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No, it's not a new way to move an aircraft. Rather it's an unusual Government of Canada Workplace Charitable Campaign event at 19 Wing Comox that saw 10 teams pull a 34,000 pound CC115 Buffalo across the tarmac. Pictured here, the 407 Servicing Team tries to beat the clock - 30 seconds - and pull the aircraft the farthest.

Read the full story on page 2.

Photo by Cpl Jennifer Chiasson, 19 Wing Imaging, DND-MDN Canada

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Photos by Cpl Jennifer Chiasson, 19 Wing Imaging

The 407 Servicing Team were thumbs up before grabbing the ropes and hauling a 35 tonne aircraft down the tarmac.

Fundraiser pulls out the braun

Capt Trevor Reid
19 Wing PAO

Cheers echoed across the airfield as 12 teams at 19 Wing Comox competed to pull a 35-tonne CC-115 Buffalo search and rescue airplane across the tarmac during a GCWCC event on Wednesday, Nov. 13.

"We had approximately 120 military and civilian participants involved in the Buffalo Pull," said event co-organizer, Captain Jeremy Maltais, chair for the Government of Canada's Workplace Charitable Campaign (GCWCC) at 19 Wing Comox. "It was a great team-building event that promoted physical fitness, while raising \$1,350 towards our \$45,000 goal for the GCWCC."

Following a group warm-up led by Personnel Support Program fitness

staff, the competition began with the goal of seeing which 10-member team could pull the aircraft farthest in 30 seconds.

"Teams found that once the airplane's wheels started to turn, momentum was easy to sustain, but getting a 35-ton airplane to roll from a dead stop was difficult," said Sergeant Cesar Esteban, co-chair of the 19 Wing GCWCC.

Following the competition, the Combined Aircraft Servicing team, made up of technicians from 19 Air Maintenance, 407 and 442 Squadrons was named the winner, pulling the aircraft 100 feet. A celebratory fundraising lunchtime barbeque was also held following the event.

"This type of activity generates a lot of friendly competition among the

units and squadrons on base, and is also a lot of fun," said Capt Maltais.

While 19 Wing members are committed to helping their communities throughout the year through volunteering, the importance of the Workplace Charitable Campaign cannot be understated given that many people in the Comox Valley are touched by at least one of the several organizations supported by the Comox Valley United Way. The Buffalo Pull was just one of several GCWCC fundraising events held at 19 Wing this year, from 19 Air Maintenance Squadron's Pancake Breakfast, to Wing-wide bake sales.

A back-up aircraft was used for the event and 442 Squadron's search and rescue readiness was not affected by the activity.



19 Wing Operation Team takes a turn in the 30 second challenge.

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Admiral's legacy lives on at Esquimalt school

Shawn O'Hara
Staff Writer

In a small Remembrance Day ceremony at l'école Victor Brodeur in Esquimalt a piece of history was passed down.

A set of miniature medals, replicas of those worn by the school's founder and namesake, Rear-Admiral Victor Brodeur, were presented to the school by Rear-Admiral Brodeur's son, VAdm (Ret'd) Nigel Brodeur.

"This school meant a lot to my father," says VAdm Brodeur, who retired as Vice-Admiral and Deputy Chief of Defence Staff in 1987. "I thought it was only right to pass on a tangible connection between him and his legacy."

The medals are one quarter scale replicas of the medals Rear-Admiral Brodeur acquired during his 37 year career as an officer in the Royal Canadian Navy, including service medals for the coronation of King George V, Croix de Guerre avec Palme en Bronze from France, and the Second World War Victory Medal.

The presentation was conceived as a way for VAdm Brodeur to acknowledge, strengthen, and solidify the bond between his family and the Francophone community in Esquimalt.

"My father started this school as a way to help a community which was, at the time, small and unsupported," say VAdm Brodeur. "To see his dream reach this point, to have a thriving and exuberant Francophone community in Victoria, is everything my father could have hoped for and more."

Principal Bertrand Dupain says the presentation came as a welcomed and flattering event.

"It's an honour to have something so rich in history and



Shawn O'Hara, Lookout Vice-Admiral (Ret'd) Nigel Brodeur (left), son of Rear-Admiral Victor Brodeur (inset), presents replicas of his father's medals to Bertrand Dupain, principal at L'école Victor Brodeur.

personally important to our school's founder," he says. "While the school may not be in the form Rear-Admiral Brodeur originally envisioned, it holds the same val-

ues and goals, and we hope he would be proud."

The medals also serve to remind his students and faculty of the rich history behind their school, and

looks toward honouring the values therein, says Dupain.

"It's a part of our history, and to know where we're going in the future, we have to have a firm

grasp on the past," he says. "With these medals on our walls we will know where our school came from, and it will help us get to where we want to be."



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THAT'S LIFE: A DAY TO REMEMBER



Kim Bolduc
Contributor

My earliest memory of Remembrance Day is as at age four. Still too young to fully understand the significance of the day, I knew only that something about November 11th caused my usually outgoing

mother to become pensive and reserved.

As I sat on the living room floor playing with my toys, Mom came over to me. Her expression thoughtful, she led me to the couch and began to talk. As her words poured forth, pictures filled my mind and I began to imagine a world outside my own. A world where honour, bravery and sacrifice were in abundance. A world where a few gave all, so that the many could be free. Free to live, free to work and free to love as they choose.

But I was young, and though I was beginning to grasp these abstract ideas, I could go no further. The mind of a child,

who has known nothing but freedom and security, is not yet ready to understand the brutal realities of war. Perhaps that's the point. We honour those who stand up and fight for the rights of others, in the hope that one day all the world's children might never have to understand those brutal realities.

So I listened to her speak, and somewhere in-between words of freedom and courage, my young heart reached out and grasped onto one concept – the Unknown Soldier. Why the Unknown Soldier held particular meaning for me I cannot say. I suppose it's because children see life in absolutes. The

idea that someone would leave friends and family and give their lives for us, only to lay forgotten on foreign soil seemed to a child's mind unfair.

So, I thought of the bravery, and the courage, and the sacrifice. Then when the time came to observe a minute of silence, I stood looking out the living room window. Gazing out at the familiar landscape, I thanked those brave soldiers, and then sent out a prayer for those who never came home.

There have been many Remembrance Days since then. The wars and conflicts continue still. I have learned more of life, and with that comes the knowledge that the

world rarely operates in absolutes. Yet I have also had the distinct pleasure to work with and know the outstanding men and woman who make up our Canadian Forces.

Bravery. Courage. Honour. Some absolutes never go out of style.

To all Service Members working or retired, I offer you my heartfelt gratitude. I will remember.

Kim Bolduc is a mother of four boys, and is married to a naval officer. She writes about the occasionally challenging, frequently joyous, and almost always humorous side of life. Kim resides in North Saanich with her husband, sons and Sienna, her elf-hunting cat.

SPORTS Trivia

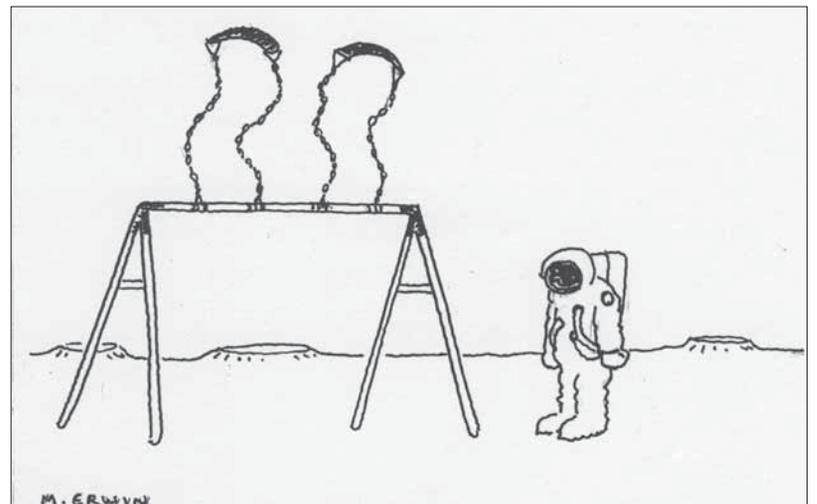
PO1 Bill Sheridan
Contributor

1. How thick is the NHL ice?
2. A dove flew in the line of what pitcher's throw?
3. What pitcher was nicknamed The Spaceman?
4. What is the diameter of an NBA basketball net rim?
5. Eleven Rings is a book about which NBA coach?
6. What quarterback leads the NFL in TD passes and who leads the CFL?
7. The Victors, is the fight song for which Wolverine college team?
8. Where would you find Arthur Ashe Stadium?
9. What were the last four NHL teams to move cities?
10. What country has the most final four world Cup appearances?
11. Who is the only three time winner of the Conn Smythe Award?
12. What item at the Olympics weighs 16.01 pounds?
13. What country has won the most world junior hockey championships?
14. What is called the house that Rockne built?
15. What is the height of a regulation bowling pin?
16. What was Rusty Wallace's cars nickname?
17. What was the highest grossing sports movie of all time?
18. What school has the most basketball wins in NCAA history?
19. What is WHIP used to signify?
20. What did Foster Hewitt say to welcome listeners and viewers at the beginning of the hockey night in Canada?

Answers

1. Ice is approximately 3/4" of an inch thick and is usually chilled at 16 degrees Fahrenheit. The thicker the ice, the softer and slower it becomes.
2. Randy Johnson
3. Pitcher Bill Lee
4. 18 inch
5. Phil Jackson

6. Brett Favre and Anthony Calvillo
7. Michigan
8. Flushing Meadows as its home to the US Open of Tennis.
9. They became the Winnipeg Jets, Carolina Hurricanes, Phoenix Coyotes & Colorado Avalanche.
10. Germany (West Germany)
11. Patrick Roy
12. Shot put
13. Canada
14. Notre Dame Stadium
15. Fifteen Inches
16. Midnight
17. If you include inflation of its 1976 release, Rocky.
18. U Kentucky Wildcats-ten more than Kansas and 21 more than the Tarheels.
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NEWS *Nuggets*

Naval communicators Christmas social 2013

The sixteenth annual Naval Communicators Christmas symposium will be held at The Pacific Fleet Club, lower lounge, Dec. 6, 11:30 a.m. – 1:30 p.m.

This has proven to be an excellent opportunity for all Communicators (both past and present), as well as civilian Communications personnel to come and share salty tales (the truth of which may be suspect) during the festive season. Contact MS Angeles, CFFS 250-363-4279 or MS Hanson, MARPAC HQ 250-363-2219.

Canada extends maritime security and counter-terrorism mission in the Arabian Sea region

The government announced Oct. 21 that it will continue its commitment to maritime security and counter-terrorism in the Arabian Sea region by extending Canada's contribution to Combined Task Force 150 (CTF-150) until April 2015.

The continued presence of military assets in the Arabian Sea region gives Canada and 28 other contributing nations the flexibility and capability to respond quickly to emerging crises in the region.

HMCS Toronto and crew are presently patrolling the Arabian Sea region as part of Operation Artemis, Canada's present contribution to CTF-150.

Toronto will be relieved in

theatre by HMCS Regina early in 2014.

Since the start of Operation Artemis in May 2012, Canada has consistently deployed frigates, along with helicopter air detachments, to the Arabian Sea region.

Results of general court martial MS Laliberte

From Sept. 9 to Oct. 10 MS Laliberte was tried by general court martial on the following charges under the National Defence Act (NDA):

Charge 1: c. 130 NDA - sexual assault contrary to section 271 of the Criminal Code of Canada, and in the alternative b,

Charge 2: s. 93 NDA - behaved in a disgraceful manner.

The accused was found not guilty of charge 1, and charge 2 was withdrawn.

Results of general court martial OS Martin

From Oct 28 to 31 OS Martin was tried by general court martial on the following charges under the National Defence Act (NDA):

Charge 1: s. 97 NDA - drunkenness

Charge 2: s. 129 NDA - an act contrary to the prejudice of Good Order and discipline

Charge 3: s. 125(a) - wilfully made a false statement in a document signed by him that was required for official purpose.

The accused was found

guilty on all charges.

The court sentenced the offender to a reprimand and a fine of \$1,000.

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For family and friends of deployed CAF members, from Oct. 15 to Jan. 11, 2014, parcels will be delivered free of charge from any Canada Post retail outlet to designated CAF bases, where they will be forwarded through the CAF postal system to CAF members overseas.

Additionally, Canada Post will also continue providing free delivery of letters to deployed troops until Dec. 31, 2014.

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Additional mailing guidelines are available at the Write To The Troops link found at www.forces.gc.ca.

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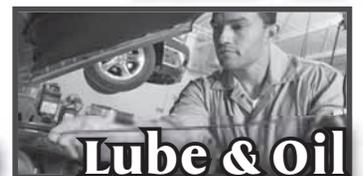
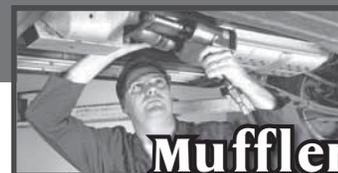


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HR Minister talks Blueprint 2020

Larissa Johnston
Navy Public Affairs

A visit by the Assistant Deputy Minister of Civilian Human Resources (ADM(HR-Civ)) offered DND staff the opportunity to voice their concerns and give feedback face-to-face on the future of HR.

Cynthia Binnington visited CFB Esquimalt from Oct. 29 – 30 to discuss the future of human resources for civilian members of DND. Her tour included a meeting with senior officers of the Formation, a courtesy call with RAdm Bill Truelove, a harbour tour on the Orca-class PCT Renard and a focus group from her local staff to discuss Blueprint 2020.

Blueprint 2020 is a government initiative that encourages public servants to think about the future of public service and how it should evolve, says Michael Holt, director of the base's Civilian Human Resources Service Centre.

The Clerk of the Privy Council announced the initiative in June and challenged public servants to think about "how service delivery and client relationships need to be updated and modernized in a connected world," Holt says.

A preliminary report on the results will be out in the next few weeks, and another one again in the spring. The input comes from interactions, such as Binnington's visit, but most of it comes from online comments and suggestions submitted by public servants.

However, Blueprint 2020 was not the primary driver of Binnington's visit.

"The driver to come was two-fold: speak to clients about those changes [to civilian HR] and speak to the employees who are actually involved in making the change," says Holt.

The highlight, he added, was the opportunity for Binnington to really understand, first hand, local situations and local issues.

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But portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Safety tips:

Only use a portable fire extinguisher when you feel safe to do so, the fire department has been called, or is being called, and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
- **A**im low. Point the extinguisher at the base of the fire.
- **S**queeze the lever slowly and evenly.
- **S**weep the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and oper-

ation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher training.

Install fire extinguishers close to an exit. Keep your back to the exit when you use the device, so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

For additional information go to www.nfpa.org and click on fact sheets and safety tips.

An extinguisher for the home is quite inexpensive and can be purchased at many of your local community stores.

Your local Fire Prevention Division offers PFET (Portable Fire Equipment Training) courses to all members of the CF/DND community. All new workers need to have this training and everyone has to re-train every four years. You can organize to take the training through your local training coordinator.

If you have any questions or concerns please contact the CFB Esquimalt Fire Rescue, Fire Prevention Division at 363-1911.

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During which period was the Royal Canadian Navy at its largest size?

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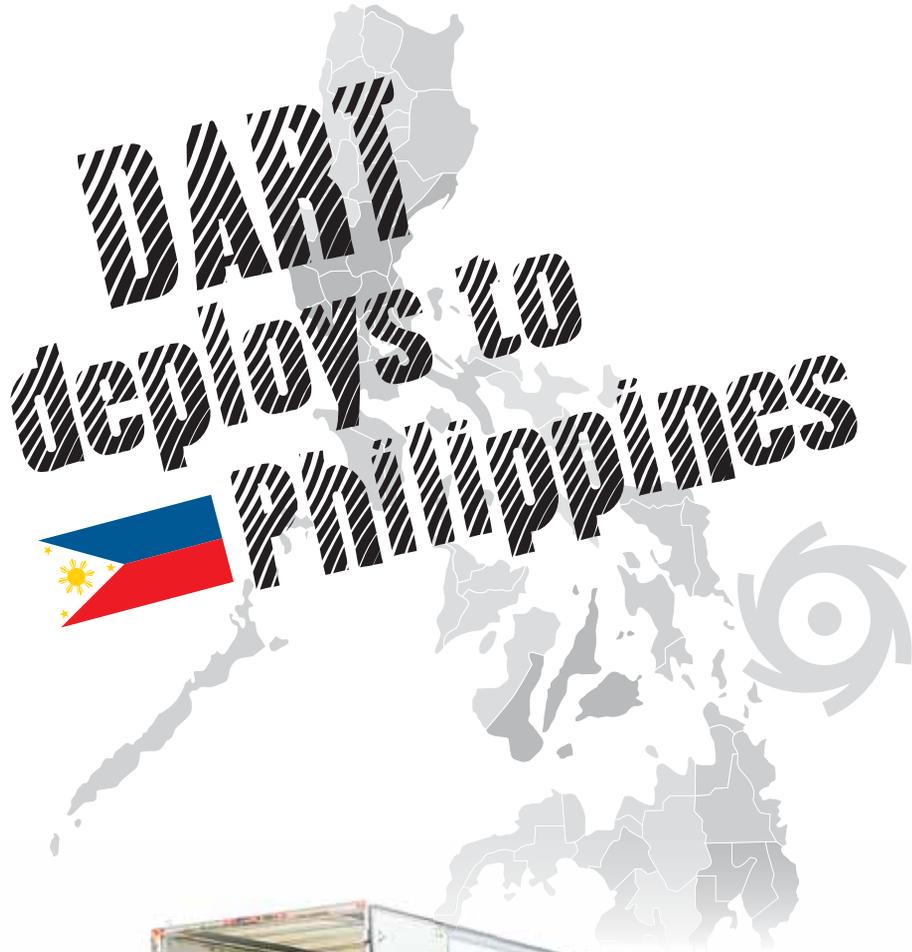


Photo by Sgt Jean-Francois Lauzé, Garrison Imaging, Petawawa
 Members of 2 Service Battalion and 2 Royal Canadian Horse Artillery (2 RCHA) load bags and material before preparing to deploy to the Philippines from Garrison Petawawa, Ontario.



Photo by Cpl Ariane Montambeault, DND
 A member of the Humanitarian Assistance Reconnaissance Team and Interdepartmental Strategic Support Team talks with members of the Philippine Army on Nov. 14, during a reconnaissance of areas affected by Typhoon Haiyan.

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Above: MCpl Woolridge explains the proper method of conducting a baggage search.

Left: Sgt Dominix demonstrates how to properly search a vehicle.

Military Police teach Force Protection

Military Police Detachment

Sgt Frank Dominix and MCpl Jodi Woolridge from the Military Police Unit Esquimalt instructed crews from HMCS Whitehorse and HMCS Nanaimo on security procedures pertaining to persons, baggage and vehicle searches Oct. 22.

The training was custom tailored to meet the crews individual needs based on their current in-place security policies, Defence Controlled Access Area Regulations, and Inspection and Search Defence Regulations.

One key point emphasized by Sgt Dominix and MCpl Woolridge during the training was, as a condition of being

given access to a controlled area, a person shall on demand of a designated authority submit to a search without warrant of his/her person or personal property while entering or exiting the controlled area, or any restricted area within the controlled area.

If upon entering a controlled access area where a person refuses to be searched, they can be denied entry; however, once inside a controlled access area, they are subject to search by authorized persons who may use as much force as reasonably necessary to carry out that search.

These regulations apply when persons want access to Royal Canadian Navy ships and/or jetties which gives

access to the ships.

During the training, MCpl Woolridge demonstrated proper techniques for searching baggage, while Sgt Dominix provided an informative demonstration of a thorough vehicle search using specialized search mirrors. Members of the audience were able to participate in the training by attempting to find pre-placed items of interest in both the demo vehicle and baggage.

As part of the MARPAC Force protection team, the Military Police Unit Esquimalt team continues to assist units with specialized Force Protection training and advice.

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Photo by PO2 Al van Akker, HMCS Malahat
Above: Lt(N) Rory Kulmala of HMCS Malahat salutes during the national anthem at the well-attended Sidney Remembrance Day Parade and Ceremony. Victoria's Naval Reserve Division has represented the RCN in Sidney on our national day of remembrance for over a quarter of a century.

Left: Canadian Armed Forces personnel and a Royal Canadian Mounted Police officer stand guard on the Victoria Cenotaph during the Remembrance Day parade on Nov. 11.
 Photo by Cpl Stuart MacNeil, MARPAC Imaging Services

Remembrance Day



Photo by Cpl Blaine Sewell, MARPAC Imaging Services
Above: Base Commander, Capt(N) Luc Cassivi lays a wreath at the Esquimalt Cenotaph.

Left: Flag carriers from the Royal Canadian Legion march towards the British Columbia Legislature.
 Photo by Cpl Stuart MacNeil, MARPAC Imaging Services

Chinese labourers remembered

Larissa Johnston
Navy Public Affairs

A small, local cemetery at William Head Institution was the site of an unusual tour of top military leaders Nov. 6.

Surrounding the century-old graves were Base Commander, Captain (N) Luc Cassivi; Colonel (Ret'd) Howe Lee, past president of the Chinese Canadian Military Museum in Vancouver; current president and LCdr (Ret'd) King Wan; and Chinese veterans.

They came to pay their respects to Chinese labourers of the past.

The cemetery only has 49 graves, 35 of which were members of the Chinese Labour Corps. It's a tiny percentage of the close to 100,000 Chinese Labour Corps volunteers who went to France and England to fight during the First World War, but it's a reminder of their contribution to the war effort and the discrimination they faced during that time.

British and French troops, facing heavy depletion, wanted to move their labourers to the frontlines. In turn, they recruited almost 100,000 Chinese to help with basic work such as moving ammunition and cooking. They became known as the Chinese Labour Corps.

"They did commendable work," says Col (Ret'd) Lee, adding that some Chinese even joined the frontlines and went on to be awarded for their service.

But some Chinese men never made it to the war.

Chinese labourers arrived on Canada's West Coast by ship and were sent to William Head for inspection and quarantine. Before their quarantine period was over, some men died from smallpox. They were buried at the cemetery at William Head.

"We feel the immigration point of William Head is important," says Col Lee.

Capt (N) Cassivi took part in the wreath-laying ceremony in recognition of the Chinese Labour Corps.

"It was quite moving to be part of this particular ceremony," said Capt (N) Cassivi. "I was unaware of the rich and important history at the William Head site. The contribution of the Chinese Labour Corps to the Great War is absolutely remarkable."

When William Head became a minimum security institution, Correctional Services took over the "run-down cemetery" and have brought it to its present clean condition, Lee says.

The cemetery continues to show part of China's heritage and the major role its immigrants played in helping the allies win the war.



Bugler PO2 Matthew McCrady from the Naden Band plays the hauntingly beautiful Last Post.



Above: Warden Trent Mitchell, Capt(N) Luc Cassivi, Col (Ret'd) Howe Lee, and LCdr (Ret'd) King Wan were at the William Head institution to pay tribute to Chinese labourers of the past.

Left: Piper David Wilson prepares to play the bagpipes.



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What happens to narcotics seized at sea?

Erin Abercrombie
CJOC PA

From the end of March 2013 to the beginning June 2013, *HMCS Toronto* apprehended over 1.3 tonnes of heroin, and approximately seven tonnes of hashish while conducting counter-terrorism operations with Combined Task Force-150.

As part of her duties, *Toronto* not only intercepted illegal narcotics, but also destroyed them.

The Indian Ocean region is known for being one of the busiest naval passages in the world. Each year, the area hosts over 23,000 shipping movements. In spite of all the maritime activity, *Toronto* has been consistently successful in disrupting the movement of narcotics in the region.

Toronto benefits from the seasoned skill and experience that each member of the ship's team brings to the table.

In most cases, narcotics are hidden extremely well on the ships, but boarding party members are trained in finding them.

"They have become proven experts in finding well-concealed narcotics in the most unlikely areas," said Commander Jeff Hamilton, commanding officer of *Toronto* during the first rotation in the area.

When narcotics are first apprehended, they are catalogued, inventoried and placed into a secure lock-up in *Toronto* until the order is given to destroy them. Once the order is received, the drugs are re-inventoried and readied for disposal.

The methods used to destroy narcotics vary depending on the type of narcotics, the environment and weather. In most cases, drugs are dumped overboard and the crew ensures they sink.

They are usually destroyed using explosives by the naval demoli-

tions team consisting of specially trained officers and boatswains from the deck department.

On May 24, the ship destroyed 300 kilograms of heroin using explosives. In this case, they came up with a viable design to destroy the heroin that focused the blast inward from all directions and vaporized the illicit substances in an ensuing fireball. They placed the narcotics in boxes, sealed them and destroyed them on a raft.

Safety is the number one priority. Until the raft was off the ship and ready to be initiated, the number of personnel on deck was kept at a minimum, and explosives and fuses remained separate.

Prior to the detonation, a series of checks were made using airborne surveillance, verifying visually from the surface and listening to underwater sound systems to ensure no marine life was near the demolition site or other vessels were in the area. These are stan-

dard procedures to ensure environmental stewardship.

Because the blast itself vaporized the contents, there was very little debris.

"Given the raft composition and design, along with the blast design, very little risk exists of contaminating the environment and sea life with the narcotics. The narcotics are completely consumed in the explosion," explains Cdr Hamilton.

Nevertheless, shortly following each demolition operation, a small team is sent using the ship's rigid-hull inflatable boat to verify that no plastic or debris is left floating on the surface. On May 24, everything was consumed in the explosion – mission success.

Drug interceptions are one of many operations performed by *Toronto*. Narcotics smuggling in the Arabian Sea and the surrounding region is a recognized source of funding for terrorist organizations.

Destroying the narcotics is the final step in ensuring that drugs funding terrorist organizations do not make it to the intended recipients.

As Cdr Hamilton puts it, "the interception of illicit narcotics sends a powerful message to terrorist organizations that the world's sea lines of communication will not be a freeway for sustaining the financial capital for terrorist activity and organizational growth."

UPDATE: On Oct. 5, *HMCS 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 catalogued and destroyed.



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Whidbey Island Remembers

LCdr N. Underhill
CO Canadian
Detachment NOPFWI

The United States does not mark Remembrance Day the way we do in Canada.

Although they mark November 11, they call it Veterans' Day, a federal holiday established in 1954, to remember all veterans of military service.

While the Royal Canadian Navy has had a detachment of nearly 40 sailors and their families living and working on Whidbey Island for 23 years, differences have made it difficult in the past for the Canadian Detachment (CanDet) to mark Remembrance Day in the way we would at home.

However, this year at the 11th hour of the 11th day of the 11th month, members of CanDet and their families gathered at the Sentinel Memorial in the Naval base

on Whidbey Island to mark Remembrance Day.

We were joined by members of the CanDet at NORAD's Western Air Defence Sector who are based at Joint Base Lewis-McCord in the southern part of Washington State, and by Padre Mangana of Esquimalt Base Chaplains, who led the service.

In the spirit of the close friendship between the United States and Canada, we were also joined by members of the Navy League, Oak Harbor Elks' Lodge, PBY Memorial and by the Oak Harbor Veterans of Foreign Wars who also laid a wreath in remembrance.

We even had some of our United States Navy peers at the Naval Ocean Processing Facility, Whidbey Island join us in wearing a poppy on their uniform in the week leading up to Remembrance Day/Veterans' Day.

From Canada, CanDet

is especially thankful to Maj(Ret'd) Svend Raun who brought Capt Norm Demers and his bagpipes to play the Lament during our ceremony.

Continuing in the spirit of friendship between our two countries, CanDet was also proud to join the 2nd Annual Oak Harbor Veterans' Day Parade where almost half of CanDet, as well as some of our family members, joined with the Veterans of Foreign Wars, the United States Navy, and many local organisations who support veterans to parade in downtown Oak Harbor.

The parade route was lined with supporters who cheered and clapped as the parade went by, and several called out thanks to the CanDet as we passed.

At the end of the route, all parade participants passed under both the Stars and Stripes and the Maple Leaf flags together.



Harm Reduction - Health Promotion 's Approach

Many of us think if we want to effect healthy behaviour changes we must educate individuals or "convince" them to change their ways. This may be part of the picture, but it is not the complete solution, nor the most effective in many cases.

A focus on prevention, in addition to individual treatment places our effort "in front of the eight ball" and is shown to be very cost effective. This is a Health Promotion approach. It includes a hard look at policy, an evaluation of the environment we function in, and an effort to work together, and be informed and supportive.

This week marks the second in a two week campaign to promote Addiction Awareness or rather Addiction Free Living in our MARPAC community. CANFORGEN 184/13 shows leadership support for this campaign.

Research reveals that we do have unhealthy behaviours that can be changed. Let's look at what we know...

Nicotine use:

- Quitting smoking is an individual's responsibility, we cannot force it. We can be supportive, and help create an environment that is conducive to being tobacco free.
- MARPAC has a 22% rate of smoking, with some units being as high as 41%. The B.C. provincial rate is about 14% and the Canadian rate about 17%.
- MARPAC currently has over 230 established smoking areas.
- Provincial regulations indicate designated smoking areas must be at least three metres from open doors window

and ventilations. WorkSafe BC recommends five metres and is looking at nine metres for the future.

Alcohol Misuse:

- 47.8% of CAF members surveyed in the Health and Lifestyle Information Survey (HLIS) 08/09 exceeded the Low Risk Drinking Guidelines (LRDG) in the previous week.
- 47.5% indicated they "binge drink" less than once per month and 27.9% more than one per month.
- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) outlines the health effects of binge drinking: <http://pubs.niaaa.nih.gov/publications/aa63/aa63.htm>

Each of us can do something to work together and promote health and wellness in our community. Every unit has or should have a Unit Health Promotion Rep (UHPR). There are many resources available within and external to our community. If you would like to be involved in making positive changes at MARPAC contact krista.durand@forces.gc.ca and get involved in the MARPAC Health and Wellness Strategy - bringing health and wellness to the Formation.

More information about the 2008/9 HLIS can be found at http://publications.gc.ca/collections/collection_2011/dn-nd/D2-293-2010-eng.pdf

And more information about the LRDG can be found at http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/alcohol/Pages/low_risk_drinking_guidelines.aspx

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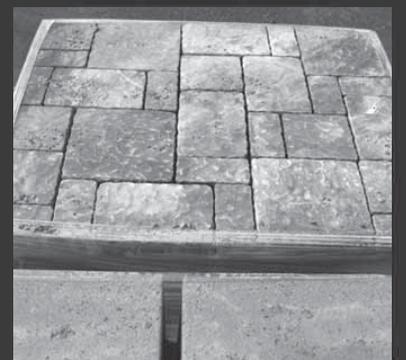
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Maj Barton Dennis, CD, Officer Commanding of the 11th Company, 39 Service Battalion, 3rd Canadian Division, presents C/WO Zack Schmit with the National Star of Excellence (Level 1).

Esquimalt PPCLI Army Cadet presented with National Awards!

Richard Asselin
2483 PPCLI RC(Army)CC

Cadet / Warrant Officer (C/WO) Zackary Schmit, a proud member of the 2483 Princess Patricia's Canadian Light Infantry, Royal Canadian Army Cadet Corps, is the perfect example as to why the Canadian Cadet Program is the best youth program in Canada.

On Tuesday Oct. 29 during the Corps monthly Commanding Officer's Parade, he was presented with the Major-General W.A. Howard Award.

This award was presented to this outstanding cadet based on the following criteria:

- Demonstrated leadership and comportsment of the finest kind;
- Judged to have a successful balance of cadet and civilian accomplishment;
- Scored within the top two cadets in the Province of British Columbia for the Army Cadet Gold Star (Level 4) training in the preceding year; and
- Has served a minimum of three years as an Army Cadet.

During that same parade, C/WO Schmit was presented with the Army Cadet Service Medal for his four years of honourable service to the Army Cadets, and also received a much deserved promotion to his current rank. He also received his National Star of Excellence (Level 1).

The success story of C/WO Schmit doesn't end there.

Last summer, while attending the Full Bore Level Two (2) Marksmanship training at the Connaught National Army Cadet Summer Training Centre (CNACSTC) in Ottawa, Ontario, C/WO Schmit was presented with the ANAVETS Cadet Medal of Merit. He was being recognized for his overall achievement, his outstanding leadership abilities and his exceptional physical fitness on this very demanding course. Subsequently, Zack was selected as a member of the 2014 National Rifle Team in Bisley, England, where only 10 Army Cadets across Canada are selected each year to be part of this elite team.

As well as being a great musician, he was the Corps Band Drum-Major until October 29th and was recognized within the Corps with an appointment to be a Platoon WO while still being an active member of the band. He is a very confident young man with an excellent positive attitude who continually shows a pleasing personality – a great mentor for the junior cadets to emulate.

The Commanding Officer, Capt Madeleine Dahl, her Staff, the Corps Sponsoring Committee, along with all the Corps' cadets of 2483 PPCLI RCACC are extremely proud of having C/WO Zack Schmit as an integral part of the Corps.



Below: Canadian Forces Fleet School (Esquimalt) Leadership Division, at the Rainbow Room of the Chiefs and Petty Officer's Mess, Canadian Forces Base Esquimalt, on Nov. 7.

Photo by: Leading Seaman Ogle Henry, MARPAC Imagery Services



PO1 Rick Tucker receives the Canadian Forces Decoration First Clasp from RAdm Bill Truelove.



Sgt Jason Forget receives the Commander's coin from RAdm Bill Truelove.



MCpl Perrin Brennan receives the Canadian Forces Decoration from RAdm Bill Truelove.



Cmre Sgt Fisher receives the Commander's coin from RAdm Bill Truelove.



MS Martin Couture receives the Commander's coin from RAdm Bill Truelove.



Civilian member Karen Conway receives the Commander's coin from RAdm Bill Truelove.

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Corner of Gorge Rd East & Jutland • 382-0242

Make the most of life on the island.



Available at all PSP and MFRC outlets

Stay fit with the Activity Guide.

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD. 250-361-3690
Toll Free 1-866-217-3612

FREE Heat & Hot Water - Card operated front load laundry/24hrs

MACAULAY EAST

948 Esquimalt Rd.
Bachelor, 1,2 & 3 bdrm.
Full size commercial gym!
Manager 250-380-4663

MACAULAY NORTH

980 Wordsley St.
1 & 2 Bedroom
Manager 250-384-8932

New building corner of Tillicum & Burnside coming Sept/13
To view these and other properties, visit
www.eyproperties.com



Tenant Referral Program
Military Discount

The place to be before downtown



TGIHD Free Lunch!
 Wednesday,
 November 20th
 1100-1300 in the
 Okanagan Lounge
 For PFC members only



90's Night with DJ Buch
 Friday,
 November 22nd
 Starts at 2000
 It's gonna be fly

Free rides
 from/to Nelles, Bernays
 or Work Point
 Friday and Saturday
 Call 363-6028

Kids Xmas Party
 Sunday December 15th
 1300-1600
 Santa, clowns and fun
 for the whole family
 Write this event in
 your calendar!

Tuesday Nights
 Poker & game night
 No buy-in.
 Free prize for the winner
 7 pm

Join us for lunch
 11am-1pm
 every day.

Music Bingo
 Every Thursday!
 Starts at 8pm
 Free prizes for the
 winner

Got an idea for an event?
 We'd love to hear it.
 Email mark.pyza@forces.gc.ca

PMC 363-3918 • Bar/Van 363-6028
 Lower lounge open Tues-Sat 6pm-late

Celebrate SPORTS DAY

In Canada at CFB Esquimalt
 Hone your leadership, esprit de corps, physical fitness and warrior spirit!



MILITARY SPORTS DAY ACTIVITIES
 FORMATION RUN FRIDAY, NOV. 29
 0830 starting at A Jetty.

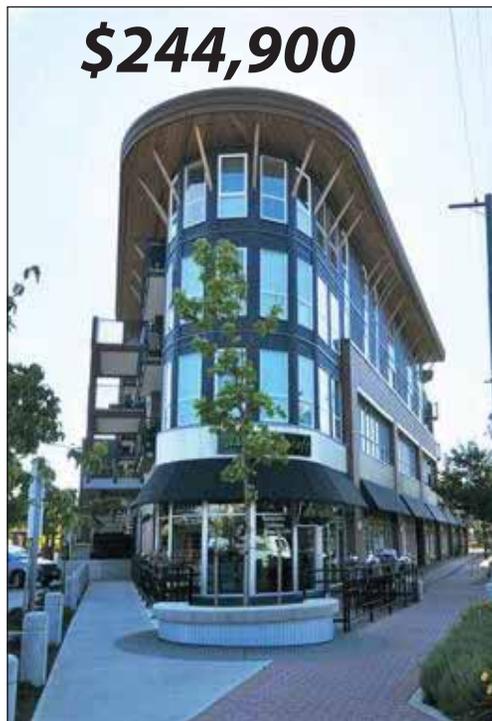


SPORTS AND ATHLETICS AWARDS LUNCHEON
 FRIDAY NOV. 29
 By invitation only



FAMILY SPORTS DAY ACTIVITIES

SATURDAY NOV. 30
 NADEN ATHLETIC CENTRE
 • Free Open Gym Play 10:30 - noon
 • Free Swim noon - 2:00
 • Free Skate 2:30 - 3:45 (Wurtele Arena)
 Plus **FREE BARBECUE**, and **DOOR PRIZES**.
 Kids, don't forget about our colouring contest!
 Entries can be picked up at the Naden Athletic Centre,
 Colwood Pacific Activity Centre or online at
www.cg.cfpsa.ca/cg-pc/esquimalt/EN/Pages/default.aspx



\$244,900

#309-662 Goldstream Ave.
 MLS 326280



\$176,000

#105-1032 Inverness Rd.
 MLS 328365



946 Glen Willow Pl.
 MLS 330039 \$424,900



Danielle Smith



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