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Slick Capture



Shawn O'Hara, Lookout

Ken Cawley practices his stealth, sneaking up on a decoy attached to a fishing line, as part of the First Responder Oiled Animal Capture Course held at D Jetty last week. Read the full story on page 7.

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Photos by Shawn O'Hara

Band lays down new tracks

Shawn O'Hara
Staff Writer

In-between playing gigs at numerous events, the Naden Band of the Royal Canadian Navy has been laying down tracks for a new CD.

The album, titled "Snapshots of Excellence", focuses on the Naden Band's smaller ensembles.

"Most people are used to seeing the band all together at events, or at Christmas time," says Lt(N) Matthew Clark, the band's Commanding Officer. "We have a lot of great talent, and a lot of smaller groups and soloists

we wanted to shine the spotlight on. It's very exciting for us."

The band is comprised of world-class musicians; this talent includes everything from trombone quartets to woodwind quintets, soloists of all kinds, and modern rock and jazz inspired groups.

"There is a lot of variety in our performers," says Lt(N) Clark. "We have a great respect for the classic style, but it's nice to get to stretch our legs a little."

For the recording process, the band's practice hall and headquarters at N33 have been converted into a recording studio, with

Left: Lt(N) Matthew Clark, Commanding Officer of the Naden Band, takes the musicians through a rehearsal.

Right: CPO2 Pierre Cayer and PO2 Katrina Bligh fill out the woodwind section with their oboe performance during a rehearsal for a new CD track.

microphones every few steps, and hundreds of feet of snaking wires and cords draping the room like vines. They are recording well into the evening, night after night.

"We've had to turn the air conditioning off because the mics are so sensitive," he says. "After eight hours of playing and recording, it becomes quite the oven. Playing music is a lot more exhausting than I think a lot of people understand."

Despite all the late nights, sore jaws, and boiling hot recording sessions, Lt(N) Clark says at the end of the day it's a worthwhile experience.

"Sometimes I'll get home at 11:30 p.m. and think about how I might have gotten in over my head," he says. "But when I wake up the next morning, I'm excited to get started on a new day of recording."

The feeling is mutual for PO1 Karen Shields, flutist for the band.

"It's a lot of work, but when you finally get a track recorded it's a very good feeling," she says.

While a release date has yet to be set, Lookout's graphic designer Carmel Ecker is busy creating the CD art for the band's latest accomplishment.

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Watch for other events honouring the WWI centenary, put on by the Royal BC Museum, the Victoria Library, the Maritime Museum and CEF100 Commemoration Society, and the Naden Band of the Royal Canadian Navy.

Legacy of letters

Fort Rodd Hill offers window to the past

Shawn O'Hara
Staff Writer

Staff at Fort Rodd Hill National Historic Site is providing people a window into the lives and relationships of a Bella Coola family from a century ago.

Each day, using social media, they have released letters sent by brothers Ed and Fred Grant to their sister Belle in Victoria during their service in the First World War.

The online historical exhibit is called "Dearest Belle."

"It's a very interesting look at how people thought back then," says Dave King, Visitor Experience Manager at Fort Rodd Hill. "You get to see what they were doing, the new things they were

seeing and experiencing, how they felt about it, and how much their family meant to them."

Fred, a member of the 2nd Mounted Rifles, and Ed of the 5th Artillery, were deployed separately to France and Belgium. King says the letters give an intimate look at how this journey affected these two humble farm boys.

"They got swept up in something much larger than themselves," he says. "This was a time of change, for Canada and Canadians."

The letters, along with photos of the family, were discovered in a second-hand bookstore in Victoria called Sorensen's Books. When King and his team discovered the collection, they realized it's potential.

"We realized there was a potential for interpretation and presentation, to get a look at that part of Canadian history that is so close, but yet so far in the past," he says.

Fifty letters were chosen from the collection, and are being released through Fort Rodd Hill's Facebook page and Twitter account, culminating with the final letter Nov. 11.

King says the most illuminating part of the collection is that the two brothers are not so different from the youth of today.

"They were very typical young Canadian men of their day. They probably never strayed that far from the farm, and then they were swept up in this international adventure," he says. "They were

of a generation that saw it as their duty to serve their country."

More than anything, King says the collection is a spotlight on how the war affected not only Canadians, but Canada as a whole.

"It's really a microcosm of how this war changed Canadian society forever," he says. "Canada stepped onto the world stage at that time in no uncertain fashion, and it was because of the efforts of young men and women just like Ed, Fred, and Belle."

To follow "Dearest Belle" and catch up on the letters, visit Fort Rodd Hill National Historic Site www.facebook.com/FortRoddFisgardNHS, and on Twitter at @FortRoddFisgard.



Above: The Grant family on their Bella Coola farm before the outbreak of war.

Top right: A portrait of Ed Grant in his service uniform.

Bottom right: The envelope of a letter sent to Bella from her brother Fred during the First World War.

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WHAT SAY YOU

Letter to the Editor - A good deed is noticed

A few Tuesdays ago, after work on the drive home on my motorcycle at a traffic stop, I checked the pockets of my riding jacket to confirm I had my cell phone with me.

I had planned to stop at a shopping centre to call my wife at work, so

I wanted to be sure that I didn't have to rummage through my backpack looking for my phone when I got off my motorcycle.

Patting all my pockets, I realized the last time I saw my phone was just before I got on my

motorcycle. I remember seeing the phone on the rear passenger seat.

I pulled over, and after confirming that it was not wedged between some part of my motorcycle, I headed back to dockyard.

I re-traced my route all the way back to my park-

ing spot - no phone on the roadway or side of the road.

I walked back to my office and called the main gate just in case someone had found my phone and had turned it in. Fortunately, that's exactly what happened.

An unidentified woman had turned it in, and, other than some new scratches on the protective case, it was in good working order.

A big shout out to this good Samaritan for this act.

Dan LeBlanc

To those who participated, thank you

The 2014 Public Service Employee Survey is now closed, and I would like thank all of you who have taken the time to participate in this important initiative.

Your feedback is valuable to me and to your managers as it will help us identify our organizational strengths and focus on areas that require

improvement.

In the coming months, Treasury Board Secretariat and Statistics Canada will compile the survey data. Results for Defence, along with those of the other participating Public Service organizations, will be posted on the Public Service Employee Survey website early in 2015. The Defence manage-

ment team is committed to following up on the results.

Once the findings are released, consultation sessions will take place with civilian employees to address issues arising from the survey. This information is used to create action plans to implement solutions to these issues

Once action plans have been

created, we will communicate our ongoing efforts to you.

For updates and information, please refer to the PSES intranet site here <http://defenceteam.mil.ca/ps-es-saff/index-eng.asp>.

Thank you again for your participation.

Richard B. Fadden
Deputy Minister

SPORTS trivia by PO1 Bill Sheridan Contributor

QUESTIONS?

- Who was wearing number nine for the Soo Greyhounds prompting Gretzky to wear 99?
- What team did Babe Ruth coach?
- What coaches have won both the Superbowl and the Rose Bowl?
- What type of ball was first used in basketball?
- Who was the youngest player inducted into NFL Hall of Fame?
- What female tennis star has won each grand slam event four times?
- Who was the last player in MLB to wear number 42?
- What boxer was a 42 to 1 underdog to Mike Tyson, but won anyway?
- What coach has the most NCAA wins in hockey?
- Which sport saw the first individual Women's Olympic Gold Medal awarded to Charlotte Cooper?
- What was significant about the Oct 22 1939 Brooklyn Dodgers & Philadelphia Eagles game?
- What song is in Caddyshack in the fairway scene when Rodney Dangerfield turns on the radio in his golf bag?
- Who were the Cincinnati Stingers?
- How many furlongs is each race of the Triple Crown?
- What sport did Bill Clinton play at Oxford?
- What happened to the video from the CBC's Danny Gallivan's call of Bobby Orr's overtime goal?
- When was the slam dunk banned in the NCAA?
- 'Days of Grace' is a book about which tennis star?
- In horse racing betting terms, what is a Yankee?
- Who was James Cooper Smeaton?



- ANSWERS
- Brian Guialazzi.
 - Dodgers-at first base.
 - Dick Vermeil & Pete Carroll.
 - Soccer ball.
 - Gale Sayers.
 - Steffi Graf.
 - Mariano Rivera.
 - Buster Douglas.
 - Jerry York.
 - Tennis.
 - First televised.
 - 'Any way you want it'.
 - WHA team which along with the Birmingham Bulls folded when four others joined the NHL in 1979.
 - Kentucky Derby 10, Preakness, 9.5 and Belmont is 12.5.
 - Rugby.
 - It was thrown out to make room for more video.
 - 1967 to 1976, it was also known as the Lew Alcindor rule.
 - Arthur Ashe.
 - 11 individual bets.
 - He fought during WWI with the 11th Siege Battery (Carrison Artillery). He was a player, coach and referee as well as trustee of the Cup for many years, often presenting it, and he is in the Hockey Hall of Fame.

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Maj Grant Whittla (centre) witnesses the official signatures for the Change of Command between Capt Madeleine Dahl (left) and Capt Brandon McAuley (right).

Change of command for cadet corps

2483 PPCLI RC Army Cadet Corps

After six years as the head of the 2483 Princes Patricia's Canadian Light Infantry Royal Canadian Army Cadet Corps, Capt Madeleine Dahl relinquished her command to Capt Brandon McAuley.

The Oct. 7 change of command ceremony took place at the Nixon Gym at the Naval Officer Training Centre, with Maj Grant Whittla serving as reviewing officer.

It was a very touching

moment for Capt Dahl as she looked back on her tenure as leader of the corps.

In 2008, as the new commanding officer, she had a vision, a mission, and a desire to make the Corps better. At that time, the Corps had only eight cadets, a faltering Sponsoring Committee who was ready to move on, and three officers – not to mention temporary accommodations whose time had come.

The Corps has now over 50 cadets on parade, a full complement, and dynamic Sponsoring Committee, a

first-rate group of officers, and great accommodations.

Capt Dahl is now a full time student in communications at Royal Roads University, and will remain available to the Corps as a mentor and a friend.

"Stick with the program," she said to the cadets. "Great opportunities will open for you as it did to most of the senior cadets present here tonight, and as it did to me. The cadet program is what has made me who I am today."

The incoming Commanding Officer,

Captain McAuley, is no stranger to this Corps having been a significant part and reason of Capt Dahl's achievements.

"Use your officers and civilian instructors, for they are your base of knowledge and support," said Capt Whittla. "Support your Corps Sponsoring Committee as they are your base of funding and morale, and give your cadets what they want and what they need for success – leadership, comradery and friendship, which will last them a lifetime."

Campaign launched with breakfast

Deanne Gillespie
CFMETR

The Canadian Forces Maritime Experimental and Test Ranges (CFMETR) held a Government of Canada Workplace Charitable Campaign (GCWCC) Kick-Off Breakfast on Sept. 30.

CFMETR'S GCWCC Campaign

Representative, Lt(N) Richard Crowder, coordinated a very "flavourful" breakfast, consisting of southern U.S. style "Biscuits and Gravy", accompanied by eggs, bacon and hash browns.

Although not the "healthiest" of meals, the tasty breakfast was enjoyed by about half of the unit's staff, who started the fundraising with cash donations.

The event was attended by Melanie

Anderson, Resource Development - GCWCC & Stewardship United Way Central and Northern Vancouver Island, and Cathy Robson from the Mid-Island Abilities Society, who gave a very informative talk on one of Nanaimo's worthy agencies. GCWCC fundraising activities will continue throughout October, culminating in a final barbecue on Oct. 30.



Pictured here, left to right: Melanie Anderson (GCWCC), and CFMETR staff Ian Ferguson, Sgt Noah Eckenswiller, MS Dan Connelly, Lt Richard Crowder, Owen Taylor, Deanne Gillespie and Denis Dore.

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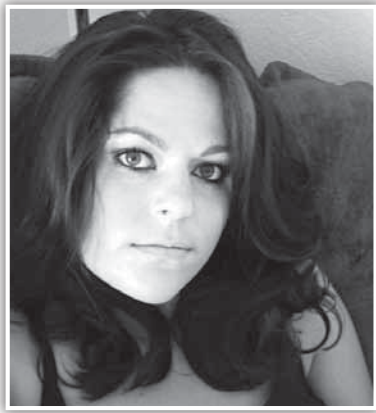
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Military takes centre stage

CFMWS

Hockey skates to combat boots, soccer jerseys to CADPAT – no matter what uniform they're wearing, Canadian Armed Forces athletes are always ready for action.

On Oct. 24, the Canadian Armed Forces will recognize the accomplishments of its athletes, coaches and officials with the 26th Annual Canadian Armed Forces Sports Awards Ceremony in Ottawa.

The ceremony will feature awards for Athlete, Coach, Official and Teams of the Year. Outstanding sports careers will also be recognized with inductions into the Canadian Armed Forces Sports Honour Roll, and the Canadian Armed Forces Sports Hall of Fame, the evening's highest honour.

"Canada's military val-

ues its diverse sports program as a means to keep physically fit, bolster morale, and develop leadership skills among the troops," says Cmdre Mark Watson, Director General Morale and Welfare Services.

"Today, our sports program includes 20,000 participants, who compete in everything from inter-unit hockey leagues to international sports competitions such as world championships and the Paralympic Games."

The life of an elite athlete, coach or official is demanding, with long hours dedicated to training, competition, and travel. Personal motivation and tremendous energy are required to compete with the best. Military service compounds those challenges, as personnel often spend significant periods of time

away for military training and deployments, and may need to relocate as they are posted different bases and wings throughout their careers.

Canadian Armed Forces athletes take all of this in stride, and manage to strike a remarkable balance between their sports careers and their service as soldiers, sailors, airmen and airwomen.

The Sports Awards receives support from presenting sponsors Canadian Tire, Sport Chek, and Sports Experts, as well as sponsorship from BMO Bank of Montreal and the Canadian Defence Community Banking program.

To learn more about this year's Sports Awards nominees and inductees, please visit www.cafsportsawardsceremony.ca



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HMCS Toronto on new exercise

DND

HMCS *Toronto* joined Exercise Noble Justification last week as part of its Operation Reassurance NATO deployment in response to Russia's aggressive military actions against Ukraine.

Toronto and other Standing NATO Maritime Group 2 warships are conducting Task Force training exercises, and force integration activities, in the eastern Atlantic Ocean and Mediterranean Sea regions from Oct. 13 to 26.

Exercise Noble Justification will prepare and test HMCS *Toronto's* ability to respond to a variety of NATO opera-

tional contingencies.

The exercise will also enhance force integration, multinational interoperability and readiness through a high density, high threat scenario in which NATO responds to violations of its territorial integrity and the sovereignty of its member states.

Involved in the exercise are more than 5,000 military and naval personnel, as well as 22 warships from 16 NATO nations: Belgium, Canada, Finland, France, Germany, Greece, Italy, the Netherlands, Norway, Poland, Portugal, Spain, Sweden, Turkey, the United Kingdom and the United States.

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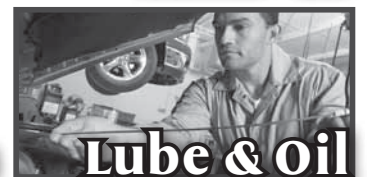
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Left: Louise Wilkin uses her new skills to scoop a decoy duck out of the water near D Jetty in Colwood.

Above: Chris Battaglia, co-founder of Focus Wildlife Canada, shows a propane-powered noise maker, which uses loud air blasts to frighten animals away from dangerous areas.



Shawn O'Hara, Lookout

Tyler Yager from the Canadian Coast Guard is set to nab fast-moving duck.

Base employees practice oiled animal rescue

Shawn O'Hara
Staff Writer

Rescuing oil-slicked animals and birds is now a skillset of a few base employees.

To ensure they can do the job, 10 people from Port Operation and Emergency Services (POESB), Fleet Maintenance Facility, and the Coast Guard took the First Responder Oiled Animal Capture course with Focus Wildlife Canada last week.

Standing in for the real thing was a remote controlled four-wheeled water fowl that zipped around the parking lot near D Jetty in Colwood and Esquimalt Harbour, as students took turns catching it with a net.

"It's not as good as the real thing, but it's a lot safer," says Chris Battaglia, co-founder of Focus Wildlife Canada and course instructor.

Battaglia and Focus Wildlife Canada provide professional spill response and training across Canada and the United States. Part of this training includes the capture or deterrence of

animals in an environment affected by a spill.

Students were educated on the responsibilities of a first responder in an oil spill situation. This includes how to evaluate a spill, the threat it may pose to wildlife, and how to intervene when it comes to oiled animals.

"It's about giving them the tools needed to deal with a situation before the specialists arrive," says Battaglia. "Obviously they won't be able to deal with a large volume of oiled birds on their own, but that first 24 to 48 hours can be critical, and it's important to have people know what to

do in those situations."

The course also included hands-on oiled animal capture training. Using both floating and rolling decoys, students scooped the models up in nets in the harbour and on the ground.

"There is a way to do it quickly and safely, and that's the way we want to do it," says Battaglia. "You want to limit the injury to the animal, but make sure it doesn't get away. If it gets away there's nothing you can do for it."

Protection of the marine environment surrounding the base is a top priority for DND, says Lyle

Fairley, Acting Marine Environmental Emergency Response Officer for POESB.

"We are the stewards of the harbour and it's our responsibility to take care of it," he says. "In the unlikely event that we have a spill at our facility, we need to be able to respond properly and keep the environment as safe as possible."

Being prepared to tackle any issue is part of his work.

"We might only be able to help a few animals, but it's better than not being able to help any," he says. "When you get down to it, oil floats on water, and a lot of animals spend their time on or in that water. If they're put in that position, we need to be able to help somehow."

The course was developed by Battaglia and his wife after volunteering to save wildlife from certain death.

"I saw there was a real gap in professional spill response and animal capture, outside of non-profits, so my wife and I decided to do something about it," he says.

We are the stewards of the harbour and it's our responsibility to take care of it. In the unlikely event that we have a spill at our facility, we need to be able to respond properly and keep the environment as safe as possible.

Lyle Fairley,
Acting Marine Environmental Emergency Response Officer for POESB

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- You must include your name and contact information on all advertising.
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More information on the new rules is available at elections.bc.ca/lecfa. Registration forms and the Third Party Sponsor Guide to Local Elections in B.C. can be downloaded at the Third Party Sponsors page.

Media outlets **cannot** publish or transmit election advertising on General Voting Day, Saturday, November 15, 2014.

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RMC Saint-Jean college set to produce leaders

DND

On Aug. 21, Royal Military College (RMC) Saint-Jean officially assumed command of the Non-Commissioned Members Professional Development Division from Canadian Forces Leadership and Recruit School (CFLRS), and renamed it the CWO Osside Profession of Arms Institute.

The re-naming was in honour of CWO Robert Osside who, in 1978, became the first Non-Commissioned Member (NCM) to hold the position of Canadian Forces Chief Warrant Officer (CWO).

The purpose of this transfer of authority was to optimize the use of RMC Saint-Jean resources, improve the academic thoroughness of CWO professional development programs, and take full advantage of the range of academic expertise of RMC Saint-Jean.

In his speech to the assembled RMC Saint-Jean teaching staff and Officer Cadets, the Chief of the Defence Staff, General Tom Lawson, recognized the tremendous leadership and legacy of CWO Osside. He also reiterated the Canadian Armed Forces (CAF) commitment to provide NCMs with the first-rate professional development they will require to live up to CWO Osside's example, and excel as senior leaders in the profession of arms.

The Commander of the Canadian Defence Academy, MGen Eric Tremblay, also

spoke, emphasizing that the NCM Corps is not only the spearhead of the CAF, but also the key to their resounding success at home and abroad, as well as in CAF communities everywhere.

He brought up the change and complexity that imprint on the current operational environment, where its uncertainty and volatility means that our NCMs require skills and understanding that extend far beyond the tactical field. This is why the CWO Osside NCM Profession of Arms Institute has found alignment with a national institution such as RMC Saint-Jean.

The Canadian Forces CWO, CWO Kevin West, shared his vision for the CWO Osside Profession of Arms Institute: it will provide the NCMs with the requisite top-quality intellectual and leadership skills to carry out command functions in an increasingly complex and changing world.

As a centre of excellence in leadership, the CWO Osside Profession of Arms Institute will make available professional development programs to NCMs when they required them, at decisive career moments when it becomes apparent that they will be called upon to assume new institutional leadership responsibilities.

The curriculum of the institute will be comprised of program in intermediate, advanced, and senior leadership, as well as the leadership and seniors appointments program.

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HMCS Toronto steps forward on fund raising

LS Brian Houston
HMCS Toronto

At 6 a.m. local time on Oct. 4, somewhere in the Mediterranean Sea, the treadmill on 3 Deck aboard *HMCS Toronto* started humming. It continued for 24 hours, ending 6 a.m. on Oct. 5.

The activity was in support of the Government of Canada Workplace

Charitable Campaign (GCWCC), and involved 48 fitness-minded volunteers from the ship's company – including *Toronto's* Command Team – each of whom donated \$10 for 30 minutes of time on the treadmill.

In total, \$480 was raised by the participants for the Sick Kids Foundation in Toronto. Sick Kids is *HMCS Toronto's* recognized char-

ity through a long-standing relationship with their namesake city.

"Fitness is so important to our individual well-being at sea and in life, generally," said Cdr Jason Armstrong, ship's Commanding Officer. "The only thing that makes this better is that improving our lives through fitness, in turn, improves the lives of children in the great city

of Toronto – I could not be more proud of my sailors."

This event marked just one of many events planned between September and December as part of the GCWCC, while the ship is on deployment in the Mediterranean and Black Seas in support of Operation Active Endeavour and Operation Reassurance.

In late September, the crew kicked off the annual fundraising with a barbecue held on the ship's flight deck. During the barbecue, crew members were able to bid on the right to pie the Commanding Officer, Executive Officer, and Coxswain, as well as the ship's Heads and Chiefs of Departments. Bidding was fierce and competitive, and by the end of the pie auction, the ship had raised a \$8,200.

Cdr Armstrong led the way as the first volunteer to receive a whipped cream assault for charity. The event proved successful, and demonstrated the generosity of the ship's company and its commitment to worthy causes.

Toronto has set an overall fundraising goal of \$14,025. If the previous two events are any indication of future donations, the ship will have no problem exceeding this goal over the next two months of the campaign.

MS/Matc Peter Reed,
Formation Imaging Services
Halifax

Lt(N) Danielle Turner is an avid runner and the inspired organizer of the ship's 24-hour relay treadmill run.

Below: LS Brandon Oram, a boatswain, runs on the 3 deck treadmill.



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Karaoke Karaoke is now every Thurs. except the last of the month.
Oct. 23 @ 7 pm

OLD SCHOOL HALLOWEEN OCT. 25
Tickets \$20, \$15 for mess members

Kids Movie "Hotel Transylvania"
Halloween Treats, Costume Contest
Oct. 26 @ 2pm
Free Popcorn
Doors open at 1:30
Movie starts at 2:00 pm

Movie Night Oct. 30 @ 7:30pm
CARRIE (2014)
25 cent Wings Thursdays

Karaoke Nov. 13 @ 7 pm
Poker & Karaoke Nov. 6 @ 7 pm

Nov. 14 Casino Royale
Biggest event of the year:
Burlesque & Boylesque dancers, table games and more fun!

20 Nov – Poker, Karaoke, & Wing King
27 Nov – Movie Night
30 Nov – Kid's Movie Night

DECEMBER
4 Dec Poker & Karaoke
7 Dec Kid's Christmas Party
11 Dec Karaoke

UFC 180 on November 15th
UFC 181 December 6th

Host your next event at the PFC
Contact the event coordinator, Lindsay
at 250-363-3146 for rates & bookings.



The Royal Canadian Navy Standing Sentry take their first post at the National War Memorial and Tomb of the Unknown Soldier in Ottawa, Ontario, on Oct. 14.



Photos by Cpl Heather Tiffney, Imagery Technician, Canadian Forces Support Unit Ottawa
Group photo of the Royal Canadian Navy sailors who served as sentry.

Sentry duties end, but honour remains

A/SLt Ron MacDargal
MARPAAC PA Office

Vice-Admiral Mark Norman, Commander Royal Canadian Navy (RCN); and CPO1 Tom Riefesel, RCN Chief, met with sailors from Maritime Forces Pacific in Esquimalt and Maritime Forces Atlantic in Halifax Oct. 14 at the Tomb of the Unknown Soldier in Ottawa.

The RCN sailors performed sentry duties between Sept. 15 and Oct. 18 as part of the

National Sentry Program.

After doing a walkthrough of the site's barracks and facilities, and speaking to the sailors, VAdm Norman and Chief Riefesel watched the first post at 9 a.m. as the piper played the lament.

The Canadian Tomb of the Unknown Soldier was added to the National War Memorial in 2000. The unidentified soldier was selected from a cemetery in the vicinity of Vimy Ridge, the site of a famous Canadian battle of the First World War.

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Incentive prizes

ROUND TRIP FOR TWO BETWEEN VICTORIA AND SEATTLE ON THE CLIPPER (value \$300)

Those who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign representative by Nov. 5 will be automatically entered into a draw for a round trip for two to Seattle, WA, on the Clipper.

PRINCE OF WHALES WHALE WATCHING TRIP FOR TWO (value \$230)

Those who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign representative by Nov. 12 will be automatically entered into this draw. Entries from Nov. 5 will remain in the draw as well.

ONE NIGHT ACCOMMODATION FOR TWO AT THE CHATEAU VICTORIA (value \$200)

Those who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign coordinator by Nov. 19 will be automatically entered into this draw. Entries from Nov. 5 and 12 will remain in the draw as well.

SUNDAY BRUNCH FOR FOUR AT LAUREL POINT INN AND A TEA BASKET FROM MURCHIES (value \$200)

The daily change left in your pocket can win you this awesome prize. Anyone who submits a gift form of \$150 or more to their 2014 GCWCC campaign unit representative by Nov. 26 will be automatically entered.

VEHICLE GIFT BAG (leather shifter, sunglasses, automatic battery charger, roadside emergency kit, fleece jacket) (value \$330)

Become a Leader! Anyone who submits a gift form at the Leadership level (\$500 or more) to their 2014 GCWCC campaign unit representative by Nov. 26 will be automatically entered in this draw.

Note: Please submit your Unit's qualifying names directly to Vicki Laidlaw by the day after EACH deadline (Nov. 6, 13, 20, 27) - draws will happen at noon each Friday following the deadline.

For more info, please contact Vicki Laidlaw, Campaign Coordinator, (250) 363-2595.

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Jacquie Magee at 250-363-7232 or Jacquelyn.Magee@forces.gc.ca

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Have your portrait taken by MARPAC Imaging Services in support of GCWCC.

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Saturday, Nov. 15 (0900 - 1500hrs)

Where: MARPAC Imaging Services Studio, Bldg DY25
Book now by email: MARPAC_Imaging@outlook.com

MFRC WANTED: 150 Champions

Last year, we had 70 people pledge money to the MFRC through the GCWCC. This year, our goal is 150 people.

Consider giving back by pledging all or part of your GCWCC donation to the MFRC.

Charitable Registration Number: 13807 0578 RR0001

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Proceeds go to GCWCC



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Thursday, October 30th

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BOTTLE AND CAN RECYCLING FOR GCWCC IS BACK!

Good news! We will be collecting your recyclable beverage containers from September until the end of January in support of GCWCC. There will be collection bins placed around the Formation in areas similar to last campaign.

Please fill them up!

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Great B.C. Shake Out

Thursday, Oct. 16 10:16 a.m.

The earthquake and natural disaster preparedness drill, called the Great B.C. Shakeout, was practiced last week as part of annual training for military and civilian personnel on how to respond to a natural disaster such as an earthquake.




Left: Rob Whitwell takes shelter under his desk and counts to 60 during the exercise.



Right: CPO2 Lesperance (left) meets with Cdr Montgomery (right) to begin organization and use of the contents within an Emergency Response Container (E Box).

Photos by Cpl Blaine Sewell, MARPAC Imaging Services

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Above: CPO2 Lesperance, with megaphone, and Cdr Montgomery, on his right, direct personnel on what to do as part of the emergency training near building D100.

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AT WORK: UNUSUAL JOBS



MCpl Brandon Betts fixes a Propaq Patient Monitor at the Bio-Medical Engineering Technologists' office.

Fixing those things that go "beep"

A/SLT Christian Pichette
CFB Esquimalt PAO

At the Base Clinic, you can easily recognize the medical personnel by what they wear and what they do. However, behind the scenes, there are members, such as Bio-Medical Engineering Technologists, commonly called "BE Techs", that perform essential tasks who are less noticeable.

Since they have a medical cap badge, people usually assume that BE Techs are

medics, but in reality most of them don't have a medical background.

MCpl Brandon Betts, 25, says BE Tech is a "fancy way of saying we manage hospital equipment. Basically, if it goes beep we look after it."

Pieces of equipment that go beep are numerous in the clinic; for example, automatic defibrillators, patient monitoring devices, ultrasounds, suction units, and X-Ray equipment all beep at some point.

To prioritize their work, BE Techs repair pieces of equipment based on repair potential.

"We manage equipment, from procurement to disposal and everything in between. We forecast replacement, we do repairs, we do updates, and we are responsible for all paperwork for disposal, tracking it, and removing equipment when its life cycle is finished," explains MCpl Betts.

There are three BE Techs and teamwork is essential to keep to the repair schedule.

"We have good cohesion and it is a great benefit to have that sense of teamwork," he says.

The journey to doing

his technical work began when he joined the NCM Subsidized Education Plans, and was sent to the British Columbia Institute of Technology in Burnaby, B.C. He studied mathematics, physics and electronics for three years.

"It was very tough and demanding, and I had to put in long hours and study, but it is well worth it in the long run," he says. "When people are depending on a medical device and it goes down, it is very gratifying when you can step in there and resolve the issue."

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Scientists research soldier's mobility

DND

Enemy threats and counter-insurgency operations have dramatically increased the focus on soldier personal protective equipment (PPE), and its critical role in ensuring survivability and mission outcomes.

While a soldier's equipment (called an ensemble) provides essential protection, it can also contribute to soldier burden when combined with the heavy loads that soldiers must carry, and potentially interfere with a soldier's ability to tactically maneuver and accomplish mission critical tasks.

Defence Research and Development Canada (DRDC) researchers want to understand how the weight, bulk, coverage, and stiffness associated with the soldier ensemble design affect operational task performance, and ultimate survivability.

To address this issue, DRDC has been using the Canadian Load Effects Assessment Program (CAN LEAP) mobility course, located at DRDC's Toronto Research Centre, to study combat movement with varying load conditions.

During this course, researchers observe and measure the movements of subjects, with and without equipment, to determine critical load levels such as weight, bulk, coverage and stiffness. The course is comprised of a timed series of 10 physical obstacles, such as balance beams, stairs, ladder climbs, and tunnels, followed by three separate performance task stations, including marksmanship and weight transfer. These obstacles and stations are representative of realistic combat tasks.

Various tests of overall ensemble, and participant characteristics, are taken to quantify the factors contributing to performance; three-dimensional body scans for bulk, range of motion for stiffness, and participants' fitness level are reviewed.

Results will be added to combat modeling tools to help determine the impact of performance on mission outcomes.

This program, and its results, will help define soldier ensemble requirements, and test methods for future Canadian Armed Forces procurement of

soldier capabilities and equipment.

In addition, the program will support industry in the design of future soldier ensembles. Results will also contribute to the development of decision tools for operational commanders on the optimal use of protec-

tion or distribution of loads in order to maximize soldier performance and survivability for specific missions, tasks and conditions.

"The Canadian Army takes the protection of its soldiers most seriously," stated Lieutenant-General Marquis Hainse, Commander

Canadian Army when touring the CAN LEAP course earlier this year. "We have a vested interest in ensuring that rigorous science and testing validates the design of soldier clothing and equipment. The safety and security of our members is of utmost importance."

Through this research, Canada is contributing to a multi-national effort to model the combat effectiveness and survivability implications of soldier load. This will ensure that Canada's equipment evaluation efforts are consistent with our allied countries.



A Canadian Armed Forces soldier completes the CAN LEAP course.

James Clark, Defence R&D

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LS Zachariah Stopa, MARPAC Imaging Services
Capt Robert Dodds (left) receives his Canadian Forces Decoration second clasp from Cdr Lori McAllister, Commanding Officer of Maritime Forces Pacific Headquarters.



LS Zachariah Stopa, MARPAC Imaging Services
LS Eduardo Quiroz-Borrero (centre) is appointed to the rank of Master Seaman by Cdr Lori McAllister (right), Commanding Officer of Maritime Forces Pacific Headquarters, and Capt Michael Stone.



LS Zachariah Stopa, MARPAC Imaging Services
PO1 Steven Leith (left) receives the Canadian Forces Physical Fitness Award for Aerobic Excellence from Cdr Lori McAllister, Commanding Officer of Maritime Forces Pacific Headquarters



LS Orban (centre) is appointed to the rank of Master Seaman by Cdr Wes Golden (left), Base Administration Officer, with assistance from MS Orban's spouse, Erin.

Brigade Group gets new Commanding Officer

39 CBG Public Affairs

On Oct. 9, at a Change of Command ceremony held at Jericho Garrison in Vancouver, LCol Mason Stalker formally relinquished command as Commanding Officer of the 39 Canadian Brigade Group Headquarters unit to LCol Ed Haverstock.

"It was my privilege to serve you as Commanding Officer and as your brigade COS," said LCol Stalker during his final address to the headquarters soldiers and audience guests. "I'm so very proud of each and every one of you, and how you took your mission so seriously. How you moved the yard sticks, and dedicated yourselves to working hard to ensure the soldiers

of 39 Brigade were set up for success."

LCol Stalker welcomed LCol Haverstock to the 39 Canadian Brigade Group team, while acknowledging the headquarters unit is in good hands with the incoming Commanding Officer.

During his first address as Commanding Officer and COS, LCol Haverstock said he was impressed with the confidence and pride of the members of the headquarters unit, a legacy left behind by the outgoing Commanding Officer.

"The briefings that I received [from the staff] have been outstanding and confidently presented," said LCol Haverstock. "This gives me great pride to be joining you."



Capt Chris Poulton, 39 CBG Public Affairs
From left to right: LCol Ed Haverstock (incoming Commanding Officer), Col Matthew Haussmann (Comd 39 CBG), and LCol Mason Stalker (outgoing Commanding Officer), sign the Change of Command certificates during the 39 CBG HQ Change of Command ceremony held at Jericho Garrison in Vancouver.

Marksmanship winners earn Queen's Medal



Photos by Cpl Pierre Habib, Canadian Forces Support Unit (Ottawa) Imaging Services

Cpl Johnathan Palmer from Fifth Canadian Division (left), winner of the Queen's Medal for Champion Shot (reservist), and Cpl Jean-Christophe Boivin-Couillard (right) from Second Canadian Division, winner of the Queen's Medal for Champion Shot (regular force), are lifted up by members of their units during the finals of the Canadian Armed Forces Small Arms Concentration (CAFSAC) at Connaught Range in Nepean, Ontario.

Helen Bobat

Army Public Affairs

To the chanter of a bagpipe, Cpl Jean-Christophe Boivin-Couillard and Cpl Jonathan Palmer, award recipients at this year's Canadian Armed Forces Small Arms Concentration (CAFSAC), were paraded from the concluding ceremony on the range to camp headquarters, where each was presented with a bottle of champagne.

Cpl Boivin-Couillard, a member of the 2nd Canadian Division team, 2nd Battalion Royal 22nd Regiment based in Quebec, was awarded the Queen's Medal for Regular Force top marksmanship. Cpl Palmer, a member of the 5th Canadian Division team, 1st Battalion Nova Scotia Highlanders, representing Atlantic Canada, was awarded the Queen's Medal for Primary Reserve top marksmanship.

"This event brought together some of the best shooters in the Canadian Armed Forces. They learned from each other, our allied participants, and members of the various participating police forces. The experiences gained at CAFSAC, from improving marksmanship to helping save lives, benefits everyone," said Lieutenant-Colonel Don Haisell, Director Canadian Armed Forces Small Arms Concentration.

More than 550 shooters and support staff participated at CAFSAC, including several Canadian police forces and international teams from the Netherlands, the United Kingdom, and the United States of America.

Winners at CAFSAC are eligible to compete at the Australia Army Skill at Arms Meeting (AASAM) being held in Puckapunyal, Australia, in 2015.



Left: A Canadian and a Dutch soldier finalize the scores during the finals.

Bottom left: A Canadian soldier fires his rifle during the finals.

Below: A Canadian soldier prepares himself during the finals.



Hull Techs lend helping hands

Shawn O'Hara
Staff Writer

A local at-risk youth shelter garnered some navy blue support for a few weeks.

Working on their own time, sailors from Maritime Forces Pacific helped renovate a four-plex in Oak Bay that was anonymously donated to the Threshold Society. This structure provides housing and support to homeless youth that age out of the foster care system.

"It's a very rewarding feeling," says MS Matt Lovejoy, a Hull Technician in HMCS Protecteur. "At the end of long, exhausting day you

know you're really doing something for the community."

The volunteer project comes under the HeroWork umbrella, a local volunteer program created by Paul Latour. Independently run, and funded through community and corporate donations, Latour and his team renovate various facilities for non-profits across Victoria, such as last year's Victoria Mustard Seed building.

This year's project included painting the walls, installing bathrooms, fixtures, and flooring, and overhauling the plumbing.

"The Threshold Society

gives these kids a place to go, and a chance to get on their feet," says MS Lovejoy. "I thought it would be the perfect time for us to help out, since we're sort of in a transitional period right now, so I got a few of the crew together to lend a hand."

The navy volunteers headed out each weekend between Sept. 19 and Oct 5, helping contractors with the large-scale renovation.

"Hull techs have skills that translate readily to a construction project such as this," says MS Lovejoy. "It's a good feeling knowing we're helping make a difference in someone's life."



The demolition charge discovered in Lumby, B.C., along with the 13kg incendiary thermite bomb.

Japanese bomb discovered

Shawn O'Hara
Lookout

Members of a forestry crew in Lumby, British Columbia, came upon a potentially dangerous piece of military history last week in the Monashee Mountains, prompting a visit from Fleet Diving Unit (Pacific) (FDU(P)).

Workers discovered a Second World War Japanese Balloon Bomb in the forest, 460 kilometers northeast of

Vancouver. The weapon is one of thousands of bomb-bearing balloons released by the Imperial Japanese Army to ride the jet stream between Japan and North America.

Arriving on the scene Oct. 10, FDU(P) Explosive Ordnance Disposal technicians determined the device was not safe for transport, and detonated it on site. They collected other artefacts from the scene, including the bombs parachute, which has been taken to CFB Esquimalt.

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- Wed, Oct 22: What you need to know about credit. 11:45-12:15
- Tues, Oct 28: How to successfully deal with debt. 12:15-12:45

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ANNOUNCEMENTS

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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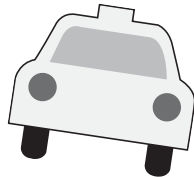
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