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Ghostly ships

Francisco Cumayas, Lookout

CFB Esquimalt has been blanketed in fog for almost two weeks. This has created an eerie image on the water landscape. Pictured above, Maritime Coastal Defence Vessels by Y Jetty are shrouded in the mist.

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GCWCC Hockey Challenge

See page 7 for details.

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New card offers unique benefits

Canadian Forces Morale and Welfare Services (CFMWS) has introduced the CFOne Card, the one card you need to access morale and welfare programs and services.

"The CFOne Card is being launched to more tangibly embrace our one million strong community and to more effectively develop for, and deliver programs and services to the one million members of the Canadian Forces (CF) community," announced Cmdre Mark Watson, Director General Morale and Welfare Services. "Our commitment is to offer at least one program or service to every member of this broad CF community."

The CFOne Card consolidates the functions of several cards into a single card.

It easily and accurately confirms your membership within the military community and provides you with access to both the CANEX Rewards Program (the program that rewards you for shopping at CANEX) and the CF Appreciation Program.

"The CFOne Card brings exciting enhancements to the CANEX loyalty program, which has changed from CANEX Club XTra to CANEX Rewards,"

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-Larry Mohr, VP, Commercial Services, CFMWS

explained Larry Mohr, Vice President Commercial Services, CFMWS. "It is now easier to earn and redeem points. Your points balance will be printed on your receipt and you can redeem points directly in-store."

In the future, CFMWS will introduce expanded use of the CFOne Card for access to morale and welfare programs and services at bases/wings across the country.

Members of the CAF community may apply for a card through the online registration process at www.CF1FC.ca.

Get your card by Nov. 1 for a chance to win one of 10 prizes. The toll free number for CFOne queries is 1-855-245-0330.

Elite CF athletes to be honoured

Personnel Support Program is hosting CFB Esquimalt's first Annual Sports and Athletics Awards on Nov. 29.

The event is by invitation only and will be held at the Chief & Petty Officers' Mess from 10:15 a.m. to 1:30 p.m. Featured speaker will be Canadian rower Adam Kreek, an Olympic Gold Medalist and expert in high performance sport.

Awards will be presented to both individual athletes and teams that have showcased above and beyond, dedication, achievement, breakthrough in performance, and overall positive camaraderie within sports. The sports award categories are as follows:

- Most Dedicated to Sport (male/female)
- All-Star Performance (male/female)
- Breakthrough Athlete (male/female)
- MJ Sportsmanship Award (male/female)
- Top All-Round Team Performance
- Breakthrough Team

Think you should win? Or know somebody who should? Please take the time to show your support by downloading and filling out a nomination form, available on the notice board.

If you don't have access to the notice board, please email either Gillian Hawes or Heather Bishop and the form can be emailed directly to you. Once completed, drop it off in the Sports Office at the Naden Athletic Centre. Deadline for submissions is Nov. 6 by noon.

Questions can be directed to Gillian Hawes, Acting Fitness and Sports Director, at gillian.hawes@forces.bc.ca, or Heather Bishop, Fitness and Sports Administrative Assistant, at heather.bishop@forces.bc.ca.



Shawn O'Hara, Lookout

Maj (Ret'd) Louis Barbeau (right) presents PO2 Robyn Jutras with a certificate honouring her selection as the winner of the Princess Patricia's Canadian Light Infantry Centennial Quick March Competition.

Talent for composing pays off for Naden Band musician PO2 Jutras

Shawn O'Hara
Staff Writer

The long and storied history of Princess Patricia's Canadian Light Infantry (PPCLI) now has a little Naden Band flavour.

PO2 Robyn Jutras, bassoon and tenor saxophone player for the Naden Band of the Royal Canadian Navy, was recently selected as the winner of the PPCLI Centennial Quick March Competition.

"I was so excited to hear my march had been chosen," says PO2 Jutras. "To have something I wrote become a part of the long and prestigious history of the PPCLI is a real honour."

The competition began in 2011 and urged military composers from across the country to submit their quick march compositions for the 100th anniversary of the PPCLI. PO2 Jutras, as a long time musician and composer, says she took to the competition right away. "I'd written a few pieces before so I thought this

was the perfect competition for me," she says. "I started listening to a ton of military marches, reading up on their structure, and got to work."

When it comes to composing, PO2 Jutras says military marches are among the easier pieces.

"The pieces of a march all fit together more or less the same," she says. "Obviously each one is different, but when it comes to structure they can be very similar. It made my job a lot easier."

Putting pen to paper and staff to bar, PO2 Jutras composed the march in just under a month. After submitting the march in February 2012, it wasn't until the following August she would receive the good word.

"I couldn't believe it," she says. "It wasn't just winning a competition. Now my music is taking place next to all the accomplishments and history of the PPCLI. It's pretty cool."

The PPCLI was formed in 1914 to take part in the



PO2 Robyn Jutras with her bassoon.

First World War. Named after Princess Patricia of Connaught, the regiment has gained significant military prestige since then, including a Presidential Citation for service in the Korean War, the only Canadian regiment to do so.

The piece, called the PPCLI Centennial March, will be included in the 100th anniversary celebration of the regiment, taking

place Sept. 18-21, 2014, in Ottawa.

"As a lover of music I have to say I was very impressed with the piece," says Maj (Ret'd) Louis Barbeau of the PPCLI, while presenting PO2 Jutras with a certificate honouring her selection. "I want to thank you for your time and work, and say we will be proud to play the piece as we celebrate 100 years of service to Canada."

It wasn't just winning a competition. Now my music is taking place next to all the accomplishments and history of the PPCLI. It's pretty cool.

-PO2 Robyn Jutras

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WHAT SAY YOU

Operation Attention ends in Afghanistan

It has been almost four months since the first members of Operation Rotation (Roto) 3 arrived in Kabul to deliver the Canadian Armed Forces' final contribution to our mission, to our partners and to the people of Afghanistan.

After months of working with our 32 international partners as advisors and mentors to the Afghan National Security Forces (ANSF), it is now time for us to begin to undertake the activities that will ultimately enable full transition and drawdown of the Canadian Contribution to the Training Mission in Afghanistan (CCTM-A) effort.

As you know, we are now seeing the return of some of our people to Canada, and the pack up and recovery of our equipment while we continue to invest in our Afghan partner's capacities through those who will remain engaged in that mission until its termination.

Over 260 members of Roto 3 of CCTM-A will return to Canada this month. Additional personnel will follow and will return to Canada in December and January, so that by the end of March 2014, all Canadian Armed Forces personnel deployed to Afghanistan will have returned to Canada.

The CJOC family is grateful to each of you for your commitment and dedication to your mission, to your partners, and to the legacy that precedes you. The professionalism that you have shown while supporting, coaching and

mentoring the ANSF is truly remarkable. Our collective efforts over the past decade have helped them develop to a point where they are able to provide security for their own people.

They have shown that they are ready. They are respected by their own people and they are a credible and capable force. Today, some 350,000 ANSF members are the uniformed defenders of Afghans. The Afghan National Army is the most respected national institution in the country, followed closely by the Afghan National Police. Today, 90% of training is being delivered by Afghans and the ANSF has had lead responsibility for security nationwide since June 2013.

I could not be more proud of the work that you all have done and are doing. Whether it included mentoring advanced combat skills to Afghan units, to medical teams helping develop a more proficient health care system, to serving as advisors at very high levels within the Afghan Ministry of the Interior and the Ministry of Defence, we have all worked hard to help create a better future for the people of Afghanistan by training and advising Afghan security forces.

As your mission now includes transition and drawdown, we must not forget our comrades who gave their lives in this country nor the sacrifices that our international partners and Afghans themselves continue to endure. Their collective sacrifice



MCpl Chris Ward, Canadian Forces
LGen Stuart Beare, Commander of Canadian Expeditionary Force Command talks to Canadian soldiers stationed at Camp Alamo, Kabul, Afghanistan.

is one of the many things that push us forward to persist in what we are doing today, while we invest in conditions that allow our partners to endure tomorrow.

As I said in June, for many of you this deployment will be shorter than those you have experienced before, but I want to again reiterate that it is no less important. We have reached a critical juncture as we arrive at the first significant reduction in the number of Canadian military personnel in the training mission.

As our contribution to the ISAF mission draws to a close, do take

time to reflect on your contribution to this incredible campaign. You have worked hard to create a better future and to allow that future to be sustained ultimately by Afghans themselves. For those of you returning to Canada, I wish you a safe journey and a warm welcome home.

For those remaining in Afghanistan, keep up the great work. We are all proud of you. We will see you soon.

**LGen Stuart Beare
Commander Canadian Joint
Operations Command**

SPORTS trivia by PO1 Bill Sheridan Contributor

1. Who was the first non Canadian born player to win the Hart Trophy?
2. What was the term barnstorm used to mean?
3. Who was nicknamed Orange Crush?
4. What NBA player won the most scoring championships?
5. Juiced is a book by which former baseball player?
6. Which superbowl was the first to be called the Superbowl?
7. Who wrote and performed the Hockey Song?
8. What is Roland Garros?
9. What number did Al Oliver wear with the Expos?
10. What game was invented in Persia in 600 BC?
11. Who was the last WHA Champion?
12. Where were the 1984 Winter Olympics?
13. Who is currently the longest serving NHL general manager?

- ANSWERS
1. The second winner was Billy Burch who was born in Yonkers but raised in Canada.
 2. When players put together teams and went on a tour of various cities across the country, taking the gate receipts for their pay.
 3. Denver Broncos defense of the 70's.
 4. Michael Jordan was the scoring champ ten times.
 5. Jose Canseco
 6. III, before that one it was called the AFL-NFL World Championship Game
 7. Stompin Tom Connors
 8. Stadium where the French Open of Tennis is played, he was a French pilot during WWI
 9. After leaving the Pirates wearing #16, he switched to #0 for the remainder of his career.
 10. Soccer
 11. Winnipeg Jets
 12. Sarajevo, Yugoslavia
 13. Lou Lamoriello

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Caring for the caregiver

Leslie Bragg
Employee Assistance Program

While most people never plan on being a caregiver, Statistics Canada has found approximately 28 per cent of Canadians 15 years and older are caring for a family member or friend with a long term health condition, disability, or aging needs.

One quarter of caregivers are considered to be "sandwiched" between caring for their parents and caring for their children.

Providing care to someone who is unable to take care of themselves can be a rewarding experience, but the stress and demands of the role often lead to the all-too-common problem of caregiver stress.

Consider these warning signs of caregiver stress:

- Sleeping too much or too little
- Constant feeling of being tired
- Increased irritability
- Feeling overwhelmed or hopeless
- Significant weight gain or loss
- Losing interest in activities that you once enjoyed, including spending less time with others
- Difficulty focusing
- Increased illness and/or chronic health problems, such as high blood pressure, headaches, and backaches

Experiencing some stress is a normal part of life, especially when balancing family responsibilities, or when someone you love is suffering. However, when symptoms such as these occur regularly or persist, it puts the caregiver's own health at risk.

While providing care for the physical, mental and/or emotional needs of loved ones, caregivers must also ensure they meet their own needs. Without self-care, a person will lose the ability to provide care for others.

Here are a few simple ways for caregivers to reduce stress and keep themselves healthy:

- Ensure you maintain a well-balanced diet, and drink plenty of water; double check with Canada's Food Guide.
- Practice relaxation strategies, such as walking, yoga, meditation or other deep breathing exercises.
- Get enough rest; by getting an adequate amount of sleep and taking necessary vacations.
- Socialize and spend time with the people you love.
- Seek support and advice from family and friends, or join a support group. For more information on caregiver support groups, check out www.fcns-caregiving.org.
- Keep a journal. Monitor your own changes in moods, attitudes, and habits, while keeping note of what makes you happy, and/or gives you energy.
- Attend to your own health needs.
- Practice positive self talk-- tell yourself you are doing a great job.
- Make a list of 10 activities that bring you pleasure, and make time for them. Some ideas include: hiking, gardening, reading, baking, playing sports, writing in a journal, taking a bath, etc.
- Laugh.

For more information, or to get help, contact your physician or mental health care provider. You can also contact the Civilian Employee Assistance Program at 250-363-7968, or the Canadian Forces Member Assistance Program at 1-800-268-7708. For 24/7 assistance, the Vancouver Island Crisis Line is available at 1-888-494-3888.

** The information in this article is intended for guidance purposes only; it is not intended to replace professional counselling.*

Tips to stay safe this Halloween

MCpl Jodi Woolridge
Military Police

Halloween is an exciting event for children and safety often gets put aside as they get distracted by all the creative, colourful costumes and decorations, and candy.

Keep Halloween safe by following a few safety tips:

- Young children should always be accompanied by an adult or an older responsible child to help them cross the street.
- Teach your children to look both ways before crossing the street and always use a crosswalk when available. If a vehicle is approaching the crosswalk, ensure the driver sees you and comes to a stop before proceeding to cross.
- Never "criss-cross" from one side of the street to the

other. Trick-or-treat on one side then cross at the crosswalk to do the other side.

- Never cross the street from in between parked cars. Drivers may not see you in time to stop safely.

- Always walk on the sidewalk when available or on the side of the road facing traffic when there are no sidewalks. This enables you to see cars as they approach.

- Wear bright costumes or costumes with reflective material for greater visibility. When possible, choose make-up or face paint over masks. Masks often restrict visibility and limit peripheral vision.

- Bring a flashlight with you and/or carry a glow stick to increase your visibility.

- Parents should always carefully inspect their chil-

dren's candy before allowing them to eat it. If there is any indication of package tampering, throw it out.

- Ensure candles in pumpkins are closely monitored or better yet, use a flashlight or glow stick to illuminate them.

Tips for drivers

- Drive slowly through residential areas and areas where children are likely to be Trick-or-treating.

- Be alert for children wearing masks or costumes that restrict their vision, they may be unable to see you approaching.

- Be extra cautious when backing out of driveways as children may be too distracted to see you.

- Do not use cell phones or other hand held devices while driving.

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NEWS Nuggets

Royal Canadian Navy's longest-serving Honorary Captain (Navy) retires

Rob Nicholson, Minister of National Defence, announced the retirement of noted businesswoman and philanthropist Sonja Bata Oct. 16. She was the Royal Canadian Navy's (RCN) longest-serving Honorary Naval Captain, after 24 years of service.

Her work with the RCN includes acting as sponsor of *HMCS Ottawa* - breaking the champagne to christen the ship during its commissioning in 1996. For the past 17 years, she has remained part of the *Ottawa's* extended family, seeing it off for many of its operational deployments.

Ms. Bata is the Chairman of the Bata Shoe Foundation, and the Founding Chairman of the Bata Shoe Museum in Toronto and the Batawa Development Corporation. She is the former Ontario Chair of the Canadian Forces Liaison Council, an Officer of the Order of Canada, and a recipient of the Meritorious Service Medal for her advocacy on behalf of the RCN and the Canadian Armed Forces as a whole.

Oct. 22 to 30 for Exercise Bagram XIV, where they are helping train a Polish Task Force Headquarters (PTF HQ) for deployment to Afghanistan.

The exercise is the latest in a series of biannual International Security Assistance Force validation exercises sponsored by the Polish Land Forces and the United States Army Europe.

The aim of this year's exercise is to assess the ability of the Polish Task Force Headquarters to plan, command and control operations as it prepares for its upcoming deployment to Afghanistan.

Exercise Bagram XIV includes approximately 550 participants from three countries: Poland, the United States and Canada. This is the first-time that the Canadian Armed Forces is participating in a Bagram-series exercise.

Princess Anne presents banner to CF Health Services

The Colonel-in-Chief of the Royal Canadian Medical Service, Her Royal Highness The Princess Royal, Princess Anne, visited medical personnel at the Canadian Forces Health Services Training Centre in Borden Oct. 23

She presented The Princess Royal's Banner as a sign of royal favour in recognition of the sacrifice, valour and clinical excellence of Royal Canadian

Medical Service personnel during operations in Afghanistan since 2002.

From 2006 to 2009, the Royal Canadian Medical Service established and led Role 3 Multinational Medical Unit. The medical unit was the first-ever National Atlantic Treaty Organization (NATO) multinational hospital in a combat zone, for which Canada received NATO's highest honour for medical support.

The multinational medical unit treated tens of thousands of patients. NATO personnel who made it to the unit with vital signs had a 98 per cent chance of making it out alive. During Afghanistan operations, the Royal Canadian Medical Service suffered the highest number of casualties and killed-in-action aside from combat arms.

This is the third presentation of a Royal Banner to a Canadian Armed Forces (CAF) element in history. The second presentation of the banner was also presented to the Medical Service by Her Majesty Queen Elizabeth The Queen Mother in 1985.

During the private visit, Her Royal Highness The Princess Royal also met with members of all ranks of the medical service, unveiled the Canadian Forces Health Services Group badge, and toured a 1 Canadian Field Hospital display.

Canadian Army trains Polish Task Force Headquarters

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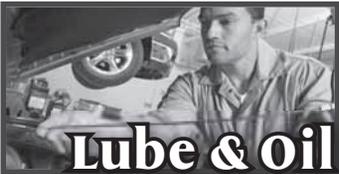
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2nd annual PSP Halloween Bake Sale

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- | | |
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| <p>Nov 1</p> <ul style="list-style-type: none"> • Cdr Golden's Parking Spot - #94 Across from Nelles for November • JVC Everio S Memory Camera w/45x dynamic zoom and one touch You Tube upload <p>Nov 8</p> <ul style="list-style-type: none"> • Job Mate 80 piece screwdriver and bit set • Spalding Basket Ball <p>Nov 15</p> <ul style="list-style-type: none"> • LCdr Cunningham's Parking Spot - #90 across from Nelles for 1 month | <p>Nov 22</p> <ul style="list-style-type: none"> • CWO Gaudet's Parking Spot - #717 Beside Drill Hall for 1 month • Electrohome 7" Digital Photo Frame <p>Nov 29</p> <ul style="list-style-type: none"> • Columbia Riffle Spring Jacket – Large <p>Dec 6</p> <ul style="list-style-type: none"> • Two Night Stay at Marriott Victoria Inner Harbour in Deluxe City View Room <p>Tickets \$2 for 1 or \$3 for 5 Available at front desk of BOR until 10am on the day of the draw.</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Bottle Drive

Raising money for GCWCC is as easy as tossing your empty bottles and cans in these bins around base. If you want a bin near your team, contact PO2 Blanchard at 363-8478. Or drop your empties off at the PCC on Signal Hill.



Metal Sculpture raffle

IPSC Esquimalt is raffling off three metal sculptures:

- a copper butterfly
- a copper rose
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Buy your tickets at N30 second floor: 1 ticket for \$2 or 3 for \$5.

Draw Nov 29 at noon.

These sculptures make a great Christmas present!

For more information, contact PO2 Fiona Borland 250-363-4347.



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featuring the Victoria Royals, MARPAC & local media players

Intermission "Chuck-a-Puck" contest for a Royals jersey
Canteen will open for an early lunch

Naden Wurtele Arena • November 4, 2013
11am - 1pm - doors open at 10:30

All Proceeds to GCWCC 2013 Campaign
For tickets call 363-2595 or email Vicki.Laidlaw@forces.gc.ca

Admission by donation!

(suggested minimum \$5 per person)
Donation includes:
• prize draw entry
• free pass to future Royals game

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All proceeds go to GCWCC

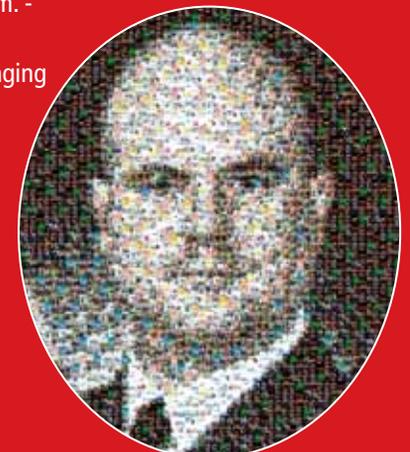
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\$10 per entry

Deadline for entry Nov. 18

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Contact Laura Spence, 250-363-3127 or laura.spence@forces.gc.ca, to get a duct tape starter package and registration form. Entries judged at the end of campaign event.

All photos will be featured in the Lookout



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Best dressed

Most like owner

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Prizes

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Send your photos, category, and the pet's name and age to laura.spence@forces.gc.ca with the subject line "GCWCC Photo contest"

(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.

MFRCnews

Casual childcare available

Jon Chabun
MFRC

Some might view it as babysitting to give the at-home parent a break.

But for other people, the MFRC's Casual Child Care service is helping young children from military families connect with other children in a meaningful way.

Leah Smith and her husband LCdr Danny O'Regan have moved four times since 2006, including this past June from the United Kingdom to Esquimalt. Both of them grew up close to their families in Newfoundland and had to reinvent that makeshift support system with each posting.

"When you move regularly, you have to work hard to become part of the community," says Smith on moving into a new area. "Having the MFRC around makes the transition much easier."

Leah brings her two-year-old son Daniel to Casual Child Care at the Lampson Street location. It has given the parents a break while they do some renovations on their home, but Smith thinks her son is really benefitting from the experience.

"It's an easy way to get out and help your child create a community," says Smith. "It is important for children to have the opportunity to try new things in a safe and nurturing atmosphere."

She wasn't always able



Leah Smith and son Daniel O'Regan enjoy the MFRC casual child care service.

find something that she was comfortable with, but gave the MFRC child care on Lampson Street an opportunity. The MFRC provides her son a well-structured program in a very secure environment. Leah believes that it helps her son develop important skills. The experience allows him to develop a sense of independence. He tries new things and meets new friends. Afterwards, he talks about his friends and how he "plays and shares" at playschool. He talks to her about the care providers and even sings the cleanup song he learned.

"It's a great place to take him. I can leave with peace of mind knowing he is going to learn and have fun," says Smith.

Linda Scott, program manager at the MFRC, thinks it is great the service is having a positive effect on the children.

"It's a testament to the

dedicated teachers we have," says Scott of the staff that work in Casual Child Care. "There is a lot of planning that goes into each session. Every day has a new theme. There are art activities, story time and outdoor play."

Smith agrees staff make it a great experience, saying each child "gets a warm welcome" and they really "enjoy spending time with your child."

Casual Child Care is available Tuesdays to Fridays at the Colwood Pacific Activity Centre and Lampson School. The service is available at a cost of \$9 for a three-hour session for ages six months to five years. Parents can book up to one week in advance, a maximum of two times per week. To learn more about casual child care, call the Esquimalt Military Family Resource Centre at 250-363-2640 or visit www.esquimaltmfrc.com.



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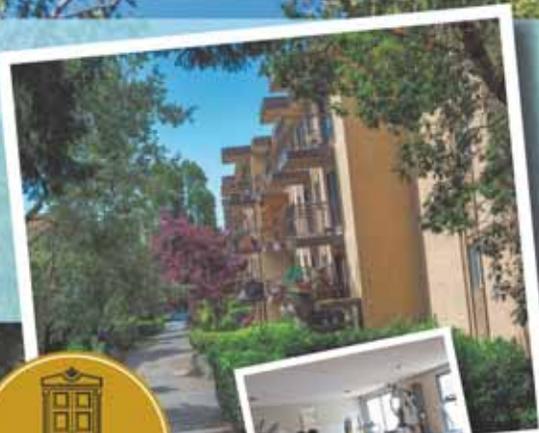
Air Commander visits HMCS Calgary

photos by LS Ogle Henry, MARPAC Imagery Services

Right: Lt(N) Jeriel Nanthakumar, Communications and Information Systems Officer in HMCS Calgary, explains the various bridge positions to MGen Pierre St Amand, Commander of 1st Canadian Air Division, during his visit on Oct. 21. Also pictured is Lt(N) Jason Stewart, Calgary's Logistics Officer.

Below: MGen St Amand is piped on board Calgary for a tour and luncheon.





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DOING THE TIME WARP

WITH MEMBERS OF CFB ESQUIMALT

Shawn O'Hara
Staff Writer

What do fishnet stockings, counter culture stage performance, and the Royal Canadian Navy (RCN) have in common?

Nothing usually, but this year they're coming together for Kaleidoscope Theatre's performance of the Rocky Horror Show.

The production runs Oct. 31 and Nov. 1 at the McPherson Playhouse, and features a number of faces from CFB Esquimalt.

"It's been such a great experience getting this show together," says Cdr Barb Clerihue, who will run the show as Kaleidoscope's Stage Manager along with Assistant Stage Manager LCdr Michele Tessier. "We've got a great cast together, and this is definitely going to be one of the most all-out shows we've done."

The show is a performance of the original Rocky Horror Show, a cult stage musical that premiered in London in 1973 and spawned an equally legendary film in 1975.

"This is a show with a lot of very important history and I'm so happy to be a part of it," says Cdr Clerihue. "The cast is really giving it all they've got, so it's going to be one

We're going to bring it and show the audience why this play has garnered the cult following it has.

-Cdr Lorne Carruth

memorable show."

A naturally organized motivator, Cdr Clerihue fit right into the role of stage manager. She says while the director creates the play, the stage manager makes it happen.

"If I had to use a navy analogy, the stage manager is like the XO to the director's CO," she says. "The main difference is the military is an organization of discipline, whereas actors tend to do whatever they want. My career has definitely given me a leg up on getting these actors in line."

Under the bright lights of the stage the military is present as well, with Jean-Paul Condon of the Port Operations and Emergency Services Branch, and Cdr Lorne Carruth, Commander Coastal Division, hitting the stage as Dr. Everett Scott.

"My wife shanghaied me into joining the ensemble for Kaleidoscope's production of *Singing In The*

Rain last year, so I thought I'd give it a real shot and audition for this show," says Cdr Carruth. "I went in and sang my heart out. I was glad to accept the role of Dr. Scott, and I've been having a blast so far."

All day Saturday and Sunday since Labour Day Cdr Carruth and the rest of the cast have been hard at work, and with the show just around the corner he says the excitement is palpable.

"It's been a great time, and we're putting a lot of ourselves on the stage," he says. "We're going to bring it and show the audience why this play has garnered the cult following it has. It's going to be great."

Tickets for the show can be purchased at www.kaleidoscope.bc.ca.



Left to right: Cdr Lorne Carruth, LCdr Michele Tessier, Cdr Barb Clerihue and Jean-Paul Condon are featured in Kaleidoscope Theatre's production of the Rocky Horror Show.

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Special program available to develop junior officers

Maple Leaf

The Canadian Armed Forces Junior Officer Development program replaced the Officer Professional Military Education program May 1 and serves as the new professional development program of Developmental Period 2 for Regular and Reserve Force Officers, and must be completed to be promoted to the rank of major/lieutenant-commander.

Unlike the Officer Professional Military Education, Canadian Armed Forces Junior Officer Development is not an academic program; it is a professional development program that combines experience, training and mentorship.

Following the recent revision of the Officer General Specification, the Officer Professional Military Education, which was more than 10 years old, did not comply with the actual needs of the Canadian Armed Forces and there was no longer a requirement for university credit courses.

What is essential now is providing junior officers with the concrete skills necessary to deal with their day-to-day duties in the Canadian Armed Forces.

Canadian Armed Forces Junior Officer Development was developed by Canadian Armed Forces officers and is a hands-on and tangible program that consists of seven



modules, all offered via Distance Learning.

The modules cover a standardized body of military knowledge on a variety of topics such as operational doctrine, personnel evaluation reports and summary trials.

The seven modules are: Staff Duties; Able the Fighting Force; Law and Military Justice; Leadership and Ethics; Joint Operations; Canadian Military History; and Support the Institution.

The Canadian Defence

Academy mandated the Canadian Forces Leadership and Recruit School (CFLRS) with the development and delivery of the Canadian Armed Forces Junior Officer Development program. The program modules are accessible on the Defence Learning Network, the Canadian Armed Forces' new e-learning platform, either on a DWAN or internet connection.

More information about the CAFJOD program can be found on the CFLRS intranet site or the Canadian Armed Forces website.

Due to its specific mandate, Canadian Armed Forces Junior Officer Development is not available for non-commissioned members.

For more information about the NCM Professional Development Modernization Program, please refer to CANFORGEN 107/13 CMP 044/13 251307Z JUN 13.

What is essential now is providing junior officers with the concrete skills necessary to deal with their day-to-day duties in the Canadian Armed Forces.

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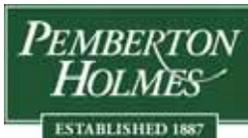
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Francisco Cumayas,
Lookout

Cpl Annie Bleney has
a go with the jump
rope.

Ligia Souza,
Lookout

BOOT CAMP

Boot camp has arrived!

With the cancellation of the October Fleet Run due to paving and mandated Personnel Support programs (PSP) staff training, PSP did not leave the military without an opportunity to workout as a large group. PSP Fitness and Sports staff hosted a Fleet Bootcamp Class at the Naden Athletic Centre on Oct. 23. It was a fun-filled event with a variety of exercises.



MS Mike Stone on
the pull-up bar.

Ligia Souza,
Lookout



CPO2 Yan Vallières
working hard at the
step-up station.

Francisco Cumayas,
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LS Sheldon Halliman fires the MP5 during Naval Boarding Party training as HMCS Protecteur conducts Task Group Exercises.

MCpl Angela Abbey, HMCS Protecteur

Fundraising comes full circle for Ottawa

Capt Jeff Manney
Contributor

A donation of more than \$1,000 to Boomer's Legacy has brought the fundraising efforts of several HMCS Ottawa crewmembers full circle.

LS Catherine Quentien, a sonar operator in Ottawa, and Combat Systems Engineer CPO2 Ron Eccles enjoyed a prominent place on Canadian Forces Maritime Experimental and Test Ranges' (CFMETR) main jetty as Ottawa stopped in to celebrate the torpedo test range Open House Saturday Sept. 21.

Taking a few minutes from the festivities, Ottawa's Commanding Officer, Cdr Julian Barnard presented a cheque for \$1,176 to retired LCol Dave Berry of Boomer's Legacy.

The ship's crew raised the money through a combination of 50/50 payday draws, a 'fly home early' raffle and a specially authorized auction of deck watches. For LS Quentien and CPO2 Eccles, who had previously taken part in the 250-kilometre Comox to Victoria Boomer's Legacy Bike Ride, the cheque had a special significance. In June, Ottawa paid a visit to Guatemala, where the crew disbursed Boomer's Legacy gifts to both an orphanage and a hospital.

"I was able to go from fundraising to deploying

and watch a little girl hold a doll and kiss it because she'd never had one before," LS Quentien recalls, remembering a slight girl named Fernanda who was near the same age as one of her own children. "She was smiling, happy, so appreciative of the gifts we had for them. It just touched my heart. I knew I wanted to continue to help out."

For Dave Berry, a fellow Boomers cyclist and chair of the Boomer's Legacy Ride Committee, the sentiment was exactly what he wanted to hear. An advocate for the fund, Berry says there's plenty of money available to deployed personnel wanting to help out the local population.

"Before he was killed Andrew Eykelenboom would call his mother from Afghanistan and ask her to send over anything she could - dolls, pencils, balls, nuts - good stuff for the kids who had nothing. He wanted to help out the children he came across. That's what Boomer's Legacy is all about - empowering soldiers, sailors, airwomen and airmen to help out the indigenous population."

Berry adds that money from Boomer's Legacy is designed to be easy to access. It's this ready availability that makes the fund so much more flexible than the sometimes bureaucratic aid agencies with which soldiers typically must deal. Since its inception in



Left to right: CPO2 Michel Lesperance, LCol (ret'd) Dave Berry of Boomer's Legacy, LS Catherine Quentien, Sonar, CPO2 Ron Eccles, and Cdr Julian Barnard.

2006, Boomer's Legacy has raised over \$900,000, disbursing funds in countries like Afghanistan, Ghana, Jamaica, Guatemala, Kosovo and the Democratic Republic of the Congo.

"Soldiers started a midwifery course in Afghanistan, where infant mortality is so high," he says. "They paid for cleft palate operations where otherwise kids would simply have the disfigurement for life; they've bought classroom furniture, books, desks. It's small scale projects or dead simple stuff that a few dollars provides."

For LS Quentien, who went from fundraising on Vancouver Island to personally handing a child a much-loved gift, her Boomer's Legacy experience has been unforgettable. If her shipmate's sup-

port is any indication, she says it's something everyone can get on board with.

"Some places you deploy you see the people have nothing," she says. "These funds can be applied to any need you see on the ground and the soldier doesn't have to go through any red tape to get them. It's a very rewarding project."

Boomer's Legacy funds are available by contacting your command team. They'll bring your ideas to Boomer's Trust Committees, made up of deployed Canadian soldiers, sailors, airmen and airwomen. Members of these local Committees participate on a volunteer basis, and function in the area in which they are deployed. Check out the web site at www.boomerslegacy.ca for more information.

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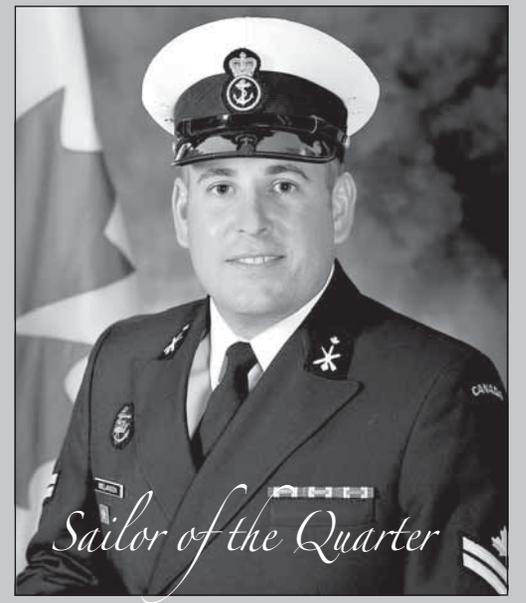
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MS Randy Melanson, a Weapons Engineering Technician on board HMCS Vancouver has been awarded the Canadian Fleet Pacific Sailor of the Quarter for the third quarter 2013. MS Melanson has demonstrated excellence in his performance, achievements, professionalism and contributed significantly to both his unit and to the community.

Ed Dixon, MARPAC Imaging Services



HMCS Calgary Stampeding towards HCM Delivery

As the Royal Canadian Navy's first fully modernized Halifax-class Frigate, *HMCS Calgary* was hard at work over the month of September conducting sea trials to prove the capabilities of the new systems.

The trials involved everything from high-speed manoeuvring to

dynamic testing of the many new combat systems on board. The complex coordination of ship's activities with the requirements of civilian contractors and shore authorities has relied on the strong working relationships developed between *Calgary* and all stakeholders over the past year and a

half.

Despite the busy program, the ship has continued to recognize sailors with promotions and awards, to engage in charitable events, and to conduct essential force generation at every opportunity.

Calgary was also able to con-

duct trials while enjoying some of the most stunning scenery of the Vancouver Island region. With forecasted gale force winds off the west coast, *Calgary* conducted force generation training in the Strait of Georgia and in Desolation Sound, where Junior Officers were given the opportunity to develop

their skills in pilotage navigation and the use of paper charts.

During the month of October, *Calgary* is alongside in the midst of a critical short work period that will allow the ship to continue its success in advancing the HCM program for the navy when it next departs to sea in November.



CPO2 Blonde and Cdr Wilson promote AB Tong to the rank of Leading Seaman.



CPO2 Wist and Cdr Wilson promote AB Salter to the rank of Leading Seaman.



PO1 Esquivel and Cdr Wilson promote AB Ford to the rank of Leading Seaman.



Cdr Wilson and PO2 Laroque promote AB Sukstorf to the rank of Leading Seaman.



Lt(N) Gilpin and Cdr Wilson promote SLT Song to the rank of Lieutenant (Navy).



Cdr Wilson presents LS Haines with the Operational Service Medal.



Cdr Wilson presents PO1 Barnes with the Canadian Forces' Decoration second clasp.



Cdr Wilson presents OS Chen with his AMOC Qualification.



Cdr Wilson presents LS Parsons with her CERT 2E Qualification.

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ANNOUNCEMENTS

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

CALLING UNDEREMPLOYED WOMEN! Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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

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.

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

VOLUNTEER

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Hazel @ volunteer@habitatvictoria.com or 250-480-7688 ext. 103

WOMAN MENTORS WANTED! Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit http://www.rivonline.org/Volunteering.htm

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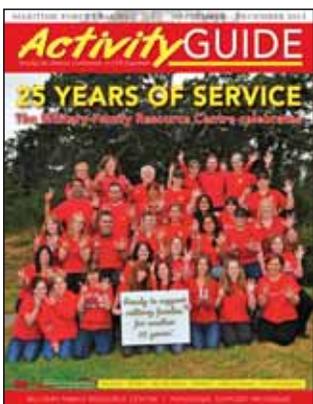
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