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MARPAC NEWS CFB Esquimalt, Victoria, B.C.



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Image by Cpl Blaine Sewell, MARPAC Imaging Services
From left to right: Presidents of B.C. Command; The Navy, Army and Air Force Veterans of Victoria #12; and the Korea Veteran's Association of Canada-Unit 27 lay wreaths in honour of the fallen during the Remembrance Day ceremony at the Victoria Cenotaph. More on page 2.

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Divers from around the world train together.	Rev up for Sports Day November 28.	No Stone Left Alone, children remember.

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Remembrance Day



Above: Master Corporal Robert Chalmers stands vigil during the Remembrance Day ceremony at the Victoria Cenotaph.



The Canadian Scottish Regiment marches past the saluting dias during the Remembrance Day ceremony in Victoria.



Ed Emirick (left), C. Poole (right), members of the Guard of Honour, and military veterans stand on parade during the Remembrance Day ceremony.



Above: Capt(N) Steve Waddell, Commander CFB Esquimalt, and CPO1 Shawn Taylor, Base Chief Petty Officer, salute after placing a wreath at the Esquimalt Cenotaph during the Remembrance Day Ceremony in Esquimalt.

Right: The marching contingent, headed by LCdr Judith Harlock, approach the Esquimalt Cenotaph.



Esquimalt images by LS Zachariah Stopa, MARPAC Imaging Service

Downtown images by Cpl Blaine Sewell, MARPAC Imaging Services

Forgotten Chinese workers honoured

Shawn O'Hara
Staff writer

Last week, Capt(N) Steve Waddell, CFB Esquimalt's Base Commander, joined members of the Chinese Canadian Military Museum Society and William Head personnel for a dedication ceremony and plaque unveiling at the William Head Institution.

The plaque was dedicated to First World War Chinese Labour Corps personnel who died and were buried at William Head, which at that time was an immigra-

tion entry point.

During the First World War, with thousands of casualties suffered by the Allies, 140,000 Chinese were brought to Canada and organized into Chinese Labour Corps to support the war effort.

Over 80,000 Chinese Labour Corps members were transported from China to William Head, then dispersed across Canada for training, and then shipped from Halifax to La Harve, France, to join the war effort.

"Neatly laid out here

before us are 49 gravesites that have a hidden past," said Capt(N) Waddell to those in attendance. "These all-but-forgotten graves tell a history unknown to many of us, despite being only a half hour from Victoria."

Thirty-five graves belong to Chinese labourers who succumbed to illness or mistreatment before being able to make the arduous journey across Canada by train, then embarking on ships to Europe.

The Chinese Labour Corps dug trenches, pro-

vided ambulatory services, and fixed equipment. It's estimated 20,000 Chinese did not survive the war. On the war's completion, those that lived were returned to China.

"They endured terrible conditions - building trenches, repairing roads and railways, working in factories, building warehouses, and performing other manual tasks, all for pennies a day. After the war, they stayed in Europe clearing the battlefields of corpses, removing ammunition, unexploded bombs and grenades," said Capt(N) Waddell.

The William Head Institution, CFB Esquimalt, and the Chinese Canadian Military Museum Society jointly supported this project, and created the plaque for placement at the grave sites to commemorate the 100th anniversary of the First World War. Many of the veterans of Chinese descent travelled from Vancouver to observe this ceremony.

"Canada, and her allies, owe the members of the Chinese Labour Corps a debt of gratitude for their service in the fight for liberty in Europe," said Capt(N) Waddell.



Photos by Vincent Chan

Top: Capt(N) Steve Waddell addresses the assembly of Chinese Canadian veterans at the William Head veterans' cemetery with Correctional Services Honour Guards at attention in the foreground.

Above: Capt(N) Waddell, William Head Warden Trent Mitchell, and King Wan of the Chinese Canadian Military Museum Society unveil the plaque that honours the First World War Chinese Labour Corps.

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WHAT SAY YOU

People Talk

Lookout asked this question: *If you could wake up in the body of another person who would it be and why?*



I don't think I'd be anyone else. I like myself. Everyone makes their own choices and decisions and it's up to them to make themselves happy.

Amy Gustafson



Major-General Lou McKenzie. I remember him from my service and he was always a very well-spoken, inspirational person.

Byron Barry



I'm pretty happy with my job, my family, my friends, all of that. I'd hate to gamble it all away at the chance for fame and fortune.

Eivin Hoy



Leonard DiCaprio. I love all his movies, and his lifestyle is pretty wild.

SLt Yoon An



Oprah. She's just about the most amazing woman out there. I'd love to know what it's like to be her.

Suzie Riley

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS:

- Who was the smallest goalie to play in the NHL?
- Who were the only two players who were part of both the 1960 and 1971 Pirates World Series winning teams?
- Who was the centerman of the Scooter line?
- Who is the Celtics all-time points leader?
- Who wrote a book called My Prison without Bars?
- At the first eleven Super Bowls, who tossed the game coin?
- Where have you gone Joe DiMaggio, our nation turns its lonely eyes to you, are lines from what song?
- What is a trifecta?
- The Chicago Blackhawks retired number three for which two players?
- What former Habs GM pled guilty to municipal corruption later in his life?
- What university & fraternity donated the Lou Gehrig Memorial Award to MLB?
- Who is the only Canadian to win a medal in the Olympic decathlon?
- What coach won the most cups with the Leafs?
- Where is McMullen Arena?
- What type of game is Lapta?
- Who are the only brothers to win Sprint Car championships?
- Was book was Terrance Mann reading while he sat at the farm bleachers in Field of Dreams?
- What college has won the most bowl games?
- What family has owned an NHL team currently the longest?
- Who was John Glenn's wingman in Korea?
- Ted Williams owners since the 1950's.
- Wirtz family in Chicago have been
- Alabama
- Baseball encyclopedia, Terrance Mann was portrayed by James Earl Jones.
- Bobby and Terry Labonte
- century Russia
- It's a bat and ball game from 14th
- Navy
- Annapolis, Maryland. home of the US
- Clarence Day won five
- Olympics in Seoul.
- Dave Steen won a bronze in the 88
- Fraternity
- Columbia University Phi Delta Theta
- Irving Grundman
- Keith Magnuson and Pierre Pilote correct order.
- and third place of a horse race in
- Betting on the winner, second place in a time of political turmoil.
- Joitir' Joe due to his dignity and grace
- Paul Simons Mrs Robinson. tribute to
- Referee
- Pete Rose
- John Havlicek
- Stan Mikita
- Bill Mazeroski and Roberto Clemente
- Roy Worters was 5ft 3inches.
- He is out.

ANSWERS

A Fallen Soldier

Stoic, with service and duty to a Commonwealth country and Her Majesty, The Queen. On Canadian soil under the Canadian flag at the War Memorial of the dead, he stands in good stead. A young soldier, a father and a patriot, felled.

Now adds his name to the long list of soldiers past. Across the country flags at half-staff cenotaphs fill up with flowers, every Canadian pays tribute to this massacre of two. The irony is not lost that another soldier is sacrificed at this Monument, in broad daylight. The flag is lowered and heads bow the apex of shock and horror at this two-fold tragedy.

And the dogs await the soldiers' return home.

Sue McCullough

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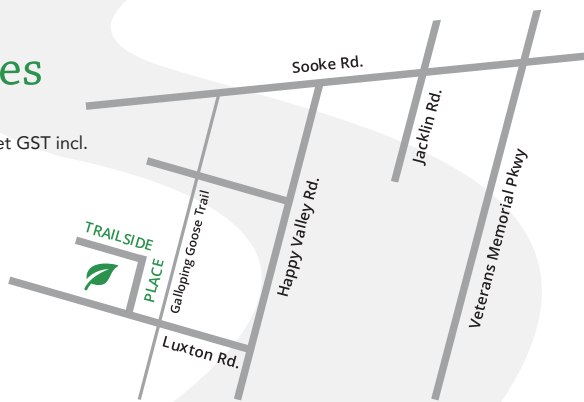


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NATIONAL FAMILY SPORTS DAY

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Left: Jocho Ranos and Luis Martins, members of Portugal's military dive team, prep their equipment during the 2014 Deep Dive Exercise.

Bottom right: A mock-up of a crashed helicopter is lifted onto the quarter-deck of a recovery ship during the exercise.

Main: Belgian and Finnish teams prepare for the day's exercises as part of DeepDiveEx. Teams swam 70 metres down to the sea floor to complete a number of exercises in relation to mine countermeasures.

Photos Shawn O'Hara, Lookout

Divers from around^{the} world train together

Shawn O'Hara
Staff Writer

Dressed in black neoprene dive suits, and self-mixing rebreathers strapped to their back, military divers from Canada, the U.S., Portugal, Finland, and Belgium took turns descending more than 230 feet into the cold North Saanich water during the last week of October.

With limited visibility, and less than a half an hour under water, they had to locate a simulated explosive device and then return to the surface.

"A diver can really only be at that depth for about 20 minutes before they're at risk of serious injury due to decompression illness or arterial gas embolism, so they don't have much time to get their work done," says Lt(N) Demetris Mousolioutis, Fleet Diving Unit (Pacific). "They have to dive down to 70 metres, complete their task, and then come back up slowly enough that they don't give themselves the bends. It requires total concentration."

Canadian divers wore the Canadian Underwater Mine-countermeasure Apparatus (CUMA) re-breather, which is specifically designed unit to minimize the magnetic and acoustic signature and allow divers to approach and work on ordnance in an underwater environment safely.

The two week deep dive exercise is an annual event that unites North Atlantic Treaty Organization (NATO) nations and other deep diving allied nations to trade techniques and expertise in Mine Countermeasure operations.

"Getting in the water together and

seeing what techniques or equipment the other uses, and learning from those divers, really strengthens the skill set of everyone," says Lt(N) Mousolioutis. "It also gives us a first-hand look at what it would be like to take part in operations together. If we've already seen how they work and they've already seen how we work then it makes it easier if we ever meet in a real-world situation."

American divers, used to the balmy Californian coast, felt the chill of Canadian fall temperatures.

"The water is much colder here, and we don't get nearly as much rain," said Lieutenant Junior Grade Ralph Grossman of the United States Navy (USN) Explosive Ordnance Disposal Mobile Unit Eleven out of San Diego, California. "Since we don't have many opportunities to dive in this kind of environment, it's a really great training opportunity for us."

With 20 other USN personnel, Lt Grossman and his team took part in exercises where they would locate a mine-like object underwater, raise it using a remote lifting system, which would allow it to be towed to an isolated shore where standard Explosive Ordnance Disposal procedures could be carried out.

He says while the diving conditions in Victoria are very different than their home port of San Diego, the knowledge and experience gained during DeepDiveEx is well worth it.

"We gained some great experience, and learned a thing or two about how our job is done in other parts of the world," he said.



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Military athletes rev up for sports day

Shawn O'Hara
 Staff Writer

On Friday Nov. 28, the defence community can wear their favourite team jersey as part of National Military Sports Day.

The addition of "Jersey Day" to the military sports day is a fun way to remind folks to get active and participate in a physical exercise.

The launch of this special day begins with a five kilometre run with Gen Tom Lawson, Chief of the Defence Staff, starting at the Naden Drill Hall. The run begins at 8:30 a.m., but people should be on site by 7:45 a.m. in order to register and receive a special participation wrist band. New Balance will be onsite and there will be

opportunities to win prizes.

Additionally, the MARPAC Health and Wellness Team and various health partners on the base will have a mini expo for participants to browse through, and get information on programs and services available to the DND community.

Throughout the day, military units are encouraged to schedule a sports activity. Units are asked to register their activity with Personnel Support Programs (PSP) Sports Coordinator Les Alexander - Les.Alexander@forces.gc.ca.

"Sports are valued by the Canadian Armed Forces as a means of improving physical fitness, building leadership skills and boosting morale," says Danielle

Sutherland, PSP Manager. "At CFB Esquimalt, all levels of leadership recognize the benefits that sports play in the lives of our military members."

Elite military athletes will be honoured at a Sports and Athletics Awards luncheon hosted by the Admiral and Base Commander at the Chief's and Petty Officers' mess. Special guest Marilyn Arsenault, a competitive runner, mentor and coach, will provide an inspirational address.

"CFB Esquimalt is honoured to have the opportunity to recognize the 2014 accomplishments of its athletes, coaches and officials," says Sutherland. "Regardless of the capacity in which they participate, they serve as role models for us all, and the inspi-

ration they provide demonstrates a tacit example of how a well-rounded life style can be achieved. We are proud to honour them."

On Saturday Nov. 29, the Naden Athletic Centre and Wurtele Arena will turn into a global sports arena, with fun activities for families based on 12 country's favourite sports.

"Travel the World through Sports" starts at 1 p.m. and includes rugby, American football, basketball, cricket, and ringette.

Participants get a Sports Passport and a stamp after trialling each sport. The most "well travelled" athletes can enter their completed passports for a chance to win a \$100 gift card to Earl's Restaurant.

There will also be a free barbecue for all families.



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Whether in times of war or peace, we are ever grateful for these brave souls who put themselves in harms way for the greater good of all Canadians.

This year, with continuing turmoil worldwide, the need becomes even more apparent to keep November 11 aside for current & future generations to remember and appreciate their courage and sacrifices made in the name of freedom.

We believe that when we stand united in acts of remembrance, we can make a world of difference.

For the Fallen (excerpt)

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.*

-Lawrence Binyon



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A/SLt Nash
Navy Public Affairs

The recent attacks against Canadian Armed Forces (CAF) members in Canada are a stark reminder that we need to be vigilant in everything we do, including the careful consideration of information sharing through social media.

CAF members and their families can be subject to online exploitation and while communication through social media networks is primarily a personal matter, this does not mean it is private. In many cases, written conversations inside these networks can be found through search engines such as Google, or a member of your private network can make your posts visible to a wider

audience.

Therefore personal conversations within social media networks should be considered public rather than private.

The following actions will improve personal security on social media and are generally recommended for all members and their families:

Use common sense when posting any information online and consider limiting or reducing references to anything military related.

- Set privacy settings so that only "friends" can see your posts and not the public.
- Turn off your GPS locating services on mobile devices if you don't want your location made available to others.
- Do not choose easy pass-

words such as the names of your pets or children. You may post these names on social media, making your passwords easy to guess.

- Never post anything that compromises operational security.
- Do not respond to or engage with people on social media if you do not know them personally.
- Do not overshare information such as your vacation plans, training locations or finances.

Ensure that your profile and content reflect positively and professionally on your role in the CAF, and be aware that your posts or comments can reflect on the CAF image. Consider the information above and think twice before you click send.

Advertorial

Discount for artisan market

For 26 years, Out of Hand has brought the latest artists, designers and artisan food producers to downtown Victoria in an eclectic exposition of artistic and personal expression.

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This year, producers are offering a special admission for military families - on Sunday only, they will charge military personnel and their families \$5 instead of the usual \$8.

Whether it's a perfect hostess gift or some items for your holiday pantry, the Out of Hand Fair brings you a mouth-watering assortment of comestibles fit for the most discerning foodies. Christmas baking, chocolate truffles, savoury sauces, pasta made from locally sourced grains, candy, salt, tea and a selection of local canned produce your grandmother would be proud of.

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Club unites ex-cadets

Shawn O'Hara
Staff Writer

A 130-year-old club is looking for new members.

The Ex-Cadet Club has grown from a small group of Royal Military College graduates in 1884 to a 16 branch nation-wide organization across Canada.

As a military college club it's a way for classmates to stay in touch.

"It's a way for us to keep up with each other, meet some new faces, and stay social," says Cdr (Ret'd) Randy Gynn, President of the Victoria branch of the Ex-Cadet Club, and a graduate of the Royal Roads Military College. "When you share a career, a passion, and a history, like many military officers

do, it's nice to keep up-to-date with each other."

The local Ex-Cadet Club meets for monthly luncheons at the Wardroom. The Victoria branch currently boasts about 400 members from Victoria and the surrounding communities, and they're always accepting more. As long as you have graduated from one of Canada's military colleges at some point in the past, you can join.

"We've got a lot of different members from different colleges across the country," says Gynn. "Once you're a member, you're a member for life. A lot of our members joined decades ago and just come down to say hi. It's a close-knit group of folks."

Ottawa Ex-cadet Club

is considered the "mother branch" of the organization, so the branches throughout Canada pay dues to the Ottawa branch, which creates a network of regional clubs and branches that stretch from the East Coast to the West.

"It creates this really nice organization that keeps the others informed," says Gynn. "No matter where an ex-cadet is there is likely a branch nearby that they can link up with. We're all a part of this greater thing, but we're very much focused on our own membership as well."

For those interested in joining up with the Victoria branch, please contact viexcadetclub@shaw.ca for membership information.

Education fund benefits youth

Shawn O'Hara
Staff Writer

The Royal Canadian Sea Cadets of today could very well be the military and governmental leaders of tomorrow.

Helping make those career paths come true is the Royal Canadian Sea Cadet Education Foundation, which awards dozens of scholarships every year to exceptional cadets.

"While the Cadet Corps isn't directly related to the Department of National Defence, many of the cadets go on to military service afterwards," says Richard Summers, British Columbia Director for the Royal Canadian Sea Cadet Education Foundation. "The purpose of the Cadet program is to foster youth as Canadian citizens, and the leaders of tomorrow, and the Foundation exists as a group that can help them along that path."

Every year, the Education Foundation awards tens of thousands of dollars in scholarships to Sea Cadets across Canada. Ranging from \$1,000 to \$5,000, the scholarship recipients are chosen from a pool of up to 50 applications.

Summers says when it comes to applicants, the Education Foundation is looking to foster the leadership skills, confidence, and skill exemplified in Sea Cadet training.

"We're looking for cadets that have made a solid contribution during their time that proves they have the potential to succeed academically," he says. "Ultimately, we want people who are willing to undertake responsibility in their lives, no matter what their field may be. They could potentially be the head of a local company or the Prime Minister, as long as they've got the drive."

Applications consist of

an information form, a biography on the applicant, a personnel letter of application explaining the cadet's reason for applying, and letters of reference from the cadet's Commanding Officer, as well as a teacher, employer, or the Navy League of Canada.

"Cadets that apply have generally taken on roles that have gotten them noticed in their community, school, or something similar," says Summers. "These are the exact kind of people we want to give these scholarships to, so we want to hear how they've made a difference."

The Education Foundation is funded through donations, which can be made through the GCWCC.

For more information on the Royal Canadian Sea Cadet Education Foundation please visit www.canadianseacadetscholarships.ca

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No Stone Left Alone

The students of Rockheights Elementary School were joined by 20 military personnel in British Columbia's inaugural "No Stone Left Alone" ceremony at God's Acre Veteran's Cemetery on Nov. 7th in Esquimalt. They placed a poppy on more than 2,500 grave markers as a way to honour the memories of the region's veterans, while instilling a sense of history and respect in the youth of today.



Images by: Cpl Blaine Sewell, MARPAC Imaging Services
Top: Rockheights Middle School Grade six student Bekah Waddell delivers a poem to honour veterans who sacrificed their lives in service to their country.

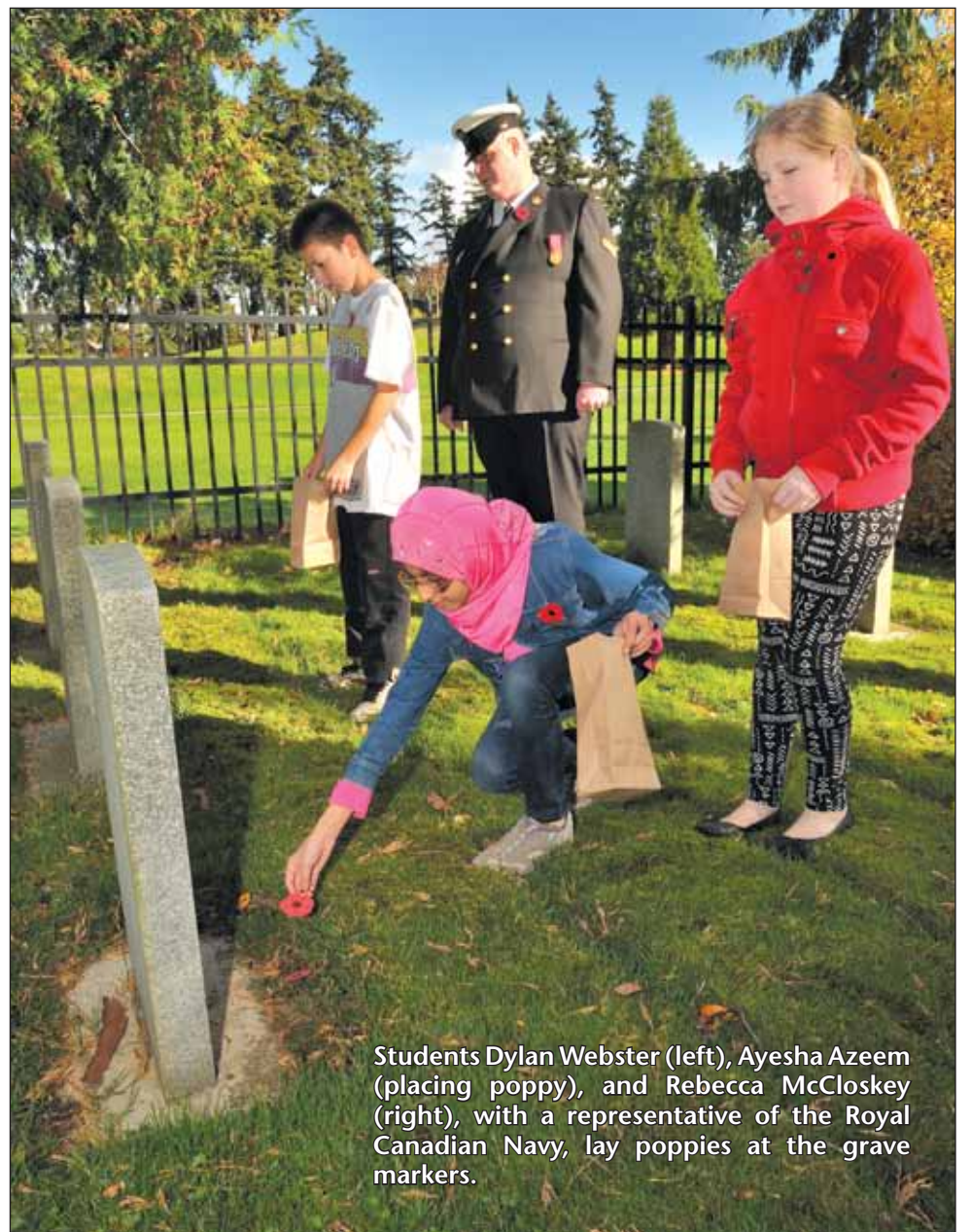
Above: Sixty students from Rockheights Middle School listen to speeches before laying a poppy on each grave marker.



Gerry Duffy lays a poppy and reads the grave marker.



Students take a moment to read the inscription on a grave as they explore and pay tribute to the memory of the veterans and military personnel.



Students Dylan Webster (left), Ayesha Azeem (placing poppy), and Rebecca McCloskey (right), with a representative of the Royal Canadian Navy, lay poppies at the grave markers.

Airmen laid to rest

DND

Four Second World War airmen were laid to rest Nov. 10 at Royal Oak Burial Park in Victoria, British Columbia, almost 72 years to the day after they went missing.

The Canadian and British airmen were recovered by the Department of National Defence (DND) and the Canadian Armed Forces (CAF) earlier this spring in collaboration with the British Columbia Coroners Service.

The four airmen were:

- Pilot Officer Charles George Fox, 31, of London, England, British Royal Air Force;
- Pilot Officer Anthony William Lawrence, 21, of Bramley Croft, Surrey, England, British Royal Air Force;
- Sergeant Robert Ernest Luckock, 21, Brentwood, Essex, England, British Royal Air Force; and
- Sergeant William Baird, 25, of Calgary, Alberta, Royal Canadian Air Force.

The crew, all members of the Royal Canadian Air Force 32 Operational Training Unit, departed from Patricia Bay, B.C., on Oct. 30, 1942, in an Avro Anson. The aircraft failed to return and was not discovered during the subsequent search operation. The exact cause of the crash is unknown, although weather is suspected to have played a role. The four airmen on board were presumed to have died.

The wreckage of the Avro Anson was discovered in October 2013 on southern

Vancouver Island by a logging company Teal-Jones Cedar Products Ltd, which immediately notified authorities. DND and the CAF confirmed the presence of remains in December 2013.

DND and the CAF worked collaboratively with the British Columbia Coroner's Office to conduct the recovery of the remains of the four airmen from the crash site in May 2014.

The airmen have been interred in a collective Commonwealth War Graves Commission grave at the Royal Oak Burial Park in Victoria, B.C. The collective flat grave marker will be inspected and perpetually maintained by Commonwealth War Graves Commission's Canadian staff.

Veterans Affairs Canada and the Royal Air Force Joint Casualty and Compassionate Centre have provided support to the family members of the four airmen and coordinated their participation in the funeral.

Cpl Malcolm Byers, MARPAC Imaging Services
Top right: Padre Angela James places soil on the casket as it is lowered during the memorial service for the air crew from Avro Anson flight L7056.

Right: Pallbearers carry a casket during the memorial service for the air crew.



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Veteran recalls life in the green zone

Shawn O'Hara
Staff Writer

Regardless of the distance, walking in Kabul, Afghanistan, always required a flak vest, tactical gear and boots, rifle, sidearm, and extra ammunition, recalls LCdr Mark Field.

In Camp Eggers, in the heart of the Afghan metropolis' "Green Zone", he would suit up in his shipping container barrack.

"We had a lot of meetings, and if we had to leave the camp we had to be well armed," says the Afghanistan veteran. "You could never tell who was a threat, so even if you were just going a few blocks away you had to be ready for anything."

The naval officer's six month tour began in June 2013 working in the NATO Special Operations Component Command. His role was Resourcing Officer aiding Special Operations Forces teams across Afghanistan in procuring equipment and capabilities.

"A unit in the field would have an idea and say 'we could use capability x'. The NATO mentors would bring us the idea, and we would look at what it would take to get the process complete," he says. "The money in the Afghan Security Forces Fund came directly from NATO and other partner nations, so we had to pass the ideas through various diplomatic and military advisors. There were a lot of people that had to look at it first, but all-in-all I think it was pretty effective."

Because of the dire needs that developed during active combat, the procurement process became accelerated. LCdr Field remembers a specific example of how an almost identical request happened in Afghanistan

in a fraction of the time as it did in Canada.

"A request came through for a type of armoured vehicle, which is the same kind we've been looking at to augment the vehicles here in Canada," he says. "Whereas the process here is going to take years and years to fulfill, we were able to go from inception of the idea to forces training with the vehicles in maybe 14 months. It just shows how a dire situation can change things."

Life in Camp Eggers was one of 12 hours shifts, seven days a week.

"If you weren't working there just wasn't much to do," he says. "You weren't really allowed to leave the Kabul city limits. There were a couple of gyms, a pizzeria, some small shops, but overall it could be pretty dull. The work was much more interesting."

For his help with the operational capabilities of Special Operations Forces across Afghanistan, LCdr Field was awarded the United States Army Commendation Medal, an unusual commendation for a member of the Royal Canadian Navy.

"It's a neat thing," he says of the award, which he received Oct. 23

More than anything, what LCdr Field got from his time in Kabul was a sense of satisfaction. He says getting people in the field the capabilities they needed, made his work more purposeful.

"The time from the request to getting them the equipment so they could train on it was so short; it was easier to look down the line and see that I directly affected someone's life," he says. "I was only in Kabul for six months but I feel like I really made a difference."

LCdr Field currently works in the Marine Security Operations Centre.



LCdr Mark Field in full kit in Afghanistan.

Divers take Grizzlies for a swim

Shawn O'Hara
Staff Writer

They might be in shape for the ice, but on Nov. 4 the hockey players from the Victoria Grizzlies discovered a different kind of fitness – fit to fight.

Victoria's Junior "A" British Columbia Hockey League team spent a day in a navy diver's wet suit to see, hear, and feel what it's like to work beneath the cold Pacific waters.

"We didn't know what to expect," says #17 Shawn McBride, Captain of the Grizzlies. "We didn't really know what the Clearance Divers were all about, but we were excited to check it out, and we were all pretty surprised."

With the sun barely awake, the hockey players took part in the Clearance Diver morning swim, along with students in the current year-long Clearance Diver course. The one-and-a-half kilometre circuit tested their water skills and endurance. Seasoned divers showed the novices the sideways swim-

ming technique that takes full advantage of the fins and leg extension.

"Some on the team are good swimmers, but overall it was pretty tough," McBride acknowledged. "I don't think we realized how long it was going to be until we got out there. It was a new type of swimming too. It gives you a sense of respect for what they do."

After a half hour of water work out, everyone clambered to dry land for a little rope work – a 30 foot climb up a rope line on the training float's confidence tower, and in water obstacle course. The Clearance Divers easily zipped up and down the course, while only defenseman #3 Zach Dixon and power forward #16 Dane Gibson of the young hockey players were able to make the feat, all to the rousing applause of their teammates.

With the fitness portion done, the Grizzlies were treated to a tour of the Fleet Diving Unit (Pacific), which included a look at Explosive Ordnance Disposal (EOD) equipment, and

the Hyperbaric Chamber. During that time they were able to handle bomb disposal equipment, tools, and even don the EOD Bomb Suit.

"It was really cool," says McBride. "None of us had seen anything like that before."

To pay it forward, the hockey team invited divers to their home rink for some on-the-ice action during the afternoon portion of the day's activity.

In the The Q Centre (formerly Bear Mountain Arena) in Colwood, the two groups were divided into mixed teams for a fun match of "Shinny Hockey".

"There are some good hockey players in there," says McBride. "They scored some good goals, and were keeping the pace pretty well. I was impressed."

While Team Black came out victorious at 5-3 over Team Yellow, McBride says the real strength came from sharing the bench with the Clearance Divers, who became fast friends.

"There are a lot of similarities between us, I think," says

McBride. "The training we all go through, to hone our skills in each of our fields, it's all sort of the same thing. It was great to meet them, and share those experiences and hear some of their stories. They're great guys."

The game ended with a short ceremony at centre ice, where more than 20 Clearance Divers each presented their Junior "A" counterparts with an FDU(P) Coin in recognition of the day, and the new professional relationships that were developed.

So well did their meeting go, the Grizzlies are extending their 30 per cent military ticket discount through the rest of the hockey season for all DND employees. Admission for children less than 13 years of age remains at only \$5. The Grizzlies next home games are Friday Nov. 21 versus the Nanaimo Clippers, and Sunday, Nov. 23 in the afternoon, versus the Trail Smoke Eaters.

For more information on the Grizzlies and to see their game schedule visit www.victoriagrizzlies.com



Photos by Shawn O'Hara, Lookout

Top left: Ready, set, go! The Victoria Grizzlies line up to take the plunge into the waters at Fleet Diving Unit (Pacific) Headquarters in Colwood.

Above: Victoria Grizzlies forward Dane Gibson hauls himself up onto a training structure.

Middle left: And they are off! The Junior A hockey team begins the 30-minute swim.

Bottom right: Teammates pull in the stragglers at the end of the swim.



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Above: HMCS Vancouver's AB Malabossa is promoted to LS by Cdr Climenhaga and Lt(N) Lee.

Right: PO1 Richard Fillion, HMCS Nanaimo, is promoted to Petty Officer 1st Class by PO1 Nicolai Gapotchenko.




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Above left: MCpl Noble receives her promotion to MCpl from the CO, LCol Simard.

Above right: HMCS Vancouver's OS Vick is promoted to AB by Cdr Climenhaga and Lt(N) Ward.

Far left: Sgt Mortlock receives her Canadian Decoration 1st Clasp from the Acting Commanding Officer, Maj McDonald.

Left: Pte Lawrence receives his first hook from the Acting Commanding Officer, Maj McDonald.



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Financial tips for military

Pierre Goulet
SISIP Financial Services

During Financial Literacy Month, much is being done in order to expand financial knowledge overall. Unfortunately, personal finance is not a required subject in high school or college, so you might be slightly in the dark when it comes to managing your money upon stepping out into the real world for the first time.

Therefore, in order to help you get started, we will take a look at three essential truths about money if you want to live comfortably and enjoy a prosperous future:

Learn Self Control

The sooner you learn the fine art of delaying gratification, the easier it will be for you to keep your finances in order. While it is simple to purchase an item on credit the minute you want it, it may be smarter to wait until you have actually saved up the money.

Take Control of Your Own Financial Future

Learning how to manage your own money now, will prevent other people from finding ways to mismanage it for you down the

road. Some of these people may be well-meaning, but not know what they are doing.

Start an Emergency Fund

One of personal finance's oft-repeated mantras is "pay yourself first". No matter what your personal situation is today, it's wise to find some amount every month – no matter how small - in your budget to put away in an emergency fund. When you get into the habit of saving money and treating it as a non-negotiable monthly "expense", pretty soon you will have more than just emergency money saved up; you may accumulate enough cash for unexpected expenses, a vacation or even money toward the down payment for a home.

Remember, by using these three simple tips, you will be one step closer to achieving your financial goals. You can also seek the advice of a financial advisor; they will analyze each situation individually and provide personalized advice and recommendations, tailored to the specific needs of each client taking into account your particular situation and the realities of military life.

For more advice, visit the local SISIP office at 1343 Woodway Road or call 250-363-3406.



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November marks Addiction Awareness, so get informed

DND

This year the Addictions Awareness Campaign is focusing on the theme "Wasted Time – It's Your Choice!" with a focus on the "Hangover".

It's an opportunity for you to begin to be aware and reflect on how you spend your time as it relates to the use of alcohol and other drugs including prescription medication as well as tobacco, gambling, and gaming. Gaming includes both electronic and internet games.

Do You Know When to Step in to Save a Life?

Would you stand between your buddy and potential life threatening harm? Would you expose yourself to some of the riskiest substances and activities around? If you did, what do you think this would look like?

In an article printed in the March 2010 edition of the American Journal of Preventive Medicine entitled "Preventing Deaths in the Canadian Military", Dr. Homer Tien and oth-

ers reviewed the causes of death of Canadian military members who died during the study's 25-year period (Jan. 1, 1983, to Dec. 31, 2007). The purpose of the study was to determine the leading causes of death of Canadian Armed Forces personnel.

The study's results indicated that of the 1,710 deaths reviewed, approximately 35 per cent were classified as being likely caused by behaviours that can be changed, with the three main ones being smoking, alcohol consumption and suicide.

Dr. Tien noted that these potentially preventable deaths do not get enough attention, despite the fact that they accounted for such a high proportion of deaths among Canadian Armed Forces personnel.

The results of this study show the role an individual's decisions and behaviours can play in his/her long term health.

So, the next time your buddy says they are calling it a night, it means they have had enough; there is no need to offer them one more. When someone quits smoking, support their

decisions – don't taunt them with cigarettes. Some things are meant to be serious.

For more information on this and other topics, contact the Health Promotion Department.

Enabling in the Canadian Armed Forces

We've all heard the saying that it takes a village to raise a child. In many cases, the same could be said about those addicted to alcohol and/or other drugs. I am referring to the "community" of enablers that almost inevitably surrounds each addict.

"Enabling" is making alcohol or other drug use

possible or easier for the user. The user's parents or spouse might deny that a problem exists; friends might rationalize the user's behaviour (e.g., he/she is under a lot of stress right now); co-workers could cover up for the user by fixing mistakes they made as a result of their drug or alcohol use. It could be many things.

But what does this mean for the CAF? What forms does enabling take in a military context?

Covering up is the most prominent form of enabling in the CAF. Often, CAF members will cover up for their colleagues in a well-intentioned but ill-advised attempt to protect them from discharge or to pro-

tect a friendship with the individual.

For example, a person may go out at lunch and have two or three beers, but upon their return to work, none of their colleagues or supervisors says anything about it, despite an obvious decline in the member's job performance (studies show that alcohol/drug use can reduce the user's productivity by 25 per cent).

Although the co-worker and supervisor may think they're protecting their colleague, they are actually putting them, as well as anybody who works with them (including themselves) in danger.

Accidents happen, but they happen much more frequently when drugs or alcohol are involved. In fact, studies show that up to 47 per cent of all people who die in a workplace accident had alcohol in their bloodstreams at the time of the accident.

If we wish to send a caring message to our members about alcohol and/or other drug use problems, we have to start by changing our attitudes and practices in this regard.

Covering up for a colleague's alcohol and/or other drug use, despite good intentions, does not really support the user and can in fact create an unsafe workplace.

CAF policies regarding alcohol and/or other drug use exist and it is important for us to know what they are and how we can better support a person who has a problem.

The best thing you can do for a colleague who may have an alcohol and/or other drug-related problem is to address the issue with a caring attitude and take necessary steps as outlined in the appropriate policies.

If you are in a supervisory role, you need to know the policies and the services available. If you are concerned about a colleague, you need to educate yourself on alcohol and/or other drug use.

Supervisory training and alcohol and other drugs training is available - check for the course time on your base.

The important thing is to act now before it is too late. Let's be a village that nurtures not "enables."

Enter to WIN!

Enter to win a \$50 gift certification to the Canoe Club by answering a skill testing question surrounding alcohol use. The ballot box is located at the Naden Gym in the foyer. Health Promotion encourages you to increase your awareness and make healthy choices towards an addiction free lifestyle.

For more information and resources please visit www.Forces.gc.ca/WastedTime or contact the Health Promotion office at 250-363-5532.

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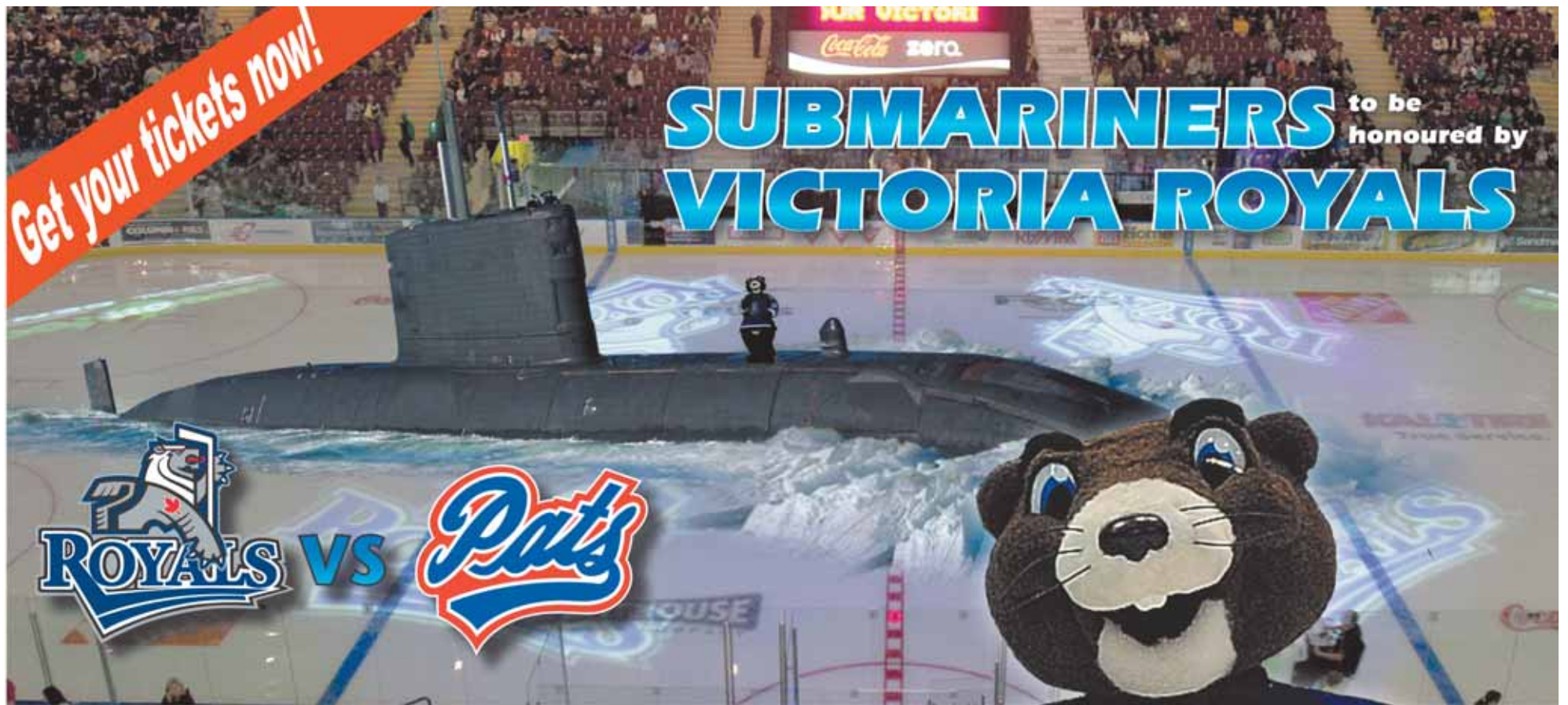
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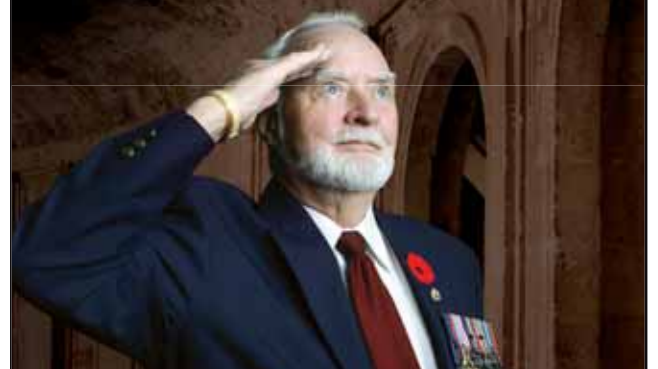
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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please 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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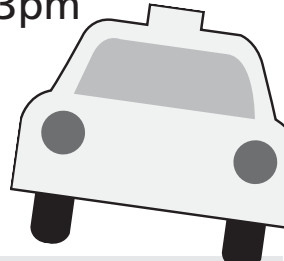
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