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Lt(N) Patricia Corbeil directs HMCS Toronto as the Commander Jason Armstrong, Commanding Officer of the ship, watches HMCS Toronto coming alongside United States Ship Patuxent to perform a replenishment at sea in the Mediterranean Sea on July 31 during Operation Reassurance.

MS Peter J. Reed, Formation Imaging Services

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Command Team Conference steers Naval Reserve towards the future

Jamie Cook
Navy Public Affairs

Senior leadership of the Royal Canadian Naval Reserve from across the country met in Quebec City from Aug. 14-17, to discuss where the Formation had been, where it currently stands, and where it is going.

The theme of this year's command team conference was "Naval Reserve Integration", an important principle of the Royal Canadian Navy as it continues forward with the "One Navy" reorganization concept.

The conference was chaired by Commodore David Craig, Commander of the Naval Reserve, and attended by representatives from the Canadian Naval Training System, personnel from Ottawa, and the Commanding Officer and Coxswain from each of Canada's 24 Naval Reserve Divisions – or "stone frigates."

Over the course of the three days, attendees par-

ticipated in informational presentations and interactive workshops on Naval Reserve organization and training. These served to equip senior Naval Reserve leadership with the information and tools to tackle the challenges they may face as the Royal Canadian Navy integrates all force generation processes.

Among those in attendance was RAdm Bill Truelove, Commander Maritime Forces Pacific (MARFAC), who has taken on increased responsibility as the Naval Reserve becomes amalgamated with MARFAC.

"This conference marks an important milestone for the Naval Reserve as we continue to transform it into an institution of excellence for the 21st century. With the centennial behind us and future procurement projects on the horizon, we must now lay the foundation to ensure the Naval Reserve plays an integral role of augmenting our maritime forces in the future of our navy,"

said RAdm Truelove.

With the release of the 2013-2017 Executive Plan by VAdm Mark Norman, Commander of the RCN, the Naval Reserve is accelerating the transition of becoming increasingly integrated with their Regular Force counterparts with a cadre of trained sailors and officers who can be employed at sea and ashore in a wide range of missions.

Among the measures to be implemented is the integration of the training units within the Naval Reserve into the Naval Training System, as well as an emphasis on using Naval Reserve sailors to supplement Regular Force members on a variety of missions and platforms.

Accomplishments of the "One Navy" system have already become apparent: frigates such as *HMC Ships Regina* and *Calgary*, traditionally crewed by Regular Force sailors, have recently deployed on operations and exercises with a number of Reservists in key positions

Additionally, Maritime Coastal Defence Vessels (MCDVs), which have up to now been mostly crewed by Reservists, have seen an increased percentage of the crew positions being manned by Regular Force members.

The ultimate goal of Naval Reserve integration into Maritime Forces Pacific is to provide a flexible and professional array of both Regular and Reserve Force members that can deploy on a variety of platforms and execute missions across a spectrum of operations.

RAdm Truelove also recognized the role the Naval Reserve plays in educating ordinary Canadians across the country about the work their navy is doing, at home, and abroad.

"The divisions you command are well situated to get out into communities, project our core values and educate Canadians about our proud institution. In years to come, we must continue to engage with Canadians and share our story."



Senior Naval Reserve leadership attend an interactive workshop during the Naval Reserve Division Command Teams training seminar held Aug. 13-17 in Québec City, QC.

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Recreation offers school strike camps

Shawn O'Hara
Staff Writer

With the back-to-school date drawing ever closer, and the end of the teachers' strike no where in sight, Personnel Support Programs (PSP) is hoping to lend parents a helping hand.

Beginning Sept. 2, the Recreation Department will offer weekly camps

for children out of school. Based out of the Youth Activity Centre (YAC) in Belmont Park, kids can take part in games, crafts, nature walks, and other activities to keep their minds and social skills sharp during the teachers' strike.

"When we realized that school most likely wouldn't be in session by the start of September we

wanted to put something together to give families a helping hand," says Megan McDougall, PSP Recreation Coordinator. "We've got a lot of great people working with these camps, so we wanted to use our expertise to take some stress off these working parents."

Camps are modelled after their summer camps.

The first week, begin-

ning Sept. 2, costs \$100, with each subsequent five-day week costing \$125. Camps will run until school begins.

"We really do offer some of the most thorough and affordable childcare in the city," says McDougall. "Hopefully this will be a good option for the military community, and we can help some families out along the way."



Family fun day event just weeks away

Shawn O'Hara
Staff Writer

Just days after *HMCS Regina* is expected to come home from its lengthy deployment, the base is holding its annual thank you to all its DND employees, and their families.

Formation Fun Day, held Saturday Sept. 20 from noon to 4 p.m. in Naden, is senior leaderships' way of giving back to its staff, who work year-round ensuring our military assets are at the ready to protect Canada and offer support to other countries around the world.

This year's theme is a tongue twister, but hits the nail on the head: a fall fes-

tival of friendly fun for everyone.

Building on last year's event, which boasted a marketplace, harbour RHIB rides, inflatables, rides and games, and free ice cream, event coordinator Christine Farrington has added a climbing wall, reptiles and tarantulas, live bands, a video game truck, paintball, and a touch-a-truck display.

"We've really gone all out on the attractions this year," says Farrington. "And it's all free."

This year is Farrington's first Formation Family Fun Day in her position as Special Events Coordinator for Base Administration. She says while the planning of an event as elaborate as Formation Family Fun Day can be

intimidating, it's all worth it for the end result. With her fresh take on the event, Farrington says she's ready to give the military community the fun-filled day they deserve.

"A lot of work goes into planning an event like this, with booking everyone and making sure they're all where they need to be on the day, but really nothing is too much when it comes to giving back to the military community," she says. "What the community gets out of it, the fun and happiness, makes it all worth it."

Watch the Formation Fun Day website for updates on who is coming to the event: esquimaltformationfunday.com

Navy sports award winners announced

The Canadian Armed Forces sports awards program was established to recognize military members who have achieved impressive results as competitors, coaches or officials in a military or civilian sports program, or combination thereof.

As part of the program, the Royal Canadian Navy selects athletes, coaches, officials and teams of the year. These individuals and teams are then considered for selection at the national level as the CAF overall award winners in their respective categories.

The following are winners of the RCN sports achievement awards for the year 2013:

Male athlete of the year

- Capt Dugald Thomson, Trinity

Female athlete of the year

- Lt(N)Chantel Helwer, HMCS Chippawa

Male coach of the year

- CPO2(Ret'd)Darren Fogarty, FMF Cape Breton

Official of the year

- MS(Ret'd)Jeffrey Green

Collective sport team of the year

- CFB Halifax men's basketball team

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WHAT SAY YOU

Entrepreneurial program aids military members

A/SLT Melissa Kia
Contributor

My first contact with the sea and sailing effectively ended my career goal to become a MARS officer. For medical reasons, I was unfit to sail.

So now what to I do, I thought?

Panic set in.

Will I even be suitable for a change of trade? Will I be able to find another job?

These are questions many transitioning Canadian Armed Forces members ask themselves when their careers might be coming to an end. What many don't know is they are not alone in their struggle to redefine themselves professionally.

A good friend of mine happened to point me in the right direction in the middle of my career crisis. She suggested I attend a SCAN (Second Career Assistance Network) seminar. These presentations are run through the Base Personnel Selections Office (BPSO) to help members understand just what is out there in the civilian world.

While at the session, I had the good fortune to meet Astrid-Maria Ciarallo, associate of the Prince's Operation Entrepreneur, of Prince's Charities Canada. She encouraged me to apply to their program, which is in essence a mini-MBA held for members leaving the Forces. A month after applying, I was accepted, and would be attending the Memorial University (MUN) Based in Business Program in St. John's, Newfoundland.

My time spent at MUN was some of the



most inspiring, information crammed, and a shakeup of what I thought it took to run a business (despite the fact that I had run my own before).

I was paired with a second year business student who blew me away. Her help made my business plan so much better than anything I could have done on my own. The classes were a redefinition of modern business, including the importance of tech-

nology and marketing necessary for small business owners to survive in a world run by Google.

The faculty at MUN's School of Business, and students from their Enactus team, are beyond dedicated. I would be remiss if I did not mention that their Enactus student mentors have competed at both national and international business competitions, and have won multiple awards over the short span of their careers. Their knowledge is a veritable wealth of material they were happy to share with all the members who attended with me.

I am at the embryonic stage of my business plan; however, some of my class mates had actually opened theirs. I was sitting with the owner and creator of Hero Dog Treats, Leendert Bolle. Formerly of CFB Patawawa, Bolle started a dog treat company in his basement in reaction to the rash of dog deaths linked with imported treats. His Canadian-made products now ship nationwide.

Another CAF member, Tracy Dean, who is in the process of releasing from her RMS Clerk position, was in the throes of opening an olive and vinegar bar, called Olive the Senses, in Ontario. Both said they had an idea of how to run their business, and that the program was "extremely beneficial."

Being thrown into this revolutionary think-tank of great ideas, with other motivated small business owners, restored my faith that with the right plan, and some realistic goals, I would be able to get my commerce off paper and on to the street. That is the objective of the Based in Business Program; to get former CAF members with the drive and passion for business up and running. I know now that my future, both in and out of the Forces, looks bright due to my participation in this wonderful class. I also know that I will be starting a new business sometime in my future life with the groundwork, support, and vision necessary to succeed.

The learning doesn't stop once you leave the campus. I am still regularly in contact with many people from the program who are guiding me through the process of opening my business.

If you too are looking for support of your business idea after your CAF career has come to a close, I strongly encourage you to apply. Just go to: www.futurpreneur.ca/en/programs/operation-entrepreneur/ or to www.princescharities.ca/initiatives/the-princes-operation-entrepreneur/

It is never too late to get your dream out of your head, and into your life. Sometimes you just need the right group of people to show you the way.



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Labour Day, not just a holiday

Lt Mireille Roman
Base Public Affairs

When most people think of Labour Day, they associate it with the last weekend of summer, or time to get the kids ready for school. What they don't know is Labour Day has a significant historical importance that has improved our quality of life.

In December 1872, 24 union leaders from the Toronto Typographical Union were arrested for "conspiracy" after striking over eight months. To protest the arrests, another demonstration was held the following September in Ottawa where Prime Minister Sir John A. Macdonald promised to repeal the "barbarous" labour laws. Twenty-one years later, on July 23, 1894, Prime Minister John

Thompson officially enacted it as a holiday to pay tribute to workers.

Here at CFB Esquimalt, the Public Service Alliance of Canada represents most civilian workers, upwards of 1,200 on Base, and 3,000 in Victoria. Dave Jackson, the Regional Representative for the Public Service Alliance of Canada (PSAC), understands that Labour Day for most is simply another holiday; however, he hopes that more citizens come to realize the massive improvements this significant historical milestone celebrates.

"Union change has a spin-off effect for non-unionized workers," said Jackson. "Thrifty's Foods is a prime example; their non-unionized stores match their unionized equivalents in order to stay competitive.

Unions have lobbied for so many benefits that we take for granted, such as worker's health and safety, and sick and compassionate leave."

Increased social pressures in the labour market have seen revolutionary changes just in the last quarter century. Recognition of same-sex spouses, pay equity for all, and protection of members with disabilities are some of the more recent developments that PSAC has instated for its members.

The Victoria Labour Council celebrated Labour Day this year at Irving Park in James Bay Monday, Sept. 1. There is a story which will continue to weave a stronger social fabric for all Victorians.

For more information about the Public Service Alliance of Canada of BC visit: www.psacbc.com.

For more information about the Public Service Alliance of Canada of BC visit the website as seen above: www.psacbc.com.

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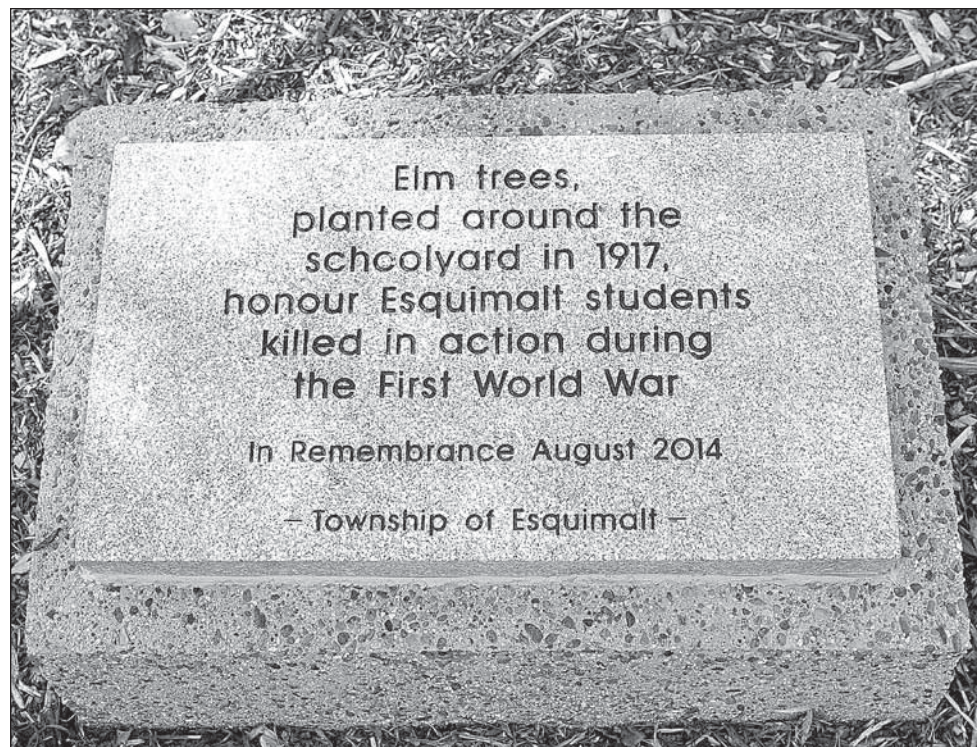
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The new marble plaque was unveiled by the Township of Esquimalt last week to acknowledge Esquimalt students killed during the First World War.

Plaque honours war dead

Shawn O'Hara
Staff Writer

To mark 100 years since the First World War, and to honour local war heroes, the Township of Esquimalt unveiled a memorial plaque last week recognizing four Esquimalt youth who made the ultimate sacrifice for their country.

Lying under a string of elm trees bordering Lampson School grounds, the plaque honours John Dowler, Arthur Guest, Charles Hardie, and Herbert Nankivell, who were all killed in action between 1916 and 1917 while fighting in Europe.

"Just a couple of years ago we held township anniversary celebrations and our motto was 'To honour our past, celebrate our present, and imagine our future'," said Barbara Desjardins, Mayor of the Township of Esquimalt. "Today we honour our past. For without the bravery of individual soldiers such as these, celebrating our present, and imagining our future would be difficult indeed."

The trees under which the plaque lies were

planted in 1917 as part of a Canada-wide initiative to honour fallen soldiers. For Desjardins the plaque is just one gesture on a long list of deserved

Younger people might not think of their lifestyle as luxury, but we have the things we have because of the sacrifices of those before us. We have to remember it, we have to value it, and we have to honour it.

-Barbara Desjardins
Mayor of the Township of Esquimalt

honours for the men and women who serve their country.

"This is one of the things that was promised almost 97 years ago, and we're happy to finally have delivered," she says.

"Esquimalt is a military community, and honouring the sacrifices of military members, especially when they come from Esquimalt, is very important to us."

In addition to the plaque, on Sept. 4 at Memorial Park the Township will unveil the refurbished field guns that normally grace the spot. With planned attendance by military and community leaders, as well civilians, Desjardins hopes commemorative events such as this keep the stories and legacy of those fallen members going into the next generation.

"It's important to remember our history, and those who have given their lives for us," she said. "We have to value the freedoms we've been given. Younger people might not think of their lifestyle as luxury, but we have the things we have because of the sacrifices of those before us. We have to remember it, we have to value it, and we have to honour it."

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New SAR hovercraft for Salish Sea



Above: Roger Girouard, Canadian Coast Guard Assistant Commissioner Western Region, gives Shane Point of the Musqueam Nation a commemorative gift during the new hovercraft unveiling.
Inset: CCGS Moytel underway off Burrard Inlet.

Maj J.M. Weissenborn
Victoria Joint Rescue
Coordination Centre

The Victoria Search and Rescue Region (SRR) is welcoming a new resource to its coastal waters. The new Canadian Coast Guard Hovercraft CCGS Moytel will be based at Sea Island in Richmond, B.C., joining the hovercraft CCGS Siyay.

Moytel will replace CCGS Penac, the older hovercraft in the Victoria SRR.

The hovercraft has a 20-ton payload capacity, and the core of its operations will be the greater Vancouver area, but its range will allow it to be used for

search and rescue operations across the lower British Columbia coast.

Fittingly, the name "Moytel" means "to help each other" in the Halq'eméylem Salish language family. With a crew of seven and a maximum speed of 60 knots, CCGS Moytel will be able to quickly reach distressed mariners in order to render medical aid or deploy the CCG rescue dive team.

In addition, the uniquely amphibious capabilities of the hovercraft allow it to travel in and over the Fraser River delta flats and adjacent areas, which traditional vessels cannot reach.

Rear-Admiral Bill Truelove, Commander Joint Task Force Pacific (JTFP), is responsible for the coordi-

nation of air and marine search and rescue in the Victoria search and rescue region – a region that includes B.C., the Yukon and 700,000 square kilometres of ocean and waterways.

With a historically seamless and enduring partnership, the CCG provides the marine resources for this region while the Royal Canadian Air Force provides the air resources. In turn, both are supported by a network of volunteer organizations, known by their federal names as the Civil Air Search and Rescue Association and Canadian Coast Guard Auxiliary – Royal Canadian Marine Search and Rescue, as well as regional organizations such as the Canadian Lifeboat Institute.

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Author's books educate

Stephanie Bellefeuille
Army Public Affairs

Jean Miso has written two books with accompanying songs; one that highlights the Canadian Army's historical contributions to Canada and world conflicts, and the other profiling soldiers' occupations.

Her first book *We'll Never Forget* is themed around remembrance. Her second book *Their Duty, Our Pride* is more current, and showcases soldiers and other CAF service members' occupations.

Miso, a teacher, wanted the books to support Remembrance Day in schools. She knows teachers need resources but had no idea they would be so well-received by everyone.

"What I've found is they've become all-ages books. I've had veterans buying it for other veterans; I've had parents buying it for children. Some people have a personal interest and want to learn about our military," said Miso.

I wanted to educate Canadians by showing them what the Armed Forces do for them.

-Jean Miso
Author & Teacher

Even though going beyond her target audience was unexpected, she always knew she wanted the books to have a positive message.

"With *Their Duty, Our Pride*," each person profiled has a character-building message, and to Miso that's where the heart of the book lays.



Jean Miso is the Canadian author of "We'll Never Forget" and "Their Duty, Our Pride".

"I wanted to educate Canadians by showing them what the Armed Forces do for them. I didn't grow up in a military environment, so I was largely, like most Canadians, ignorant of what they do. Once you delve into it, you will know. This is an education," Miso said.

Even after self-publishing two books, she still considers herself more of a composer than a writer. Each book has a song to accompany it. The music and lyrics are written by Miso. Holding a degree in music composition, she teaches music to children with disabilities in Toronto.

The inspiration for these books began when she composed the song, "We'll Never Forget" for her students.

"For 'We'll Never Forget', I was purposeful in how I wrote it because I wanted the school's students with language skills to be able to sing the chorus. I also wanted it to be fairly easy for the non-speaking students to be able to sign it. For 'Honour and Pride' the

song for *Their Duty, Our Pride*, I didn't have it in me right away. I was walking to school one day and listening to my footsteps. The song poured out of me, the words and music. The way you hear it on the CD is exactly how I heard it in my head."

Miso decided to self-publish her first book and was able to donate the profits to the National Legion Poppy Fund, and towards the purchase of a monument honouring First World War Canadian soldiers that was placed on Hill 70 in France in 2012. The proceeds of the second book have gone to Military Family Resource Centres, and the Juno Beach Centre.

Miso said she is incredibly appreciative of the support she has received. She is eager to work full time on her third book next summer and can't wait for people to read it.

"We'll Never Forget" and "Their Duty, Our Pride" can be purchased at CANEX stores in Petawawa, Shilo, Borden and Gagetown.

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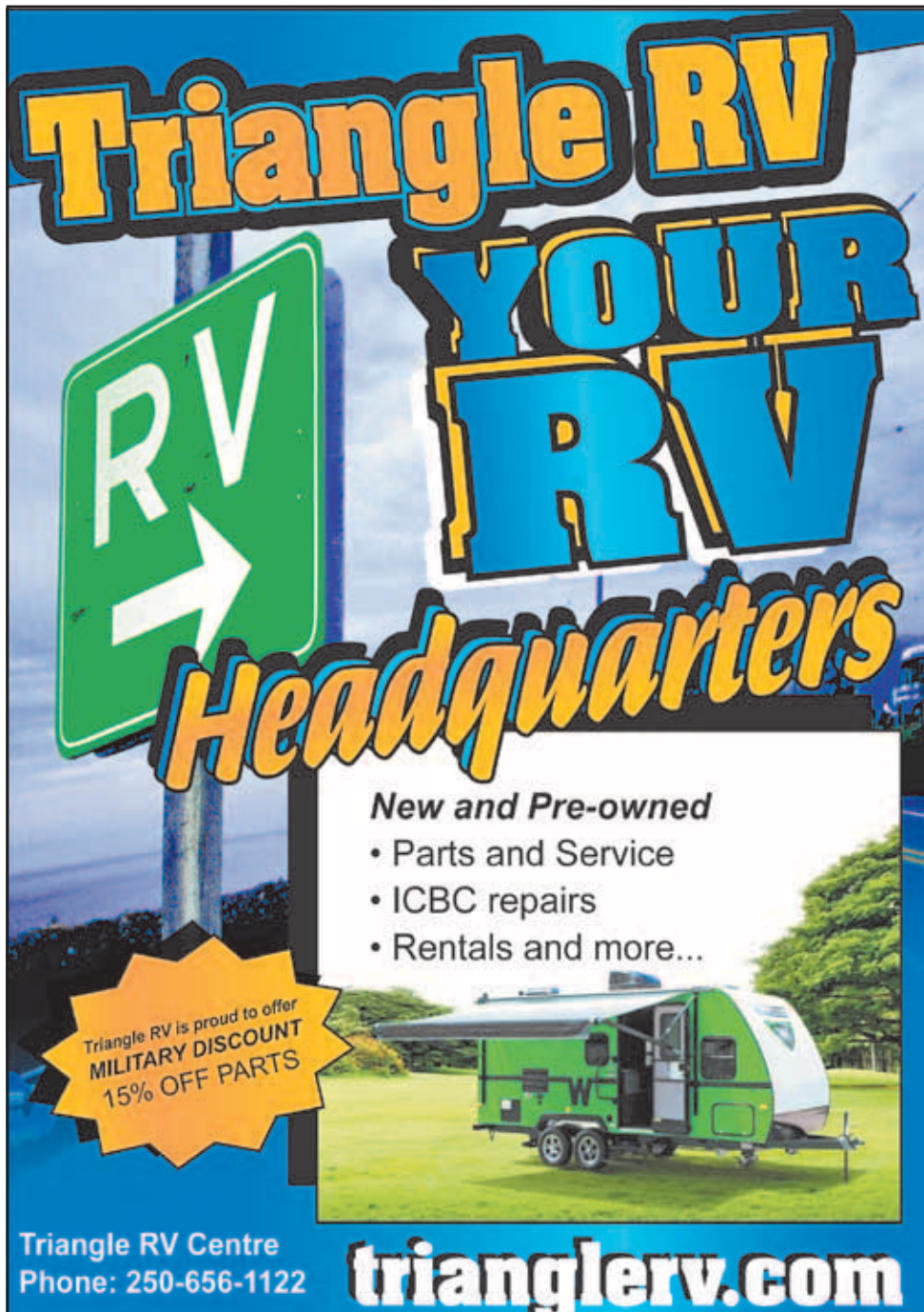
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EXERCISE KOOTENAY

Lt Derek Reid
 3rd Canadian Division
 Public Affairs

Over 400 Canadian Armed Forces members descended on the city of Trail, British Columbia, in late August for Exercise Kootenay Cougar 2014.

It was an intensive four-day exercise that had the primary training audience exposed to a wide scope of scenarios involving resources and expertise from 408 Tactical Helicopter Squadron, 1 Field Ambulance, and HMCS Discovery.

"The mantra of this year's exercise is train to excite," explained Lieutenant-Colonel Nigel Whittaker, Director for Exercise Kootenay Cougar 2014. "We've designed eight different stands that provide a real variety of challenges to our troops and junior leaders; however, each challenge tests the core soldiering skills of shooting, moving, and communicating."

Two Royal Canadian Navy members from HMCS Discovery, a Naval Reserve unit in Vancouver, operated the safety boat for one of the eight stands. In the stand's scenario, the platoon was advised of an enemy's position some distance down a reservoir. The platoon had to row a dingy approximately 2,000 meters, meet with an informant to gain further intelligence on the exact location of the enemy, disembark and complete a reconnaissance, and ultimately destroy the enemy position.

A father and daughter team, Lt(N) Desmond Doyle and OS Caroline Doyle ensured the portion of the scenario that took place on the water went smoothly.

"The troops are expected to get themselves back in the boat should they fall out, but we're there as a sort of insurance policy," explains Lt(N) Doyle. "It's a great opportunity to help out the Army and bring some of the expertise and skills I've developed as a sailor."

Many of the stands required an opposing force, 'OPFOR', to make the scenarios realistic. In fact the role of over 30 members during the exercise was to play as an enemy and provide resistance against the platoons.

In a scenario that required the platoon to recover a downed pilot, a team of five OPFOR members attacked from a hidden uphill position – forcing the soldiers into a decision whether to engage and attempt to destroy the enemy, or withdraw with the injured pilot under the top cover of a CH-146 Griffon helicopter armed with a C9 light machine gun.

Forty-four Royal Canadian Air Force members along with four Griffons from 408 Tactical Helicopter Squadron provided support to the exercise. The Griffon helicopters added realism to the training and provided the soldiers with the experience of operating in a domestic emergency or expeditionary operation.

"This exercise was a great chance to both work with the Army Reserves as well as practice our mountain flying skills," says Maj Luc Vermette, Officer Commanding of the CH-146 Detachment.



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in advance to ensure things went as smoothly as possible.
"With so many balls in the air, it can be a challenge keeping track of everything," he explained. "We have great communication within Exercise Control, and we all keep in mind that we're here to deliver challenging and realistic training to the troops of 39 CBG. We want them to have a memorable experience while honing their skills to make sure they're operationally ready."



And left: Soldiers from the British Columbia Dragoons paddle toward objective in assault boats.



Middle: Soldiers from the Canadian Scottish Regiment prepare to load an injured soldier onto a CH-146 Griffon helicopter for a mock casualty evacuation.



Above: Troops from 39 Canadian Brigade Group prepare to practice load and unload drills on CH-146 Griffon helicopters.

Lt Derek Reid, Public Affairs Officer

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HMCS Toronto commits sailors' ashes to sea

Capt Sandy Bourne
HMCS Toronto

On Aug. 9, HMCS Toronto committed seven souls to the sea, officiated by Padre Sébastien Dupont on the quarterdeck at sunrise.

The seas were calm as nearly 250 sailors bid a final farewell to those who served so that we could live freely, and with security.

This honour is reserved for those who died while in service, and those who formerly served with the Canadian Armed Forces (CAF) and merchant marines.

Those committed to the sea were: Gerald Wayne Leach, who served the Royal Canadian Navy (RCN) for 30 years and named HMCS Fraser to be his favourite ship; André Jules Geddes, who served in the merchant service, RCN and the Coast Guard; Robert Louis Kelly, who served during the Second World War, where he saw extensive battle while his ships hunted U-boats in the Atlantic; Rita Madeline Buchan, who served in the Army and volunteered at the Legion; Herbert Frederick Era King, who served in the RCN for 27 years and a dedicated founding member of the Sackville Legion; John James (Jack) Cummins, who served onboard HMC Ships Magnificent, Nootka and

Ottawa as a Torpedo Anti-Submarine Detector; and Harold Morris (Harry) Greenwood, who was a member of the Royal Naval Air Group, invested in the Order of Military Merit and served in the Coast Guard for 14 years, where he received a Silver Jubilee Award.

May they sail the seas of the universe in eternal peace.

According to ceremony, the committal of ashes is arranged through the Formation Chaplain's office with the cooperation of the ship's company. As Toronto is currently deployed in the Mediterranean Sea on Operation Reassurance, the Commanding Officer, Cdr Jason Armstrong; Executive Officer, LCdr Sheldon Gillis; and Coxswain CPO1 Gilles Grégoire decided to bestow the honour of committing the ashes to sea just off the coast of Sicily, where some 5,764 of the 92,757 CAF personnel lost their lives between 1943 and 1945.

More than 70 years ago, on July 14, 1943, two Royal Canadian Navy flotillas delivered the 1st Canadian Infantry Division and 1st Canadian Army Tank Brigade to the left flank of their British and American allies. They were supported by three Canadian bomber squadrons, who operated temporarily out of Tunisia.



MS Peter Reed, HMCS Regina
HMCS Toronto's crew stands on the quarterdeck and flight deck of the ship while Padre Sébastien Dumont conducts the Committal of Ashes at Sea Ceremony on Aug. 9 in the Mediterranean Sea.



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Standing Court Martial results

Results of General Court Martial - PO2 R.F. Cummings

On July 14, PO2 R.F. Cummings was tried by general court martial on three charges under the National Defence Act (NDA):

- a. charge 1: s. 85 NDA - behaved with contempt towards a superior officer
- b. charge 2: s. 129 NDA - conduct to the prejudice of good order and discipline
- c. charge 3: s. 129 NDA - conduct to the prejudice of good order and discipline

The accused pled guilty to charge 3. The prosecution withdrew charges 1 and 2 at the commencement of the

court martial.

The court sentenced the offender to a reprimand and fine of \$1,500.

Results Of Standing Court Martial - OS L.W. Admiraal

On July 17, OS L.W. Admiraal was tried by standing court martial on six charges under the National Defence Act (NDA):

- a. charge 1 - 116 NDA - wilfully damaged public property
- b. charge 2 - 116 NDA - wilfully damaged public property
- c. charge 3 - 130 NDA - an offence punishable under

section 130 of the national defence act, that is to say, obstructing justice contrary to subsection 139(2) of the criminal code

d. charge 4 - 129 NDA - an act to the prejudice of good order and discipline

e. charge 5 - 129 NDA - an act to the prejudice of good order and discipline

f. charge 6 - 97 NDA - drunkenness

The accused pled guilty to charges 1, 4 and 6. The prosecution withdrew charges 2, 3 and 5.

Upon hearing a joint submission the court sentenced the offender to a severe reprimand and fine of \$2,000.



Relay ride supports the blind

The Military Police National Motorcycle Relay Ride (MPNMRR) participants are a group of dedicated motorcycle enthusiasts who come together each summer to participate in a cross-country relay in support of the Military Police Fund for Blind Children and the Children's Wish Foundation.

The 6th annual MPNMRR went against the grain this year by starting in Victoria, B.C. and was supported by Military Police Unit Esquimalt for the B.C. leg of the relay. In support of this task, Military Police from CFB Esquimalt conducted a police escort from the NOTC Gun Room to the Provincial Legislature for a photo opportunity on Aug. 2. The escort was provided to ensure the group's safety and as a chance

to "show the colours" prior to starting the ride. That evening, a barbecue and a silent auction was held where \$7,500 was raised.

At 6:30 a.m. Aug. 3, riders received a second escort from members of MPU Esquimalt as they departed the starting point at NOTC Venture and headed for the Swartz Bay ferry terminal. As this year's participants head off into the vast expanse of our beautiful country, the members of Military Police Unit Esquimalt wish all riders a safe journey and great success on the 2014 edition of the Military Police National Motorcycle Relay Ride. For those seeking more information about participation and support, please visit www.mpnmrr.ca.

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LS Zachariah Stopa, MARPAC Imaging Services

From left to right: Incoming Commanding Officer of Base Construction Engineering (BCE) LCol Ulpiano Honorio, Presiding Officer Capt(N) Stephen Waddell, Commander of CFB Esquimalt, and outgoing Commanding Officer of BCE LCol Matthew Johnson, sign the Change of Command certificates during the Change of Command parade on Aug. 28.

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Avoid a fire with clothes dryer safety tips

There are about 12,700 clothes-dryer fires in residential buildings annually in the United States, according to the U.S. Fire Administration. These preventable fires caused 15 deaths, 300 injuries and about \$88 million-US in property damage.

There are no comparable statistics available for Canada.

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire. Dryers should be properly grounded. Check the outdoor vent flap to make sure it is not covered by snow. Keep the

area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing, etc. Clothes that have come in contact with flammable substances, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

In Canada, we excessively use our dryers. If you're anything like so many Canadian families, we're doing two to three loads of laundry every day, so you need to make sure to clean the dryer trap every time with every usage.

Failure to clean out lint traps is the main cause of dryer fires. A blocked vent or exhaust pipe blocks hot air from release, turning the highly combustible lint into a fire hazard.

Dryer fires are a common occurrence. Here are a few tips to help prevent a disaster:

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer


than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.

- Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.

- Make sure the right plug and outlet are used and that the machine is connected properly. Follow the manufacturer's operating instructions and don't overload your dryer.

- Turn the dryer off if you leave home or when you go to bed.

These few but simple tips will help prevent a dryer fire. Keep you and your family safe.



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HMCS Victoria promotions and awards

Cdr Alex Kooiman, Commanding Officer of HMCS Victoria, recently made several presentations to members of his crew.

MS Evans, HMCS Victoria



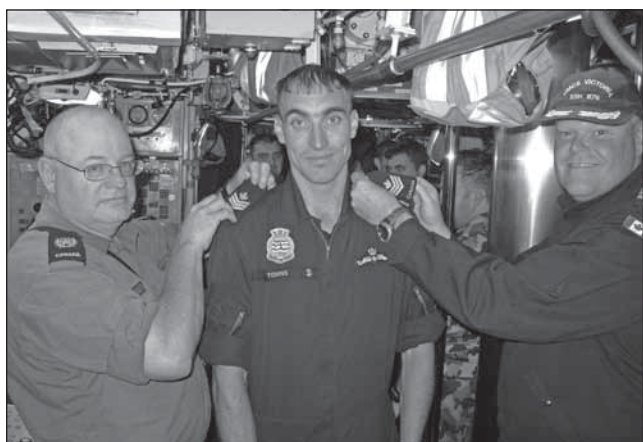
LS Harding (left) is awarded his Submarine Dolphins for attaining the Basic Submarine Qualification by Cdr Kooiman.



LS Kulykov (left) is awarded his Submarine Dolphins for attaining the Basic Submarine Qualification by Cdr Kooiman.



PO1 Mills (right) is awarded his Submarine Dolphins for attaining the Basic Submarine Qualification by Cdr Kooiman.



PO2 Towns (centre) is promoted to his current rank by CPO2 Graham Macleod (left) and Cdr Kooiman.



Lt(N) Nicholas Marasco (left) is congratulated by Cdr Kooiman for successfully completing the Submarine Officer Qualification package.



Lt(N) Phillip Fordham (right) is congratulated by Cdr Kooiman for successfully completing the Submarine Officer Qualification package.



LS Zachariah Stopa, MARPAC Imaging Services
Lt(N) Stephan Dubois receives his new rank from LCdr Mark Field and LCol Jim Follwell at Maritime Forces Pacific Headquarters.



LS Zachariah Stopa, MARPAC Imaging Services
Lt(N) Drew McCormick is promoted by LCdr Mark Field and LCol Jim Follwell at Maritime Forces Pacific Headquarters.



LS Zachariah Stopa, MARPAC Imaging Services
Cdr Alistair Harrigan receives a Chief of the Defence Staff Commendation RAdm Bill Truelove, Commander Maritime Forces Pacific, for the exceptional leadership he displayed as the Commanding Officer of Personnel Coordination Centre.



PO1 Thompson is promoted to his current rank by Cdr Drews and LCdr Petitpas at Canadian Forces Fleet School Esquimalt.



Lt(N) Antoinette Foata is promoted to her current rank by Cdr Drews and LCdr Auger at Canadian Forces Fleet School Esquimalt.



Lt Rob Sutherland is promoted to Lieutenant Commander by Capt(N) Clarke, Commander Submarine Force at Maritime Forces Pacific Headquarters, and LCdr Sutherland's wife Leona.



Lt(N) Vince Martel receives his Canadian Forces Decoration from Cdr Mike McCormick, Commanding Officer of HMCS Quadra.



Cdr Mike McCormick (centre) presents SLt Mike Jarosz (left) and A/SLt Sean Chatterson (right) the R.L. Driscoll Award for Top Junior Officer aboard HMCS Quadra.



Cdr Mike McCormick, Commanding Officer of HMCS Quadra, and LCdr Melvin Cardoza promote Lt(N) Spencer Sigouin.



MS Lyttle (left) receives the RMS Logistics Coin from CPO1 J. Bertrand, RCN Senior RMS Clerk, for her contribution beyond the call of duty to instill a sense of pride in the RMS occupation.



VACSTC photo by Wayne Emde
WO Joanne Osinchuk receives the Commanding Officer's Commendation from LCol Judy Peter for her contribution to the planning and delivery of medical care at the Vernon Cadet Summer Training Centre.



LS Woytowich (left) receives the RMS Logistics Coin from CPO1 J. Bertrand, RCN Senior RMS Clerk, for his contribution beyond the call of duty to instill a sense of pride in the RMS occupation.

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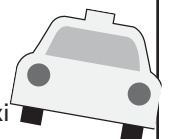
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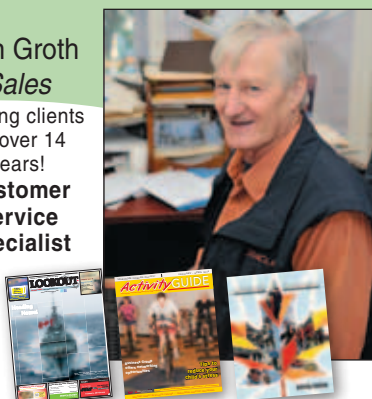


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