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LOOKOUT

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High level challenge



OS Tyson White climbs to the top of the tower at Esquimalt's Transportation Electrical Mechanical Engineering unit during the RAVEN Program rappel training.

Inset: LS Mia Lynch helps OS Jarad Tom prepare for a safe descent. Read about one RAVEN participant's experience on page 2.

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RAVEN program shows youth what they're capable of

Shawn O'Hara
Staff Writer

For one student of the 2014 Raven Program, mastering his drills means mastering himself.

An energetic 16-year-old, OS Eli Charlie has always had trouble focusing. Since joining RAVEN he's been surprised at what he can accomplish.

"I didn't think I really had it in me to stand still for as long as we have to, or pay attention to orders, or get up on time, but I've proven myself wrong," he says. "Obviously this lifestyle was a lot for me to get used to, but I've learned that if I really put my mind to it, I can adapt to anything."

He first heard of the RAVEN Program from his aunt. Though he had never considered a career in the military as an option, he decided the specialized aboriginal

program was a risk-free chance to see if the military lifestyle suited him.

"It seemed like a really cool opportunity to try something new and see if the military was right for me," he says. "I wasn't really sure what to expect, but I was ready to work really hard."

The RAVEN Program puts youth of First Nations, Métis, and Inuit descent from across Canada through a five-week basic training program plus a three day Culture Camp on Aboriginal traditions. At the end of the program they will have obtained a Primary Army Reserve Basic Military Qualification.

Throughout the five weeks, recruits are put through extensive drill training, physical education, marching, basic weapons handling, rappel training, military theory and more.

"I didn't quite know what to expect," says OS Charlie. "I thought I would be running around all the time, exhausted and sweaty. It has been like that, but it's good work. When the whole group gets through a day of drilling together it makes you feel like you've accomplished something."

For the entirety of the program, participating youth are effectively part of the Canadian Armed Forces (CAF). Sleeping in the barracks at Venture, The Naval Officer Training Centre (NOTC), eating at the mess hall, and spending their spare time maintaining kit and quarters has given them a first-hand look at life in the military.

Judith Guichon, Lieutenant-Governor of B.C., who visited the RAVEN participants during their rappel training, says the program

and others like it give youth the benefit of exploring their options early in life.

"I wish there was a program like this when I was a kid. To be able to look at the different paths you can take in life is something you're lucky to have," she says. "There are so many choices in life, and the CAF is just one of them. If you find your passion here, then all the better."

With the program nearing its end for this year, OS Charlie says he would recommend other youth look into it as a means for personal growth.

"I didn't know I could do the sort of things I've done while I've been here," he says. "It taught me discipline. I'm more in control of myself than I've ever been before. If anyone has doubts about themselves, this is the kind of program that can help."



Shawn O'Hara, Lookout
OS Eli Charlie says the RAVEN program has taught him how to focus his energies.



Lieutenant-Governor of B.C. Judith Guichon speaks with RAVEN Program participants OS Jack Katcheech and OS Harry Assu.

Ravens parade at Yellow Wolf Pow Wow

A/SLT Ron MacDougall
MARPAAC Public Affairs

Members of the Canadian Armed Forces Raven Program proudly led the Grand Entry at the Yellow Wolf Pow Wow, which was held at a local soccer field in Brentwood Bay on Aug. 1.

OS Magwes Doxator-Young and OS Riely Spence received the special honour of carrying the Canadian Ensign and the Naval Jack.

"My grandfather was a Second World War ammunition truck driver and also a Mohawk," said OS Doxator-Young. "He was always very proud to carry the eagle staff

at the local Pow Wows. Having the chance to carry the Ensign is not only a reminder of a beloved ancestor but also an honour."

The Yellow Wolf Pow Wow, presented by the Tsartlip First Nations, practices the Coast Salish tradition of welcoming visitors onto their lands, and includes a variety of entertainment, vendors and food. Pow Wows are the First Nations way of gathering for dancing, singing, renewing old friendships and making new ones.

Founded in 2003, the five-week Raven Program offers Canadian Aboriginal Youth a chance to experience military life..

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- Dr. Kenman Gan

Major power outage on base - where and when

What is happening?

Power to the CFB Esquimalt areas of Dockyard, Signal Hill, and Naden will be disrupted for approximately eight hours due to a planned power outage.

When is this happening?

This is scheduled to take place Sunday August 24, 0830hrs until approximately 1630hrs.

Why is this happening?

This power interruption is required to perform repair work on the high voltage power distribution system within the base, as well as repairs to the high voltage system at the Esquimalt Graving Dock.

The following will be affected:

- All buildings and structures within the Dockyard gates, and on Signal Hill.
- All buildings in Naden including the Arena, Base Gym and CANEX.
- All Dockyard and Naden Jetties

including ships' power supplies.

- Esquimalt Graving Dock.

Critical buildings and systems will be dependent on permanently installed generators.

Note: Not all buildings on base are backed up with generators. No portable generators will be provided.

The following will not be affected:

- Naden Health Services Clinic.
- Work Point all areas.
- All outlying areas not located in Esquimalt. (ie. Colwood, Albert Head, Armouries, etc)
- Emergency services will be available.
- Alarm systems will function on battery backed up power.

Phone lines are not anticipated to be effected.

Note: If using a cell phone to call 911, tell the dispatcher your location is CFB Esquimalt and request to be transferred to the Base Fire Hall.

What accommodations and food services will be affected?

All housing units and accommodation blocks within the gates of Naden and Dockyard, as well as all base messes located on Signal Hill will be affected. Housing units outside the gates, in Work Point, and in outlying areas will not be affected.

This power outage is planned to take place as stated; however, timings are subject to change due to the nature of the work.

- Watch the MARPAC notice board for updates.

If you require more information, please contact:

Dean Marshall
Electrical Supervisor
Base Construction Engineering
Dean.Marshall@forces.gc.ca
250-363-2225

Power outages from a BIS perspective

What is happening?

In order to replace Uninterruptible Power Systems (UPS) at Esquimalt Dockyard 199, a series of five power outages is scheduled for dates Aug. 27, 28 and 29.

The new UPS's will provide multiple UPS redundancy, which will allow for more effective Information Services maintenance in support of operations.

Schedule/Impact:

Wed Aug 27 1800- Thursday Aug 28 0200

Thurs Aug 28 1800- Fri Aug 29 0200

Fri Aug 29 1800- Sat Aug 30 0200

Dates	GPNET	Blackberry	DWAN Login	DWAN Apps	DWAN Email	CSNI Login	CSNI Apps	CSNI Email
Aug. 16	Yes	Yes	Yes	No	Yes	Possibly	No	Possibly
Aug. 27	Yes	Yes	Yes	No	Yes	Possibly	No	Possibly
Aug. 28	Yes	Yes	Yes	Possibly	Yes	Possibly	No	Possibly
Aug. 29	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes

Legend:

No – that application / service will not be available
Yes – that application / service will be available
Possible – it could be available, we are still researching alternatives

- GPNET will be available to all users, unless you have no power to your building.
- Blackberrys will work as per normal.
- DNET Login – users will be able to login.
- DNET apps, network printers, such as splash screen, shared drives, all ESQ websites, notice board and applications that we host in D199 will not be available on Aug. 16, 27, 28, and 29.
- DNET email will work as per normal.

- CSNI Login – users will be able to login. Users will experience a slow connection. This is marked as possibly because we are trying alternatives for getting power to the equipment.
- CSNI apps, network printers, such as splash screen, shared drives, all ESQ websites, notice board and applications that we host in D199 will not be available.
- CSNI email will be possibly be down on Aug. 27, and 29 as we are looking at alternative solutions.
- Email, chat and VOIP to HMC Ships will not be available during outages on Aug. 27, 28 and 29.
- Phones will work during all dates.

If you have any questions, please contact Rocky Passarell at 250-363-1168 or by email at rocky.passarell@forces.gc.ca



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People Talk

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LS Willy Bull



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George Cruickshank



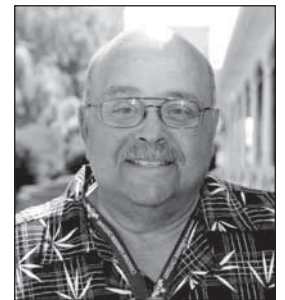
You have to enjoy effectively camping with 50 of your closest friends. There isn't a lot of room, and you get comfortable with each other very quickly.

LCdr Robert Sutherland



Everyone takes care of each other, and everyone is very organized. There's no wasted space on a submarine.

E4 (Ret'd) Ron Star



I'm not really sure, since it's all I knew. I was never on a surface craft. I spent two days on one during my career and you could just see the difference. I was never sure what it was, but it was there.

PO2 (Ret'd) Mike Jansen

Marking the creation of the Chief of Defence Staff

Aug. 1 marked the 50th anniversary of the establishment of the position of the Chief of the Defence Staff (CDS).

For most of us, it's hard to imagine what the Canadian Armed Forces were like before we had a CDS - back when the heads of the navy, army and air force each vied for the time of the Minister of National Defence; and when the government didn't have a senior advisor for military issues.

That's the role that my 17 predecessors have had for the past half a century. They have been charged with this, and with ensuring that the Canadian Armed Forces are ready to

answer the call when Canada needs us. It is humbling to think of all that they, and the forces they led, were able to achieve.

From the Cold War to Bosnia; from the Gulf War to Afghanistan; from Search and Rescue operations to providing support responding to natural disasters, the Canadian Armed Forces have been ready when Canadians have needed us.

Over these years we have continued to evolve and to adapt to changing world conditions. From the recent stand-up of Canadian Joint Operations Command to the efficiencies we're finding with the Defence Renewal initiatives, this work

continues. We are applying the lessons we learned in Afghanistan and Libya, and we are ensuring that we remain agile and responsive.

As our links to past generations of Forces members are strengthened with the restoration of historical titles, ranks and insignia, we can look back with pride at the legacy of achievement, of operational excellence, and of readiness that we carry on today.

This is the bedrock of our institution, and it is what my predecessors worked to forge over the past 50 years. It is what ties the Forces of today with all those who came before us, and

with those who will follow in our wake, footsteps, and flight-path.

As we move forward we will continue to evolve and find better ways of operating. We will integrate new equipment as it comes on-line, and we will adapt our procedures as we need to. We will do this to ensure that our commitment to be ready when Canada needs us is as rock-solid in the future as it has been in the past.

This is our legacy, and this is our charge - when our nation needs us, we will be ready."

General Tom Lawson
Chief of the Defence Staff

SPORTS trivia

by PO1 Bill Sheridan
Contributor

1. Jordin Tootoo is the first NHL player of which ethnic background?
2. The Yankees wore black armbands in 2010 for who?
3. Who was nicknamed the entertainer?
4. What NBA star recorded the most assists in one game?
5. 'Where ever I wind up' is an autobiography about which blue jays pitcher?
6. What holds the CFL record for most yards rushing?
7. What song has Phil Rizzuto doing play by play of a scoring play?
8. When was the first time that World Cup games were played indoors?
9. What positional player wins the 'Lou Groza Award' in US college football?
10. What is a chukkar?
11. What is the Senator Joseph Sullivan Trophy awarded for?
12. Who assisted the armed terrorists to get into the athletes center in Munich?
13. What team did Art Modell move?

1. Inuit
2. Ralph Houk
3. Eddie Shack
4. Scott Skiles at 30
5. RA Dickey.
6. Mike Pringle
7. Paradise by the Dashboard Light
8. Silverdome
9. Placekicker
10. Period of play in Polo
11. Canadian University Male hockey player of the year.
12. Canadian Athletes unknowingly assisted the terrorists into the Athletes village thinking they were athletes of other countries.
13. Browns

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Author attends military book festival

Shawn O'Hara
Staff Writer

In the hallowed halls of the legendary École Spéciale Militaire de Saint-Cyr in Guer, France, military personnel and civilian enthusiasts gathered for two days of presentations, talks, and arm-chair chats at the 5th Annual Festival International du Livre Militaire (FILM) July 18-19.

The festivities had Canadian representation in the form of LCol Steve Jourdain, Chief of Operations of the 2nd Canadian Division, and author of war memoir "My Afghanistan", a record of his time serving as Commander of Cobra Company in Sperwan Ghar in 2009.

"I was contacted by a coordinator who had my name passed to him by a reviewer," says LCol Jourdain. "I was excited at the prospect of presenting alongside so many other military personnel, plus I already had plans to visit France, so there was no way I was going to pass it up."

With a release in 2013, "My Afghanistan" received solid reviews from both critics and the military community. It is a personal and honest reflection on his time in Sperwan Ghar. LCol

Jourdain says he was happy to write down his thoughts on the role of Canadians in the Afghan conflict, the responsibilities of leading men and women in combat situations, and the repercussions when those combat situations resulted in lost lives.

"It was a period of great growth for me. I learned a lot of things there that have given me a new perspective on my life and the lives of others," says LCol Jourdain. "I hope that with my book I can pass on those perspectives and lessons to people who need them."

He says the idea for the book began long before his boots hit the dirt in Sperwan Ghar. During his winter training period in 2008 he had made a decision.

"I knew that what I was experiencing I would never experience again in my lifetime," he says. "I was determined to leave my mark so that people can look back on this period in Canada's history and see what it was like for me."

The book has been recognized as the first of its kind: a war memoir published by a French-Canadian Army Officer in his native language. At the festival in France LCol Jourdain was surprised by just how popular the practice is in France.

"There are many, many French military authors," he says. "It was great to represent my country and my culture with my book, and to see how it all fits in to this greater thing. It was very enlightening."

Following his presentation, LCol Jourdain took part in a discussion alongside French Army Chief-Sergeant, and author of "Blessé de Guerre", Jocelyn Truchet, who lost a leg in an Improvised Explosive Device (IED) detonation in the Kapisa Province of Afghanistan.

"It was interesting to speak with someone who is from another part of the world, but experienced something very similar to what I did," he says. "He had his own unique experiences, or 'his Afghanistan', but at the end of the day we were all there. We knew what it was like."

Now home at the Montreal Garrison, LCol Jourdain says he would happily return to FILM in subsequent years.

"Meeting all these new people, presenting my experiences, and sharing my book made it all such a pleasant experience," he says. "I learned a lot, and if I can pass on what I learned and help someone in need then it has all been worth it."

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LCol Steve Jourdain, displays his book, "Mon Afghanistan", a collection of lessons learned during his deployment to Afghanistan in 2009 as Commander Cobra Company.

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HMCS Calgary at Rim of the Pacific Exercise 2014: The Grand Finale

SLt Ellie Aminaie
HMCS Calgary

After 18 eventful days of international multi-ship operations at sea, Rim of the Pacific Exercise (RIMPAC) 2014 has come to an end for *HMCS Calgary*.

From replenishments at sea (RAS) to Officer of the Watch maneuvers to operating with multiple ships in sector screens in various warfare scenarios, it has been an exciting time for the sailors onboard and for the Royal Canadian Navy (RCN) as a whole.

Being the only major warship representing the Canadian surface fleet at RIMPAC 2014, *Calgary* had a large responsibility to fill. While in Pearl Harbor, during the alongside phase, *Calgary* hosted a Canada Day reception that was second to none, and arguably the top event of the harbour phase. It was a great opportunity to showcase to other nations how Canada celebrates the birth of its nation.

During the at-sea portion, *Calgary* was the des-

ignated Anti-Submarine Warfare Commander within Expeditionary Strike Group (ESG) CTF 176 and sailed with 14 other ships, including United States Ships Peleliu, Rushmore, Lake Champlain, Sampson, Gary, Rodney M. Davis, Chosin and Spruance. CTF 176 also included HMNZS Canterbury (New Zealand), HMAS Success (Australia), KRI Banda Aceh (Indonesia), ROKS Wang Geon (Korea), JS Ise (Japan) and ARC Almirante Padilla (Colombia).

The RCN's exceptional training program was showcased through the skillful execution of serials by Sonar Operators, Naval Electronic Sensor Operators and Naval Combat Information Operators. They carried out anti-submarine warfare tactics, and tracking and defensive tactics against surface threats in hostile electronic warfare scenarios.

The Naval Combat Systems Engineers observed all the combat

systems in action and were able to learn through the practical application of those systems.

Meanwhile, the Marine Systems Engineers learned the value of sustaining the ship's machinery and propulsion engines at sea for a prolonged period of time, as well as conducting multiple fueling evolutions at sea.

The Logistics Department developed their resource management skills in acquiring much needed parts while away from home port.

The Deck Department was involved in flight operations, boat operations and multiple replenishments at sea, which provided great training value to many new sailors.

Junior officers onboard gained valuable experience conducting operations with multiple international ships. Two were granted their Naval Officer Professional Qualification and four achieved Bridge Watchkeeper Certification. Four others, who had limited sailing experience onboard a

frigate prior to RIMPAC, acquired valuable skills as Second Officers of the Watch, which will place them well ahead of their peers.

RIMPAC came to an end for *Calgary* with a PhotoEx. Forty two surface warships and four submarines from 13 nations formed up in seven columns with only 500 yards between each ship as USS Ronald Reagan led the way. This evolution was nine hours in the making as each ship assumed its position within the formation. RIMPAC's 2014 motto, "Capable, Adaptive, Partners" was clearly demonstrated through the exercise.

While RIMPAC was a beneficial experience for the entire ship's company, most are happy to be home and spending time with their loved ones. After a two week post-deployment summer leave period, *Calgary* will embark on a busy sailing schedule in the fall, which includes operations in Southern California until Christmas.



Sgt Matthew McGregor, Canadian Forces Combat Camera Naval Electronic Sensor Operator OS Roger Evans uses the big eyes to watch a United States Navy UH-60 helicopter as it flies past HMCS Calgary during Rim of the Pacific Exercise 2014.

Calgary Tiger Cruise



SLt Tony Greenwood HMCS Calgary

On Aug. 4, *HMCS Calgary* embarked 20 guests and five cadets and set sail from Pearl Harbor on a Tiger Cruise home to Esquimalt.

A Tiger Cruise generally takes place on the home stretch of a sail, from the ship's last port of call to home port. Guests, usually friends and family of the ship's company, are embarked for the duration of the transit and are given an opportunity to get a feel for life at sea alongside their hosts. Guests learn about the ship and how she operates.

During the cruise, the ship offered tours of key work spaces such as the damage control systems, the bridge and the engineering spaces to show the Tigers what keeps a ship afloat and fighting at sea.

"What I do ashore is fairly close to what my son does here," said Greg Sklarchuk, father of AB Benjamin Sklarchuk, Marine Engine Mechanic, "so now that I've seen it, I feel like I can relate to what my son does here on the ship."

He also enjoyed his time on board *Calgary*. "If this sail lasted another week or two, I would be happy with that," he said.

The ship's company also had

plenty of opportunities to learn something new during *Calgary's* homeward sail. The ship's Bridge Watchkeepers were busy learning the basics of celestial navigation, taking fixes using the sun and stars and plotting them on Mercator paper charts as their primary means of navigating from Pearl Harbor to Esquimalt.

One sunny afternoon, the Officer of the Watch, Lt(N) Ellery Down, showed two young cadets how to take sights of the sun with a sextant. He aimed the instrument at the horizon, marked the time in his notebook and demonstrated to his students how to take a reading of the sun's declination from the dials on the sextant.

CPO1 Liam Geary from RCSCC Admiral Budge and CPO1 Danycka Lister from RCSCC Victoria, who were on their first sail on a major warship, were thrilled to have participated in the celestial navigation and also enjoyed the opportunity to learn about life on a frigate as a whole.

The sail home also offered some time to relax, with the ship hosting an iteration of the "Stoker's Open" mini-golf tournament. Each department hosted a "hole" somewhere in the ship, themed after that department. The ship's company

and guests jury-rigged golf clubs and golf balls out of whatever they could find, in order to compete in the tournament. There were golf clubs made from broom handles, air powered clubs, some made of hockey sticks, and clubs that required an extension cord and electrical source to operate. After the tournament was finished, the ship hosted a "Banyan" barbecue on the flight deck.

The guests were invited to observe the firing of the ship's main gun, and try their hand at a small arms shooting.

Another highlight of the Tiger Cruise was the night time .50 calibre gun shoot where guests had the opportunity to fire at flares as targets in the sky.

"Calgary made us all so very welcome, and proudly displayed the competence and professionalism they all bring to the navy. It was wonderful to see how highly trained and equipped our ships are today," said Cdr (Ret'd) Peter MacGillivray, a former Marine Systems Engineer and father of SLt Simon MacGillivray, a Naval Combat Systems Engineer Phase VI onboard *Calgary*. "I only wish all Canadians could experience the level of dedication and professionalism of our navy."



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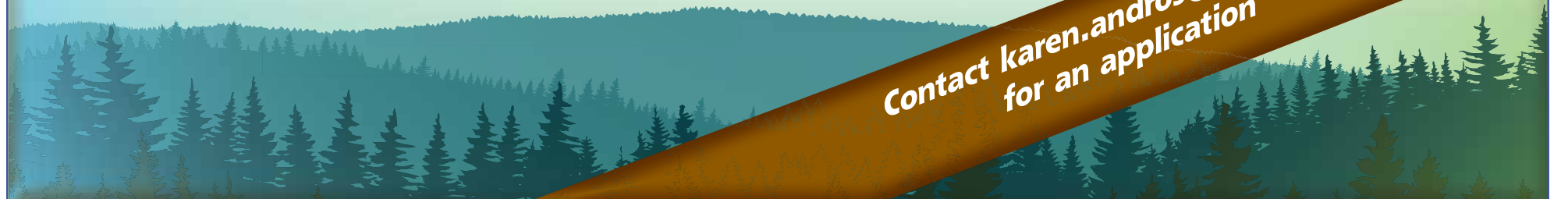
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Remembering Regina

LS David McColl HMCS Regina

On Jan. 22, 1942, the first HMCS Regina was commissioned into the Royal Canadian Navy, joining a maelstrom of machine, ocean and man in the furious Battle of the Atlantic, which had been already raging for over two years.

Joseph Conrad called the sea an "irreconcilable enemy of ships and men," but not even he could have imagined the possibility of an enemy as insidious as the U-Boat, the wolf prowling beneath the icy waters of the Atlantic, threatening vital shipping that could mean the difference between victory and defeat.

It fell to corvettes like Regina to escort those merchant vessels across the ocean, all the while keeping watch for those dreaded submarines.

Regina would begin her career in Halifax, escorting ships and patrolling for U-Boats from the Gulf of St. Lawrence, down the eastern seaboard of North America. In July of 1942, she came to the rescue of sailors in the freighter, S.S. Alexander Macombe, torpedoed off the coast of Cape Cod, pulling twenty-five men from the water.

In September, Regina would be reassigned to Operation Torch, the allied invasion of North Africa, before moving onto escort duties between Great Britain and the Mediterranean. During this mission, Regina attacked and sank the Italian submarine Avorio off the coast

of Algeria in February, 1943.

She would rejoin the war after a lengthy refit in 1944, and was assigned to support the D-Day landings as part of Operation Neptune, before resuming convoy duties between Great Britain and the mid-Atlantic. Unfortunately, her distinguished career would come to a tragic end on Aug. 8, 1944.

At 2127 hours on that fateful evening, the liberty ship, Ezra Weston, was torpedoed eight miles from Trevoze Head, off the coast of Cornwall. Believing the Weston to have struck a mine, Regina's Commanding Officer, Lt(N) J.W. Radford, ordered the ship's company to heave to and pick up survivors, unaware of the U-Boat in the area. For the Germans, watching from the deep, Regina was an easy target. They fired one torpedo, sinking her in less than thirty seconds.

One officer and 27 men perished. Lt(N) Radford and 65 other crew members were rescued by HMS Jacques Morgand and HMS LCT-664, though two of the survivors would succumb to their wounds before reaching shore.

It has been 70 years since that bloody war and its final victory, and today a new ship bears the name *Regina*, with a new crew dedicated to the same goal of maintaining the security of Canada and the safety of the oceans. The present day *Regina* carries more than twice the number of crew members as her predecessor. She is faster

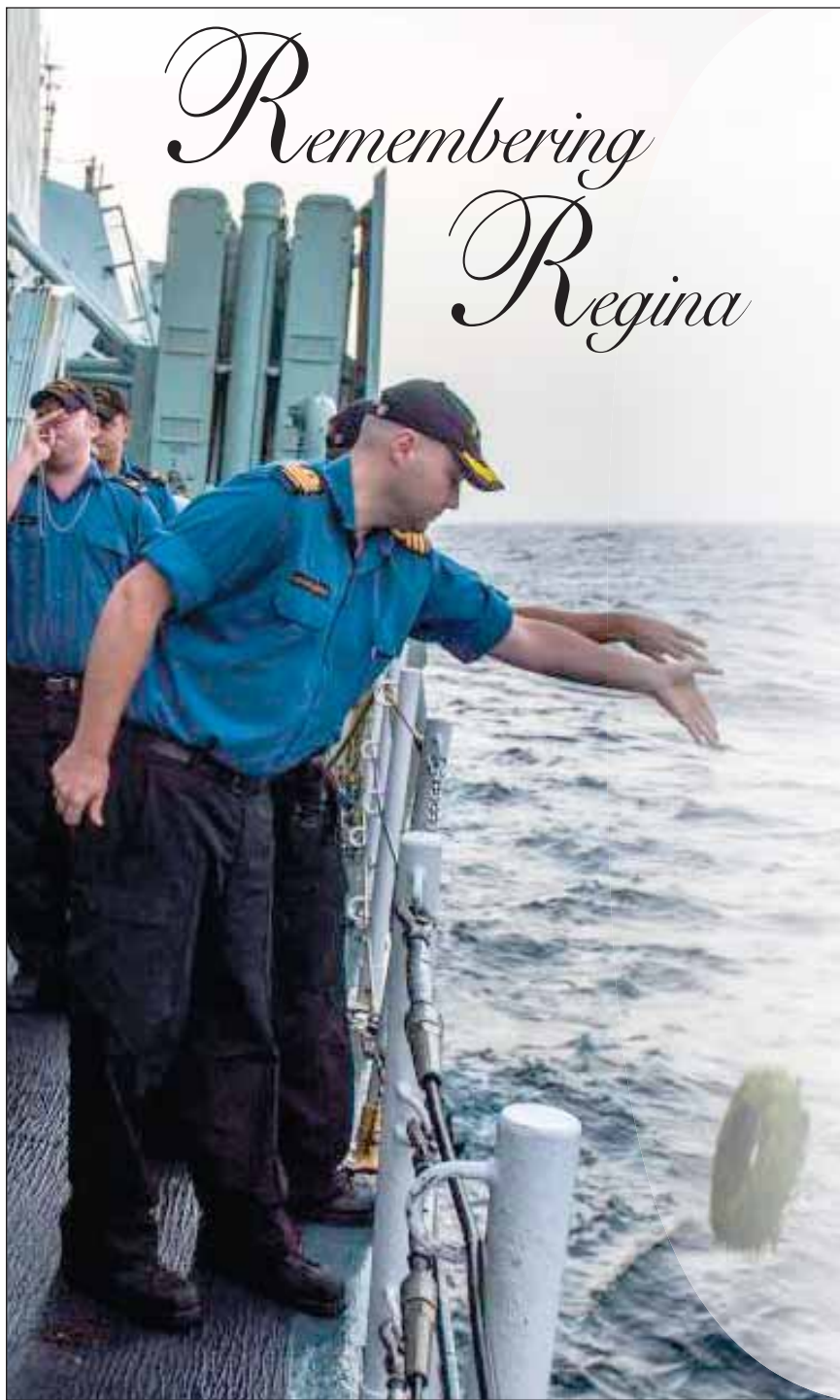
and more heavily armed, but there remains a strong connection with her predecessor that cannot be denied.

On Aug. 8, 2014, as the second *Regina* made her way across the Indian Ocean, the ship's company took a moment to pause from their daily routine for an act of remembrance. The mood was a somber one as Commanding Officer Cdr Dan Charlebois recounted the first *Regina's* history.

The Coxswain, CPO1 Janet Graham-Smith read a passage from the bible, and the padre, Capt Moley Mangana recited the naval prayer. Many seasoned sailors quietly murmured the familiar words along with him.

"Oh eternal Lord God, who alone spreadest out the heavens and rulest the raging of the sea..." Two minutes of silence followed and, finally, a wreath was cast into the ocean. For Cdr Charlebois, the moment was especially poignant.

"We are the second ship to carry the name *Regina*, and it is important to remember the legacy that we continue to build upon today," he said. "Seventy years ago, a little corvette carried a tremendous amount of responsibility in a dangerous and cruel sea and today, while we face a different threat, we must remain as vigilant as those sailors before us. The importance of remembering our namesake and commemorating her tragic loss all those decades ago is fundamentally important to this ship and her crew."



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RAdm Bill Truelove (centre), Commander Maritime Forces Pacific, and CPO1 Michael Feltham (far left), Formation Chief Petty Officer, stand with the MARPAC 2014 Nijmegen team after being presented with the Woodhouse Trophy.

Below: Canadian marchers teams receive a warm send-off as they depart from Camp Heumensoord on day two of the Nijmegen Marches.



Cpl Andrew Wesley, JTF Nijmegen 2014

MARPAC Nijmegen Marching Team brings home spirit trophy

Jamie Cook
MARPAC Public Affairs

Months of intense and exhausting training came together for the Maritime Forces Pacific (MARPAC) Nijmegen marching team when they presented the hard-won Woodhouse Trophy to RAAdm Bill Truelove, Commander MARPAC, on Aug. 13.

The team was awarded the prestigious Woodhouse Trophy for demonstrating exceptional esprit de corps while participating in the grueling four day, 160 kilometre march, which was held from July 15 to 18 in the Netherlands. The trophy will be displayed in the MARPAC Headquarters building.

Throughout their journey the marchers were all smiles and cheers while they waved Canadian flags in spite of the intense summer heat they endured wearing stifling combat uniforms.

"I am incredibly proud of you for your accom-

plishments," said RAAdm Truelove during the small ceremony at MARPAC Headquarters. "Thank you on behalf of MARPAC, the Royal Canadian Navy and Canada for representing the Canadian Armed Forces with that maple leaf on your left shoulder."

RAAdm Truelove also thanked the team's families for supporting and encouraging them during the difficult endeavour.

For team leader PO1 Josh Barnes, the march was a remarkable journey and an incredible bonding experience for the team's 12 men and women who ranged from Ordinary Seaman to Lieutenant (Navy).

"From my perspective, it was amazing to see the transformation of the team," he said.

Leading up to the event, PO1 Barnes led the group on almost daily practices that saw them march 40 kilometres, sometimes with 35 pound packs on their backs.

"I remember after the first 10 kilometre march,

watching them hobble to their cars in pain, and then being with them at the end of 160 km with smiles on our faces, laughing and cheering."

The event is also historically significant as Canada played an essential role in the liberation of the Netherlands in the Second World War. During their march, the team visited the Canadian War Cemetery and the memorial near Groesbeek, participating in a wreath laying ceremony to commemorate the 2,338 Canadians buried there.

With the maple leaf emblazoned on their shoulders, the team received a warm welcome from residents while marching.

"You genuinely feel the love Dutch people have for Canadians" said PO1 Barnes.

More than 40,000 men and women participated in this year's International Four Day Nijmegen March, including teams from militaries all around the world.

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Remembering the sacrifice of Peacekeepers

Military members, veterans, cadets and dignitaries gathered on the lawn of the B.C. Legislature for the 22nd Annual Peacekeepers Memorial Day Service on Aug. 9. The ceremony honours members of the Canadian Armed Forces who have died during peace operations.

Above: The marching contingent leads participants to the legislature cenotaph.

Right: Constable Rick Anthony, an Oak Bay Police Officer and former Peacekeeper, puts his poppy on a wreath with reverence to friends and families who have made sacrifices in the service of peace.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



The Band of the Albert Head Air Cadet Summer Training Centre joined the marching contingent and provided music during the memorial service.

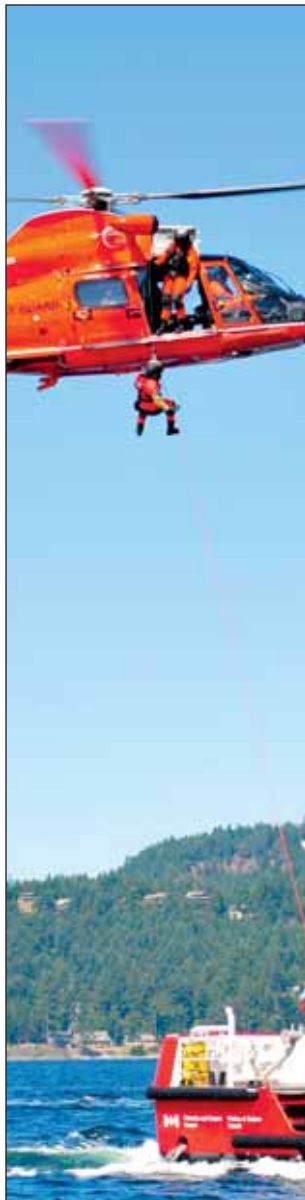


Photos by Shawn O'Hara, Lookout

Above: PO2 Ryan Carr of the United States Coast Guard (USCG) demonstrates inflation device techniques to Sid Jones, Officer in Charge of the Royal Canadian Maritime Search and Rescue.

Below: Canadian personnel gather around the USCG MH-65 Dolphin Helicopter during familiarization.

Right: The Dolphin Helicopter crew practices lowering and raising personnel with Motor Life Boat Cape Naden in the waters off Pender Island.



Joint exercise builds cooperative skills with US counterparts

Shawn O'Hara
Staff Writer

Boaters in the Gulf Islands were treated to an exciting scene when the Canadian Coast Guard (CCG), volunteers of the Royal Canadian Maritime Search and Rescue (RCMSAR), and United States Coast Guard (USCG) personnel gathered for a joint training evolution in the sun-soaked waters off Pender Island.

The exercise involved coordination between the 47 foot CCG Motor Life Boat (MLB) Cape Naden, a CCG 753 Rigid Hull Inflatable Boat (RHIB), a

U.S. Coast Guard MH-65 Dolphin helicopter and four RCMSAR RHIBs.

Participants were supported by 443 Maritime Helicopter Squadron, which provided space for briefings and the use of their helicopter pad for aircraft familiarization.

Personnel practiced lowering and raising an Air Rescue Technician in a rescue basket between MLB Cape Naden and the aircraft, as well as station keeping with the RHIBs.

"We share a lot of adjacent water with the U.S., we share a common goal of helping those in peril,

so there are situations in which we will support each other on SAR incidents. It's important to be ready for those situations," says PO1 Mike Mitchell, Search and Rescue Program Officer for the CCG and the Coxswain for HMCS Malahat. "We only get the opportunity to train together a few times a year so it's important to make the most of it."

He says the high level of coordination and skill necessary between air and sea assets is what makes any joint rescue a perilous undertaking.

"If the sea conditions are rough or it's windy, things

become very challenging," he says. "Not only are the vessels bouncing around, but the wind is buffeting the aircraft, and they have to be in almost perfect synchronization to make sure everything is as safe as possible when lowering or raising people in danger."

PO1 Mitchell says working with the USCG, while a relatively regular occurrence, is still beneficial.

"Meeting face-to-face, person-to-person, unit-to-unit is different than working on a call together," he says. "These training events give us an opportunity to put faces to names and real-

ly connect in our common passion of helping people."

The Dolphin was manned by four USGC personnel who made the trip up from a USCG base in Port Angeles, Washington.

LCdr Kevin Kurczewski, who was at the controls of the Dolphin for the day's proceedings, says the practice and teamwork are always welcome.

"We all more or less operate the same, but it's about making sure our skills complement each other in the right way," he says. "The frequency of joint calls can be fairly high. We worked with the CCG not too long

ago on a missing boater call. It's important for us to stay sharp and know how we work together."

Though the procedures followed by Canadians and Americans don't differ that much, exercising together allows them to learn from each other's strengths, says LCdr Kurczewski.

"It's always great to meet people dedicated to the same cause," he says. "If we can train together on a regular basis, it strengthens that bond. Different agencies do different things better than others so if you never work together you're never going to see that."

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Victoria's first Solidarity Ride shows support for Afghan women

Lt Mireille Roman
Base Public Affairs

When Capt Ingrid Walker saw how limited women's choices were during her 2012-13 tour in Afghanistan, she started looking for a way to make a difference.

The search didn't take long. In the course of her deployment, she stumbled across Mountain2Mountain, a charity dedicated to helping women and girls in conflicted regions around the world.

"It's an organization that I discovered completely by chance while I was on tour, working with the NATO Training Mission - Afghanistan (NTM-A) in Kabul from November 2012 to May 2013," says Capt Walker.

She immediately began to support the charity and has now organized Victoria's first Global Solidarity Ride to raise awareness and funds for the grassroots organization.

On Aug. 30, she invites all women to hop on the saddle of their bicycles and ride from Mattick's Farm to Ogden Point. The ride starts at 10 a.m.

The one-way 25.7 km ride is open to anyone who wants to join and Capt Walker is encouraging those who have served in Afghanistan, in particular, to participate. There is no registration fee. Riders are instead encouraged to donate to



Deni Bechard, Mountain2Mountain

Members of the Afghan National Women's Cycling Team train for the Asian Games being held in South Korea this September.

the Mountain2Mountain website, www.mountain2mountain.org.

"For me, it's a way to continue my relationship with the Afghan people, albeit from a distance," says Capt Walker of her involvement with the charity. "I worked with Afghan women quite a bit in my role as a Human Resources Gender Integration Mentor and was left with an enduring admiration for their courage, tenacity and resilience. It seemed short sighted to end my commitment to women in Afghanistan, simply because my tour

was over."

Mountain2Mountain uses the bicycle, a symbol of freedom of movement, as its vehicle for changing minds and improving women's lives. It's something most Afghan women are denied access to in their daily lives, though a few of them dare to buck convention.

They include the Afghan Women's National Cycling team, which Mountain2Mountain supports by providing gear and training assistance.

The Solidarity Ride shows support to these and

other Afghan women.

Mountain2 Mountain was founded in 2006 by athletic trainer Shannon Galpin, who wanted to see all women and girls in the world have the same opportunities she and her daughter have.

For more information about the Victoria ride visit the Facebook event page www.facebook.com/events/294349784077502/, or email ingrid.walker@forces.gc.ca. To learn more about Mountain2Mountain program and events, visit www.mountain2mountain.org.

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Cmdre Mark Watson, Director General Morale and Welfare Services, accepts an invitation to the 6th Conseil International du Sport Militaire (CISM) Military World Games from Colonel Choi Jang Min, the Republic of Korea's Defence Attaché to Canada. The Military World Games will be held in Mungyeong, Korea from Oct. 2-11, 2015. Over the course of 10 days, thousands of military athletes from over 100 countries will compete in 24 sports. For the Canadian Armed Forces, the Military World Games will also provide a special opportunity to recognize the service of Canada's Korean War Veterans.

NEWS Nuggets

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Enter the CAF Photo Contest

Get your cameras ready! The Canadian Armed Forces Photography Contest is now

open until Sept. 15 and we want you to send us your best shots.

Whether you're a seasoned professional or an amateur photography lover, this is the contest for you.

The contest accepts images in eight diverse categories and is open to all members of the Defence Team and their families. Photographers can win a variety of prizes from our sponsors.

This year's contest features a new category, Architecture, which is sure to excite street and travel photographers. The Altered Image category has also been updated to better align with modern photo editing techniques.

For 46 years, the Photography Contest has been celebrating the talented photographers that capture life in CAF communities coast to coast.

Visit www.cafphotocontest.ca to enter.

2014 MARPAC naval technical seminar and mess dinner

The 2014 MARPAC Naval Technical Seminar and Mess Dinner will be held Oct. 8 and 9.

The intent of the seminar is to provide a forum for the exchange of ideas on topics relevant to the naval technical community. This year's theme is "Naval safety - the engineers role".

Presentations will include local speakers and remote presentations via video teleconferencing. The seminar

will be broadcast to both MARLANT and NCR audiences to permit wider participation.

The naval technical seminar will be held the forenoons at CFB Esquimalt in building D250 board rooms E343 and E344. All PO2 and above, including civilian equivalents, of the technical community are invited to attend.

Personnel interested in presenting a topic are asked to contact the seminar OPI below. Deadline for submissions is Sep. 8.

The 2014 Naval Technical Officer (NTO) mess dinner will be held at the Wardroom on Oct. 9 at 6:30 p.m. All engineers (navy, army, and air force) serving in the area or visiting are welcome to attend. Local retired engineers are also being canvassed for participation.

Interested personnel may contact mess dinner OPI Lt(N) Meryl Sponder at 250-363-2614 or meryl.sponder@forces.gc.ca to reserve seating.

Maximum participation is encouraged. This is one of the few opportunities for the entire coastal engineering community to assemble in a social setting.

Further technical seminar details will be posted on the MARPAC Notice Board.

Any questions regarding the naval technical seminar should be forwarded to Lt(N) Doug Priestley: 250-363-1226, douglas.priestley@forces.gc.ca.

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Bravo ZULU MARPAC HQ



LS Ogle Henry, MARPAC Imaging Services
LS Francis Legare (centre), a Sonar Operator at Regional Joint Operation Centre, was appointed to Master Seaman by LCdr Kellie McNab (right), Acting Commanding Officer of Maritime Forces Pacific Headquarters and Divisional Officer Lt(N) Thomas Gamble.



LS Ogle Henry, MARPAC Imaging Services
AB Garret Meulblok (centre), a Naval Communicator at the Information Technician Centre, was promoted to Leading Seaman by LCdr McNab and Acting Divisional Supervisor Dave Lewis.



Cpl Blaine Sewell, MARPAC Imaging Services
MS Hanson (left) receives his Canadian Forces Decoration for 12 years of service in the Canadian Armed Forces from Cdr Belair.

Sailor of the quarter MS Ireland

MS Ley Ireland's commendable performance in leading and training personnel under her supervision has earned her the Sailor of the Quarter recognition.

A boatswain and regulating petty officer in *HMCS Ottawa*, MS Ireland is an outstanding leader. She is devoted to the well-being of her fellow sailors, and possesses the knowledge and ability to lead and train junior sailors.

She supervises quartermaster and NETP training on board, ensuring new sailors have the skills necessary to perform their duties. More particularly, she takes great pride in ensuring personnel who are attach posted to *Ottawa* receive training so they can maximize the benefits once they return to their home units. Her commitment to training not only her shipmates, but also members from other units in the fleet, is admirable.

MS Ireland also organizes several community involvement projects including *Ottawa's* participation in "The Big Bike Challenge" for the Heart and Stroke Foundation. She has also encouraged several members of *Ottawa* to take part in visits to The Lodge at Broadmead care facility to foster a positive relationship between current and former members of the CAF.



Health Services recognition



Capt Stewart receives the Commander's Coin from Capt(N) Patterson, Commander 1 Health Services Group.



LCol Simard, Commanding Officer of Canadian Forces Health Services Centre (Pacific) receives the Canadian Forces Decoration Second Clasp from Capt(N) Patterson, Commander 1 Health Services Group.



Capt Eliza Holst (right) was presented with her Commissioning Scroll by Cdr Wes Golden, BAdm Branch Commanding Officer.



Lt(N) Peggy Kulmala
LCol Carrie Johnston presents Cpl Samantha Robb of 11 Field Ambulance the Commanding Officer's Commendation.

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Local cadets earn awards at first summer camp

Lt(N) Peggy Kulmala
AHACSTC Public Affairs Office

Four air cadets from the Victoria area received awards for their achievements on their first cadet summer training course. Jeremy Burton, Hayden Klassen and Kaiko McCaig each received a Top Cadet Award, while Jack Ford received a Most Improved Cadet award.

The Top Cadet and Most Improved Cadet awards are presented to deserving cadets within each of the six Flights of the summer training course. Each Flight is typically comprised of approximately 25 air cadets.

"I am very proud of all our cadets," said Maj Allan Thompson, Commanding Officer of 676 Squadron. "We received outstand-

ing support from our parents and community last year, which allowed us to send well-prepared and confident cadets on their first cadet course."

The four teens - with 143 other cadets from 24 communities throughout B.C. - graduated on Aug. 1 from the two-week introductory General Training Course (GTC). For most of the 12 and 13-year-old cadets, this was their first time away from home.

Over the previous two weeks, these cadets completed a busy program, including sports and citizenship activities, and had an opportunity to fly. The GTC exposes cadets to the many different training opportunities possible to help them plan their future goals in the cadet program.



Lt(N) Peggy Kulmala
Cadet Jack Ford, Cadet Kaiko McCaig, and Cadet Jeremy Burton, award recipients from RCAC 676 in Sidney, celebrate with their plaques after their graduation ceremony Aug 1.

HMCS Vancouver promotions



AB Durkin is promoted to Leading Seaman by HMCS Vancouver's Executive Officer LCdr Dargavel and Divisional Officer Lt(N) Boucher.



AB Moehling is promoted to Leading Seaman by LCdr Dargavel and Lt(N) Boucher.



AB Morris is promoted to Leading Seaman by LCdr Dargavel and Lt(N) Sleen.



SLt Dunn is promoted to Lieutenant(Navy) by HMCS Vancouver's Commanding Officer Cdr Climenhaga and Lt(N) MacMullin.

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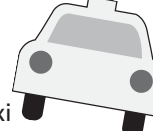
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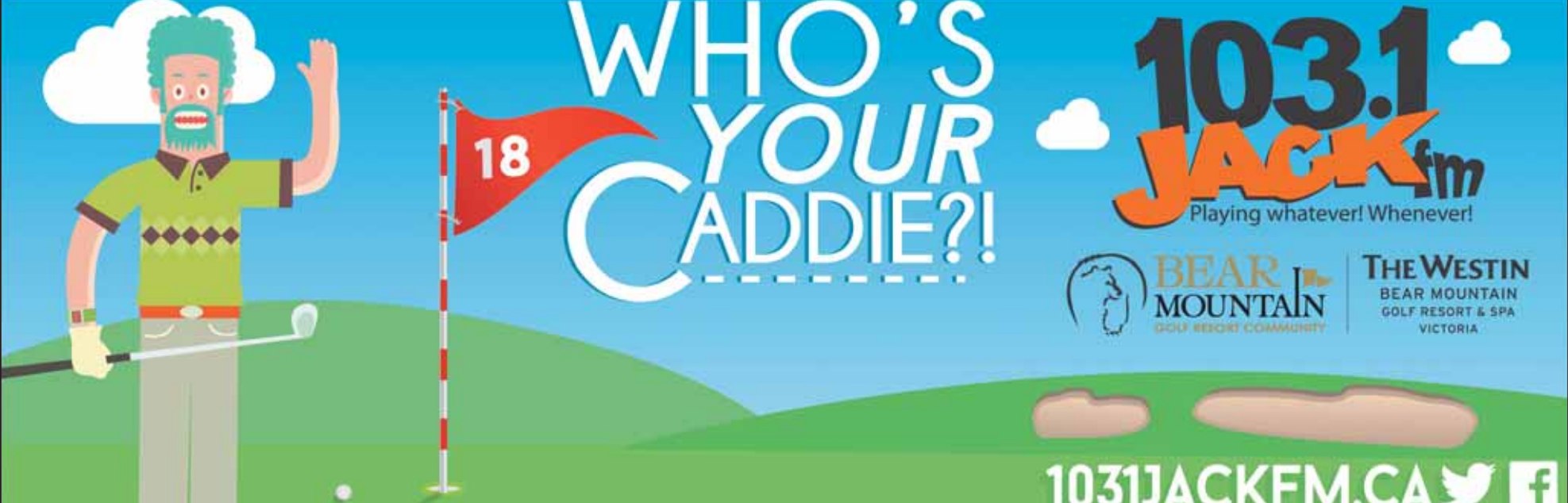
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Rogers' offers sweet tribute to submarine centenary

Shawn O'Hara
Staff Writer

In celebration of the 100 years since Canada acquired its first submarines, Rogers' Chocolates has released a sweet tribute.

Filled with an assortment of milk and dark chocolates, the commemorative submarine service tin depicts a Victoria-class submarine flying the Naval Ensign as it surfaces in the waters off Victoria. The tins are available at all CANEX outlets and at Rogers' Chocolates stores.

Larry Sullivan, President and CEO of Rogers' Chocolates, says the partnership is a reflection of the importance of the relationship between the company and the Royal Canadian Navy (RCN).

"When Charles Rogers opened his store in 1885,

some of his best customers were sailors belonging to navies from all over the world," he says. "They took his Victoria Creams home to their families and friends, contributing greatly to his early success and building the world wide reputation we have today."

Rogers' has continued to strengthen its navy ties throughout the company's history. By partnering with the navy, Sullivan says, they are paying homage to the relationships of the past.

One dollar from the sale of each tin is donated to the Morale and Welfare Fund which supports esprit de corps activities for military members and their families posted to CFB Esquimalt.

A tin featuring HMCS Rainbow was created for the Royal Canadian Navy Centennial in 2010. This tin is still available for

purchase. Sullivan says he and his company are proud to support the personnel who have done so much for Canada.

"These brave men and women do very important work for us all over the globe. In many cases they are the ambassadors for Canada in regions where people might not otherwise meet a Canadian," he says. "They, along with their families, are willing to ultimately sacrifice everything in order to protect our democracy. How can they not deserve our support?"

As Rogers' is a popular tourist destination in Victoria, Sullivan hopes these new products will show visitors the pride Canadians have for their military, and allow them to take a piece of that history home with them.

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407 LONG RANGE PATROL SQUADRON CHANGE OF COMMAND



Outgoing Commanding Officer of 407 Squadron, LCol Jason Kenny (right), 19 Wing Commander, Col Tom Dunne (centre) and incoming Commanding Officer, LCol Andrew McCorquodale (left) sign the Change of Command documents during a ceremony on Aug. 12.



Images by Cpl Spence, 19 Wing Imaging

More than 250 members of 407 Long Range Patrol Squadron took part in a change of command ceremony to bid a fond farewell to outgoing Commanding Officer, LCol Jason Kenny, and welcome their new Commanding Officer, LCol Andrew McCorquodale.

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Cpl Brandon O'Connell, MARPAC Imaging Services
Above: Members of the submarine service and families of HMCS Regina's crew help RAdm Bill Truelove, Commander Maritime Forces Pacific/ Joint Task Force Pacific, cut the ceremonial cake at the Admiral's Annual Garden Party, held at the Admiral's Residence on Aug. 9.

Right: RAdm Truelove greets Honorary Captain(N) Cedric Steele.



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