue supporting our families."

**CPO1 RICK BERTRAND  
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## Weekly 5km hike

Donate at least \$5 towards the GCWCC campaign to participate. Partners / pets welcome.

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Oct 31 - Beaver Lake (Broadmead)

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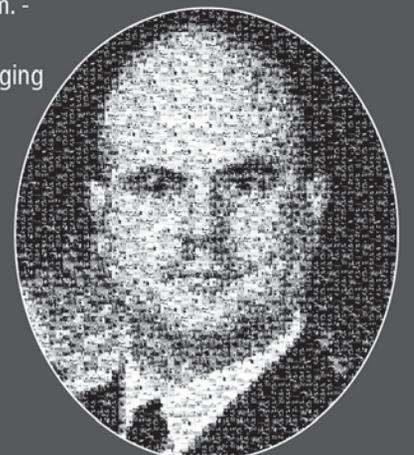
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# IN BRIEF

## Mess meetings Oct. 25

### Wardroom

The Wardroom will hold a general mess meeting (GMM), Friday, Oct. 25, at 10:30 a.m. in the wardroom lower lounge. The meeting will be followed by lunch weepers in the upper lounge.

Each unit, branch and/or section must provide designated representation from its officers. Commanding officers, branch heads and/or section heads will ensure that 14 per cent of their officers or one officer, whichever is greater, attend.

Agenda items are to be submitted no later than Oct. 16 to the committee secretary, Capt Beverley Ennis, [beverley.ennis@forces.gc.ca](mailto:beverley.ennis@forces.gc.ca).

The agenda will be published at least two days prior to the mess meeting and posted on the wardroom website, [www.wardroom.ca](http://www.wardroom.ca).

The Entertainment chair is due to become vacant in the near future and will require replacement before the next AGM. This position is open to any ordinary member of the mess. Anyone who wishes to put their name forward for consideration should submit their name to the wardroom secretary, Capt Ennis no later than Oct. 16. Candidates are required to be present or represented at the GMM as a vote may arise.

The call for incumbents for the following position vacancies was made with interim appointments subject to affirmation at the upcoming GMM: VPMC Naden, LCdr Erwin.

Participation in the operation of your mess is important. Commanding officers are requested to encourage maximum participation.

### Pacific Fleet Club

The Pacific Fleet Club will hold a general mess meeting (GMM) on Friday, Oct. 25, at 10:30 a.m., in the upper lounge.

Each unit, branch and/or section must provide designated representation from its master seamen and below. Commanding officers, branch heads and/or section heads will ensure that 14 per cent of their master seamen and below or one master seaman and below, whichever is greater, attend.

Agenda items are to be submitted no later than Oct. 16 to the Mess President, MS Mark Pyza, [mark.pyza@forces.gc.ca](mailto:mark.pyza@forces.gc.ca). The agenda will be published at least two days prior to the mess meeting and posted on the Pacific Fleet Club website, [www.pacificfleetclub.com](http://www.pacificfleetclub.com).

The following mess execu-

utive and mess committee positions are due to become vacant at the next AGM and require replacement:

- Vice president
- Deputy entertainment chair
- Deputy advertisement chair

These positions are open to any ordinary member of the mess. Candidates are required to be present or represented at the GMM, as a vote may arise. Those who wish to put their name forward or have questions pertaining to the duties and responsibilities of the positions are to contact MS Pyza no later than Oct. 16.

Participation in the operation of your mess is important. Commanding officers are requested to encourage maximum participation.

### Chief and Petty Officers' Mess

The Chief And Petty Officers' Mess will hold their general mess meeting (GMM) Oct. 25 at 10:30 a.m. in the Rainbow Room.

Each unit, branch and/or section will provide designated representation from its Chiefs and Petty Officers. Commanding officers, branch heads and/or section heads will ensure that 14 per cent of their Chief and POs or one Chief or PO, whichever is greater, attends the GMM.

Agenda items are to be submitted no later than Oct. 16 to the committee secretary, Sgt Jennifer Hadden at Formation Health Services. The agenda will be published at least two days prior to the mess meeting and posted on the Chief and Petty Officers website, [www.cpomess.ca](http://www.cpomess.ca).

This meeting will address small constitutional changes, which will be posted seven days prior to the meeting; the affirmation of associate and social members; and the call for affirmation of executive appointments of secretary, treasurer, advertising coordinator and web master.

In order to expedite the meeting, the list of associate and social members will be provided to members upon request seven days prior to the meeting by contacting the membership chair. The vote on acceptance will be made by reading out the list of names at the meeting. Objections to nominated members may be made at that time.

Participation in the operation of your mess is important. Commanding officers are requested to encourage maximum participation.



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# Island-made totem pole honours Commonwealth connection

**Shawn O'Hara**  
Staff Writer

A small piece of Duncan adorns a brand new Royal Navy destroyer following a grand ceremony Sept. 26 in Portsmouth, UK.

The miniature cedar totem pole was presented to Cdr James Stride, Royal Navy (RN), commanding officer of HMS Duncan, the last of six Daring Class frigates to be commissioned by the Royal Navy.

"It was a privilege and an honour to be asked to represent the Vancouver Island Branch of the Royal Naval Association and the City of Duncan," says Capt(N) Tom Tulloch, Naval Advisor with the Canadian Defence Liaison Staff (London), who made the presentation. "It's a tangible reminder of the enduring ties between Canada and the UK, and especially the relationship between the Royal Canadian Navy and the RN, which goes back over a century."

Principal guests at the ceremony included the ship's sponsor Lady Marie Ibbotson, wife of Vice Admiral (Ret'd)

Sir Richard Ibbotson, as well as First Sea Lord, Admiral Sir George Zambellas. The ship's company assembled for the presentation along with a band of Royal Marines, and a piper to honour the Scottish heritage of the ship's namesake, Admiral Adam Duncan.

"The presentation was very well received by all who attended," says Capt(N) Tulloch. "I had a lot of sailors approaching me afterwards asking questions about the carving and about the City of Duncan. Everyone was very interested and proud to have such a tangible connection to Canadian history."

The cedar statuette was carved by Kwakwaka'wakw carver Calvin Hunt, and is a one-tenth scale replica of the totem pole Hunt carved for the city of Duncan's centennial in 2012.

"It's nice to work towards honouring my family's heritage," says Hunt, who comes from a long line of carvers including Mungo Martin, Henry Hunt, and Tony Hunt, Sr. "They all took part in ceremonies like this in their day, and it only seems fitting I do as well. It's nice to be a part of that family."



**Top:** Capt(N) Tim Tulloch (right), Naval Advisor for the Canadian Defence Liaison Staff London, presents Cdr James Stride, RN, HMS Duncan Commanding Officer, with a replica of the 2012 Centennial Totem in the City of Duncan.

**Right:** HMS Duncan is the final ship of the Royal Navy's new Type 45 destroyers and was commissioned Sept. 26, 2013.

Photos by LA(Phot) Maxine Davies, Fleet Photographic Unit East, Portsmouth



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Shawn O'Hara, Lookout  
Neil and Val Logan of Envious Military Uniforms & Accoutrements hold up an Air Force mess kit in progress.

# MESS KITS made to order

**Shawn O'Hara**  
Staff Writer

When the next mess dinner rolls around and you're lacking a crucial piece of kit, call Neil and Valerie Logan.

The husband and wife team have been making navy, air force, and army mess kits to order for the last two years.

"We went to the Navy Centennial celebration in 2010, and noticed friends of ours in the reserves weren't there," says Neil. "We asked them about it and they said they didn't have mess kits. We thought there must be a hole in the market that we could fill."

The mess kit is the military equivalent of a tuxedo or formal wear for women, worn by military personnel at mess dinners and other formal events.

"If you don't have your proper kit at a mess dinner you won't get in too much trouble, but you're opening yourself up to a lot of friendly abuse," says Neil. "They might make you sing or dance, that kind of thing. Most people like to avoid being put on the spot."

With Val's experience as the daughter of a dressmaker, various online tutorials, and a small workshop on a friend's property in Oak Bay, the two put thread to needle.

After contacting National Defence Headquarters (NDHQ) they were able to acquire the tailoring patterns necessary to construct each garment.

"The patterns we receive don't have any instruction beyond the rough outline of the garment, so it's been a real learning experience," says Valerie. "Thankfully we've got the internet to help us, as well as my mum's experience."

When it comes to a quality mess kit the material is everything. The fabric the Logan's use in their mess kits is acquired from Hainsworth. This UK-based fabric manufacturer has been responsible for high quality military fabrics since 1783.

"George Washington crossed the Delaware wearing Hainsworth fabric," says Neil. "We knew if we were going to do this right we needed Hainsworth fabric."

With all their time and care dedicated to making each mess kit as perfect as possible the couple hasn't put much thought into advertising, instead relying on word of mouth.

"We usually rely on people appreciating our work and telling their friends and co-workers, but it might be time to spread our wings a little."

Since starting in 2011, Neil and Valerie Logan have made about 50 complete mess kits.

"It's all about doing the best work you can do and making the customer happy," says Valerie. "The moment they put on their new uniform and we see the smile on their face, then it makes this all worth it."



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## Reducing waste on base

**Shawn O'Hara**  
 Staff Writer

Each year Waste Reduction Week encourages Canadians to divert more of their waste away from the country's landfills.

This year Carrie Johnston of Formation Safety and Environment is asking CFB Esquimalt personnel to participate in a program that could significantly reduce waste at work.

"It can be easy to forget the amount of waste we produce throughout the course of our day, but it's important we stay aware," says Johnston.

Due to its size CFB Esquimalt is one of the more significant waste producers in the region and employees have a responsibility to exercise environmental stewardship in their daily duties, she adds.

"CFB Esquimalt alone was responsible for more than 3, 300, 000 kilograms of waste material last year, of which over 1, 900, 000 was diverted from landfills," she says. "We need to be proactive and diligent in finding more ways to reduce, reuse and recycle as much material as possible."

In the coming weeks Formation Safety and Environment in partnership with other units within Maritime Forces Pacific (MARPAAC) will be initiating a number of pilot programs to further increase the streams of recyclable waste. These programs involve the separation and diversion of various types of recyclable materials such as soft plastics and Styrofoam, and compostable materials.

"For example, with the exception of cafeterias like Nelles Block or the Wardroom, there aren't facilities for composting kitchen and food scraps or really any organics at all," says Johnston. "With the Capital Regional District's looming ban of all kitchen scraps at the Hartland landfill by 2015 this is something we have to get in place as soon as possible."

Until these pilot programs are in place Johnston is challenging all units to start separating more of their recyclable and compostable materials now. By separating different materials into different containers in these pilot projects, she says it will be easier to gauge how much additional material MARPAAC can divert from landfills through due diligence and increased availability of special containers for each material.

"Right now it's up to the units how they choose to manage materials like soft plastics and styrofoam, since we don't have the programs in place yet," she says. "However, with a little dedication and resourcefulness we should be on our way to making a change."

For Waste Reduction Week, Johnston is asking people to separate these materials into a separate container to see how much is gathered:

- Kitchen waste (all compostable materials including paper towels)
  - Styrofoam
  - Sheet plastics such as plastic bags
  - Shrink wrap and bubble wrap
- Materials currently recyclable within MARPAAC include:
- Paper/Cardboard
  - Mixed containers (e.g. plastics, metal and glass)
  - Scrap Metal
  - Used Cooking Oil
  - Wood
  - Tires
  - Used Motor Oil
  - Batteries
  - Electronics
  - Small Appliances

For more information on MARPAAC's recycling programs, visit: [http://esquimalt.mil.ca/fse/Environment/SolidWasteManagement/solid\\_waste\\_home.htm](http://esquimalt.mil.ca/fse/Environment/SolidWasteManagement/solid_waste_home.htm)

For more ways you can participate in Waste reduction week, Oct. 21-27, visit [www.wrwcanda.com](http://www.wrwcanda.com).

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# CAF Campus - Learning without boundaries

## Maple Leaf

After more than two years of analysis, collaboration, innovation and integration of initiatives from throughout the CAF and the learning science communities, the Canadian Armed Forces (CAF) Campus Operational Framework is ready.

The initial 2007 strategic Individual Training and Education (IT&E) modernization effort stalled, but with Armed Forces' Council's (AFC) 2010 renewal of the mandate and driven by the Chief of the Defence Staff Initiating Directive, the Canadian Defence Academy (CDA) Headquarters Core Team led a pan-CAF partnership in an effort to identify the gaps and inefficiencies in the current IT&E system.

Developed by the IT&E Modernization Working Group, each phase in the refinement of CAF Campus was confirmed through broad engagement with the IT&E community. The strategic savings and the modernizing effect of CAF Campus are products of a learning architecture that identifies and leverages technical innovation and best practices from within the CAF and throughout industry, academia, our allies, and other government departments. It also synchronizes IT&E investment across the Forces.

This initiative will bring significant transformation to the CAF learning culture that will be motivated by the implementation of this modern learning architecture. CAF Campus will affect traditional training approaches and embrace the nature of a true modern learning organization.

*This initiative will bring significant transformation to the CAF learning culture that will be motivated by the implementation of this modern learning architecture.*

ern learning organization.

The following four projects were selected to support the Initial Operational Capability:

- Learning Support Centres (LSC) — provide the main learning content development capabilities and IT&E specialist consultancy services. The LSC network is equipped to provide a common baseline of integrated learning development services, consultancy services and support services, centralized contracting and the rationalization of IT&E. Each LSC participates in a virtual development network that enables sharing of expert advice and best practices. In some cases, individual LSCs will be equipped with specialty capabilities that will serve the entire LSC network

- CAF Campus Enterprise Engine — includes the operating platform, related capabilities and key tools.

A digital learning management system with 24/7 access to learning, with a learning content repository

- Performance Management Framework — will provide measurements to guide strategic and operational decisions regarding the ongoing evolution of CAF Campus and will provide Program Alignment Architecture inputs
- Common Capabilities — will include the enterprise tools and capabilities that enable the efficient application of modern instructional techniques, including: prior learning assessment review, rationalized training delivery, research & development (R&D), and the instructor development program

In the end, the CAF Campus positions the Forces to maintain its operational edge in the face of resource constraints and an increasingly complex and challenging security environment. It is a strategically driven, pan-CAF synchronized performance-oriented learning architecture that supports the transformation of the CAF learning culture for the 21st century.

Every CAF member is a user and has access to the tools (virtual resource centre, learning plan, 3D models, R&D reports, synthetic environments, serious games, micro-blogging, etc.) and resources appropriate to their particular status as a learner, instructor, content developer, instructional designer, or training manager/administrator when and where they are needed.

For more info go to [www.forces.gc.ca/en/training-elearning/index.page](http://www.forces.gc.ca/en/training-elearning/index.page)

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#### CAF Campus - Learning without Boundaries

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The initial 2007 strategic IT&E modernization effort stalled, but with Armed Forces' Council's (AFC) 2010 renewal of the mandate and driven by the Chief of the Defence Staff Initiating Directive, the Canadian Defence Academy (CDA) Headquarters Core Team led a pan-CAF partnership in the conduct of an extensive, vigorous and determined effort to identify the gaps and inefficiencies in the current Individual Training & Education (IT&E) system.

Developed by the partnership that came together in the IT&E Modernization Working Group, each phase in the refinement of CAF Campus was confirmed through broad engagement with the IT&E community. The strategic savings and the modernizing effect of CAF Campus are products of a learning architecture that identifies and leverages technical innovation and best practices from within the CAF and throughout industry, academia, our allies, and other government departments, and synchronizes IT&E investment across the Force.

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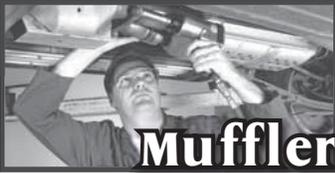
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## Flu season approaches, get the shot

It's October and although the weather has been somewhat cooperative, we all know what is just around the corner.

That's right, it is flu season once again.

This year for your convenience, the Base Clinic is offering military members an opportunity to book an

appointment for a flu shot.

Booked appointments will be available every Monday, Tuesday and Wednesday between 1 and 3 p.m. from now until Jan. 31, 2014.

Simply call the Community Health Clinic at 363-4140 and book your appointment for your

flu shot.

We will insert your record of receiving the flu vaccine in your personal immunization book, although books need not be present. Also, a 15-minute post vaccine observation period at the base clinic is mandatory for all recipients.



## Santa reviews flight plan

Santa Claus reviews the flight plan for his Dec. 25 trek across the globe in the Current Operations Center at the NORAD and USNORTHCOM headquarters in Colorado.

### NORAD

Staff at North American Aerospace Defense Command and U.S. Northern Command headquarters, located at Peterson Air Force Base in Colorado, received a surprise visit from Santa Claus on Thursday, Sept. 26.

Santa's visit was conducted in advance of his Dec. 25 trek around the globe so he

could review his flight plan with the operators who will be on duty during Christmas, and learn more about how the commands track his flight using a variety of space, land and sea-based technologies.

Santa's visit comes in advance of the commands' annual "NORAD Tracks Santa" outreach effort, which is expected to reach more than 20 million unique visitors on the [www.noradsanta.org](http://www.noradsanta.org) website.

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# Bravo ZULU

Base Divisions were held Oct. 10 at the Naden Drill Shed. Base Commander Capt(N) Luc Cassivi presented several awards to deserving members.

Photos by Cpl Malcolm Byers, MARPAC Imaging Services



Sgt Cherry-Ann Balcombe receives the first clasp to her Canadian Forces Decoration for 22 years of dedicated service.



PO1 Darrell Sparkes receives his Canadian Forces Decoration for 12 years of dedicated service.



Sgt Terence Whittaker receives the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



PO2 Brian Hurteau receives his Canadian Forces Decoration for 12 years of dedicated service.



Capt Alan Bennett receives his Canadian Forces Decoration for 12 years of dedicated service.



Cpl Steven Porter receives his Canadian Forces Decoration for 12 years of dedicated service.



Lt(N) Lenora Grauer receives her Canadian Forces Decoration for 12 years of dedicated service.



CPO1 Shawn Taylor receives the second clasp to his Canadian Forces Decoration for 32 years of dedicated service.



MS Aaron Murray receives the Queen's Diamond Jubilee Medal.



## Standout members

Cpl Samantha Behm and LS Andrew Kim, both RMS Clerks employed at the BOR, receive the Base Commander's Coin in recognition of their outstanding dress and deportment at Base Divisions on Oct. 10. Both members were noteworthy and stood out from an overall well turned out Divisions.

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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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# Military family business group offers networking options

**Shawn O'Hara**  
Staff Writer

For anyone trying to make it in the world of business it can be vital to have a support network.

The Military Family Business Group (MFBG) is doing just that for the local defence community.

The MFBG is a network of businesses run by military family members as well as serving and retired military personnel. Meeting once a month, the group seeks to network, discuss ideas, offer support, and spit ball solutions to business-related problems.

"It's a great community full of people who just want to help each other," says independent graphic designer Rosa Bennett, who joined the MFBG in 2011. "From the minute I joined I felt so comfortable around everyone. I knew we were all in the same situation and there for the same reasons."

The group was founded in 2008 by Nicola Greeley, and currently has 15 members including stylists, photographers, realtors, and

*From the minute I joined I felt so comfortable around everyone. I knew we were all in the same situation and there for the same reasons.*

accountants.

The group usually meets during the evening in a social setting such as a restaurant or café, and Bennett says this social focus is the group's strong point.

"It never feels too strict or rigid, and the timing is perfect for families," she says. "With kids to get to school and work to be done I could never have made morning meetings. Meeting in the evenings makes it so much more convenient."

The members of the group use their resources to put other members in contact with the services they need, often even find-

ing the right people within the group itself.

"I've done a bunch of graphic design work for members of the group, designing logos or business cards," says Bennett. "It's great because it's work for me, but I'm also helping them get things done."

While the group took a short hiatus over the summer, it re-launched in September and has been growing.

Bennett says without the support of the MFBG her journey through the world of business would have been much more difficult.

"Along with the support and the contacts I've made, even just having a group of people experiencing the same problems as me available to talk to has made all the difference," she says. "If given the chance to start over I would join the group again in a heartbeat."

If you are interested in joining the group, you can find them on Facebook (Military Family Business Group) or email Nicola Greeley at nicola.greeley@vision2000.ca.



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