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Volume 60 Number 39 | September 28, 2015

LOOKOUT

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Veterans and Cadets mark Battle of Britain 75th

Capt Cheryl Major
RCSU (Pac)

More than 1,000 air cadets paraded at Boundary Bay Airport on Sunday, Sept. 20 to commemorate the 75th Anniversary of the Battle of Britain.

The parade began with a fly-past of a Harvard from the Canadian Museum of Flight, a demonstration

from the Fraser Blues Air Demonstration Team and a special visit from two Royal Canadian Air Force F-18s.

The Reviewing Officer for the parade was BGen Blaise Frawley, Deputy Commander of 1 Canadian Air Division in Winnipeg. Before beginning his inspection of the cadets, he visited and inspected

several veterans, thanking them for their service.

The Battle of Britain was the first major campaign during the Second World War to be fought entirely by air forces. In 1940, the allied forces maintained air superiority over the German Luftwaffe and prevented them from invading the British coast. Twenty-three Canadian

pilots were killed in action during the Battle of Britain and it is marked as a time that Canadian pilots distinguished themselves among the allied forces.

The Battle of Britain inspired Winston Churchill's famous quote, "Never in the field of human conflict was so much owed by so many to so few."

Never in the field of human conflict was so much owed by so many to so few.

Winston Churchill

Image by Capt Cheryl Major
Reviewing Officer Brigadier-General Blaise Frawley speaks with veterans along with cadet parade commander WO2 Katie Lee during the 75th Anniversary Battle of Britain Commemorative Parade at Boundary Bay Airport on Sunday, Sept. 20.

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CFMETR celebrates 50 years with the public

Deanne Gillespie
CFMETR
Administration Officer

Dark clouds and rainy skies couldn't dampen the spirits of the nearly 2,400 visitors to the Canadian Forces Maritime Experimental and Test Ranges' (CFMETR) Open House in Nanoose Bay, B.C. on Sept. 19.

The clouds eventually parted and the sun shone down on the record-breaking crowd attending the event celebrating 50 years of operating the joint U.S./Canadian Underwater Tracking Range.

"Many of the people I spoke to mentioned that they had no idea of the wide range of activities that we undertake here at CFMETR" said CFMETR's Commanding Officer, Cdr Darren Rich. "I wish to thank all those who participated in the planning and execution of this event. For

a unit of this size to undertake such an event is indeed amazing."

Every two years, CFMETR invites the public for an in-depth look at the assets and operations of this unique, jointly-operated Canada/U.S. facility.

The "star" attraction this year was the unique opportunity to tour submarine HMCS *Chicoutimi*. More than 300 lucky visitors descended into the belly of the Victoria-class submarine, which was commissioned on Sept. 3. Line-ups to see the vessel were constant from the moment CFMETR's gates opened until the very end of the event. Thrilled at this once-in-a-lifetime-opportunity, several guests exclaimed that the wait was well worth the chance to tour this elusive, stealthy member of the Royal Canadian Navy's fleet.

Guests could also tour smaller vessels, including the Canadian Torpedo

and Sound Ranging Vessel CFAV *Stikine*, on which crew explained its mobile and stationary target launching capabilities. The United States Navy contributed two support vessels to the day: a Torpedo Weapon Recovery (TWR) vessel, which showed off its torpedo recovery capabilities, and the Yard Torpedo Tender (YTT) *Discovery Bay*, which featured its torpedo launching tubes and remotely-operated vessel for underwater exploration.

Interest wasn't dedicated to just the naval resources – the Canadian Armed Forces airborne assets made an appearance as well. A CH-124 Sea King helicopter from Patricia Bay's 443 Maritime Helicopter Squadron was there for visitors to explore, as was the civilian helicopter that is used to recover launched torpedoes and patrol the range. Its display included a retrieval net, complete with a MK 54 torpedo.

Visitors also had the opportunity to get "hands-on" with an 81mm mortar at the 5th B.C. Field Regiment's display, shoot a fire hose with the CFMETR Fire Detachment and go on a rip around the harbour in a rigid-hull inflatable boat. The Naden Band's Dixieland Group and the Qualicum Legion Pipe Band, provided entertainment while guests learned about CFMETR's Range Operating Centre on Winchelsea Island, Area Whisky Golf, sonobuoy testing and Sea King sonar repair and overhaul.

Cdr Rich thanked "all the people of the mid-Island region who came out, and who were not discouraged by the weather, to gain a better understanding of just what their Canadian Armed Forces and Department of National Defence personnel – and our American brethren who work alongside of us at CFMETR - do day in and day out."

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Fitness instructor keeps HMCS Winnipeg crew fit at sea

Rachel Lallouz
Staff Writer

Personnel Support Programs Fitness Instructors normally spend their days keeping military members fit on dry land, but CFB Esquimalt's Sylvan Verrier is spending six months keeping sailors fit at sea.

Verrier has joined the crew of *HMCS Winnipeg* on Operation Reassurance, Canada's contribution to NATO assurance measures in Europe.

He was posted to *Winnipeg* in mid-July as the Fitness Sports and Recreation Coordinator with the task of helping the ship's crew stay in top physical form until they return home in early 2016.

"Improving the health and wellness of the crew is my goal," says Verrier. "The majority of the crew wants to improve their overall fitness and some want more specific training to reach their goals."

Through personal fitness programs, group fitness classes, sports and recreational activities, and dissemination of health promotion material, Verrier is keeping the sailors active in their down time.

"It's easy to run a sedentary lifestyle on a ship, so I'm trying to keep people active and moving throughout their time at sea," he says.

He offers activities for all crew members and aims to provide a wide variety of activities. Currently, Verrier offers circuit training at varying intensity levels, boot camp, cardio and core classes, and yoga.

"The ship's company is constantly operational and active though," says Verrier. "So finding time

and space for physical fitness can be difficult at times. But with the motivation of the crew to stay healthy and active, my job is so enjoyable."

Due to limited open space on the ship, Verrier has had to be creative in the planning of his classes and activities.

"Before boarding, I researched lots of fitness ideas and varieties of class styles," he says.

When the ship is at sea, he makes use of space-efficient kettlebells, dumbbells, boxing gear, and skipping ropes in his classes, depending on when members are available and what the weather is like.

"Days at sea are ever changing," says Verrier. "It is quite rare to have a day go exactly as planned."

When the ship pulls alongside in foreign ports, Verrier organizes extra running time, fitness classes and sports with the additional space. He's organized five kilometre fleet runs at several ports, and when the ship docked in Turkey he helped facilitate soccer games with local military teams.

During a typical day, Verrier rises at 5:30 a.m. to teach his first hour-long class of the day at 6:00, followed by another class at 8:00. He teaches upwards of four classes a day and spends at least one hour doing personal training for individual members. In the afternoon he plans upcoming classes and researches health and sports activities for future port visits. He also has to make sure his own physical fitness stays up to par and squeezes in a workout for himself when he can.

With the high number of calories he burns, Verrier tries to eat between three and six square meals a

day, fitting meal times in between classes.

One of the perks of being deployed with the ship has been exploring the different European ports the ship has visited.

"The port visits are amazing and viewing all of the variety in culture and history is a once-in-a-lifetime experience," he says.

So far, he has visited Palma de Mallorca and Ferrol in Spain, Aksaz in Turkey, London in the United Kingdom and Porto in Portugal.

In his down time at sea, Verrier helps members with their tasks or walks around the ship, learning about what members must do for their individual positions.

"At the base, I get to see how hard so many members of the CAF work every day. But the appreciation I have for those same members has only increased based on my experience on board so far. They have to spend so much time away from home, work extremely long hours and deal with stressful situations."

Verrier says his experience seeing firsthand what each trade must do physically on board a ship – and even having a hand at it himself – has provided him with useful knowledge for creating programming for the CAF population.

"Even after having completed only a third of my six month deployment, I still find myself learning new things every day," he says. "With the constant support of the crew, the command team, and family and friends back home, I'm looking forward to the continued adventure, and of course, maintaining the health and wellness of our Forces!"

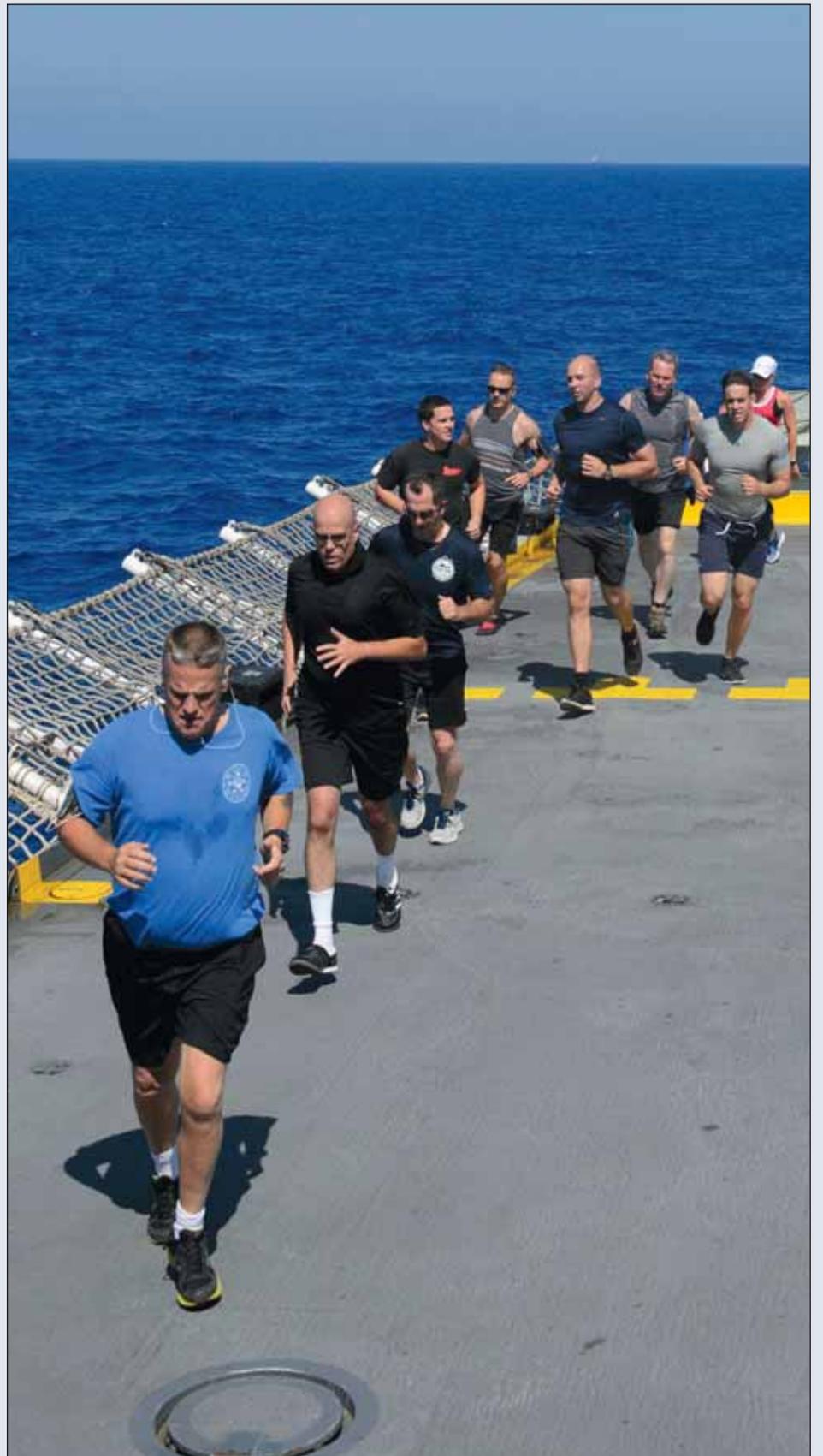


Image by Cpl Stuart MacNeil, HMCS Winnipeg
Crew Members from HMCS Winnipeg participate in the Canadian Fleet Pacific 5 kilometre run on the flight deck on July 30.

Jim Pattison
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WHAT SAY YOU

People Talk

Lookout asked people at Family Fun Day on September 19th: *If you could plan a trip anywhere in the world for yourself and your partner or a friend, where would you go?*



Hawaii because of the scenery, beaches, luaus, warm weather, food and good times.

**Marty the Marmot,
Mascot for Victoria Royals**



Glasgow, Scotland, because my friend just did an exchange over there. He was putting pictures up and the architecture and countryside looked spectacular and I would like to see it too.

NCdt Celeste Tremblay



The Gates of Hell in Turkmenistan because I just read a feature article about it. It's fascinating. Essentially the attraction is an open pit of fire from deep inside the earth. It's pretty much an uncharted destination and nobody has really heard of it.

Stefan Haviland



I'd like to go to Tokyo because of the history behind Japan and all the innovation, and the fact it's a progressive city that I would like to find out more about.

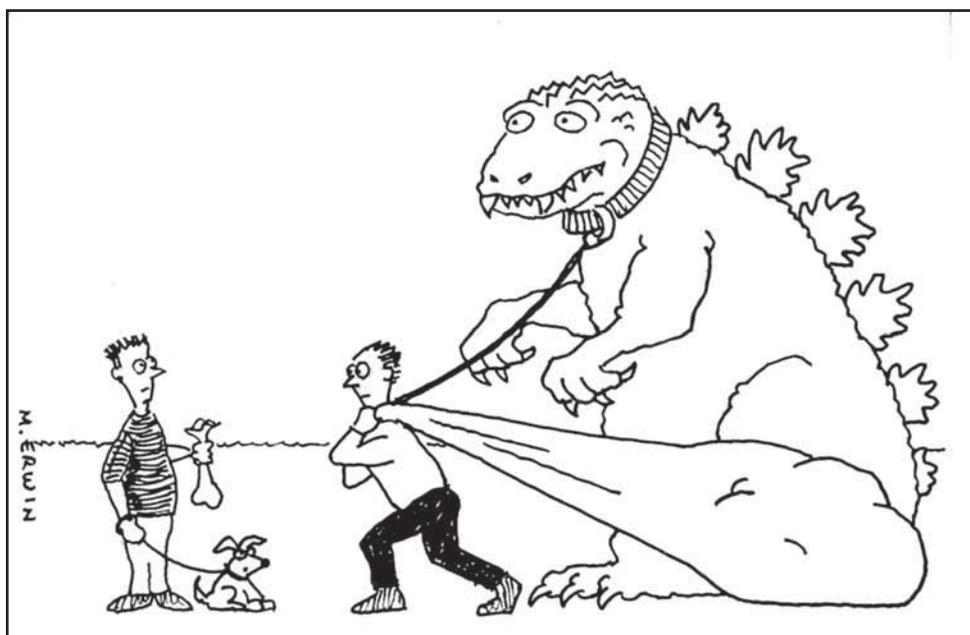
Matthew Carlson

SISIP WINNERS

Congratulations to OS Corey Moore, winner of the SISIP sports bag at this year's Formation Fun Day.

Congratulations to Warren Polishak, winner of the SISIP sports bag at this year's Industrial Trade Show.

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Image by MCpl Michael Bastien, MARPAC Imaging Services

The Naden Band of the Royal Canadian Navy performs during their 75th anniversary concert held at the Royal Theatre in Victoria on Sept. 11.

GCWCC INCENTIVE PRIZES!

2015 CHARITABLE CAMPAIGN (GCWCC)

ROUND TRIP FOR TWO BETWEEN VICTORIA AND SEATTLE ON THE CLIPPER (approx. value \$300): Any who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign representative by Nov. 11 will be automatically entered into a draw for a round trip for two to Seattle, WA, on the Clipper.

DINNER, MOVIE AND HOTEL (Boston Pizza, IMAX, Harbour Towers) (approx. value \$260): Anyone who submits a gift form of \$150 or more to their 2015 GCWCC campaign unit representative by Nov. 18 will be automatically entered.

GOLF AND MORE GOLF (Arbutus Ridge and Mount Douglas) (approx. value \$300): Become a Leader! Anyone who submits a gift form at the Leadership level (\$500 or more) to their 2015 GCWCC campaign unit representative by Nov. 25 will be automatically entered in this draw.

Note: Please submit your Unit's qualifying names directly to Vicki Kellsey by the day after EACH deadline (Nov. 12, 19, 26) Draws will happen at noon each Friday following the deadline.

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



Advance polls for military

To facilitate voting in the upcoming Federal Election, CAF members have special voting rules allowing these electors to vote in advance of the election date. This year, the advance polling will take place during the period of Oct. 5-10.

On enrollment, all Regular Force members should have completed a Statement of Ordinary Residence (SOR) to identify where they would like to vote during upcoming federal elections. This information is available on your MPRR under the heading "Federal Electoral District".

Reservists and Members of the Regular Forces who have not filled out a SOR can, on polling day, complete an SOR form and vote immediately thereafter.

CF Electors who do not vote under the special voting rules at a military polling station may vote at a civilian polling station during a general election if the following conditions apply:

- the elector votes at the civilian polling station established for the address of ordinary residence shown on his SOR, and
- the elector resides in the electoral district shown on his SOR on civilian polling day.

Where and When to vote:

Polling will be centralized in three locations.

Naden:

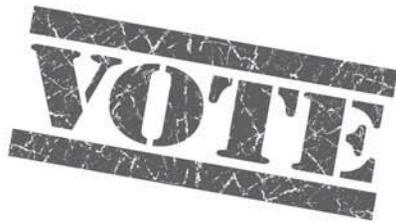
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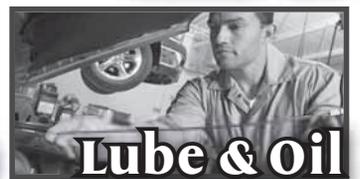
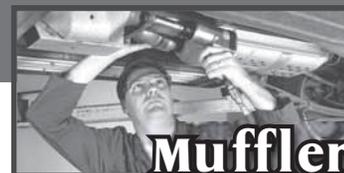
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Pacific team rallies for women's national soccer title

Peter Mallett
Staff Writer

The Pacific Region women's soccer team rebounded from two opening losses to win their first Canadian Armed Forces Women's National Soccer Championship, defeating Quebec in a penalty kicks tiebreaker.

"It took a couple of seconds for me to process the fact the game was over and we had won," said Pacific Region coach Sgt Caleb Klimas. "I know some of the women said they felt like they were dreaming. At the beginning of the tournament if you had told anyone that Pacific Region was going to take home the trophy, I don't think anyone would have believed you."

The two teams were deadlocked in a scoreless tie following two 15-minute overtime periods in the tournament final, held at CFB Borden on Sept. 15. The Pacific team prevailed, scoring two penalty goals to the Quebec team's single goal.

Midfielder, Capt Victoria Blakie and MBdr Kayla Ruiz, a striker, both converted their spot kicks while goalkeeper 2Lt Sam Behm made some outstanding saves throughout the match, said Sgt Klimas. Their efforts cemented their victory and they hoisted the Capt Nichola Goddard trophy.

It wasn't a smooth start to the tournament for the Pacific team. The women dropped their first two matches in round robin play to Quebec and Ontario,

both by identical 2-0 scores. Shaking off the early losses, the team went undefeated over its final four matches including a 0-0 tie against the Atlantic team and a 2-1 win over the Prairie Region. The Pacific team then defeated Ontario in the semi-finals with striker LS Jackie Boskovic's scoring the game's only goal early in the match.

"Our girls got better with every game," said Sgt Klimas. "After losing our first two [games], the team was feeling a little low, but we had two more games left and we took that opportunity with two wins and moved onto the semi-finals."

Pacific's 2Lt Behm was awarded the Tournament MVP award while Capt Blakie won the Pacific Region MVP award.



Image by Cpl Katharine Quint
The Pacific Region Women's Soccer team from Esquimalt who won the Championship at the Women's Soccer Nationals hosted by CFB Borden in Ontario.

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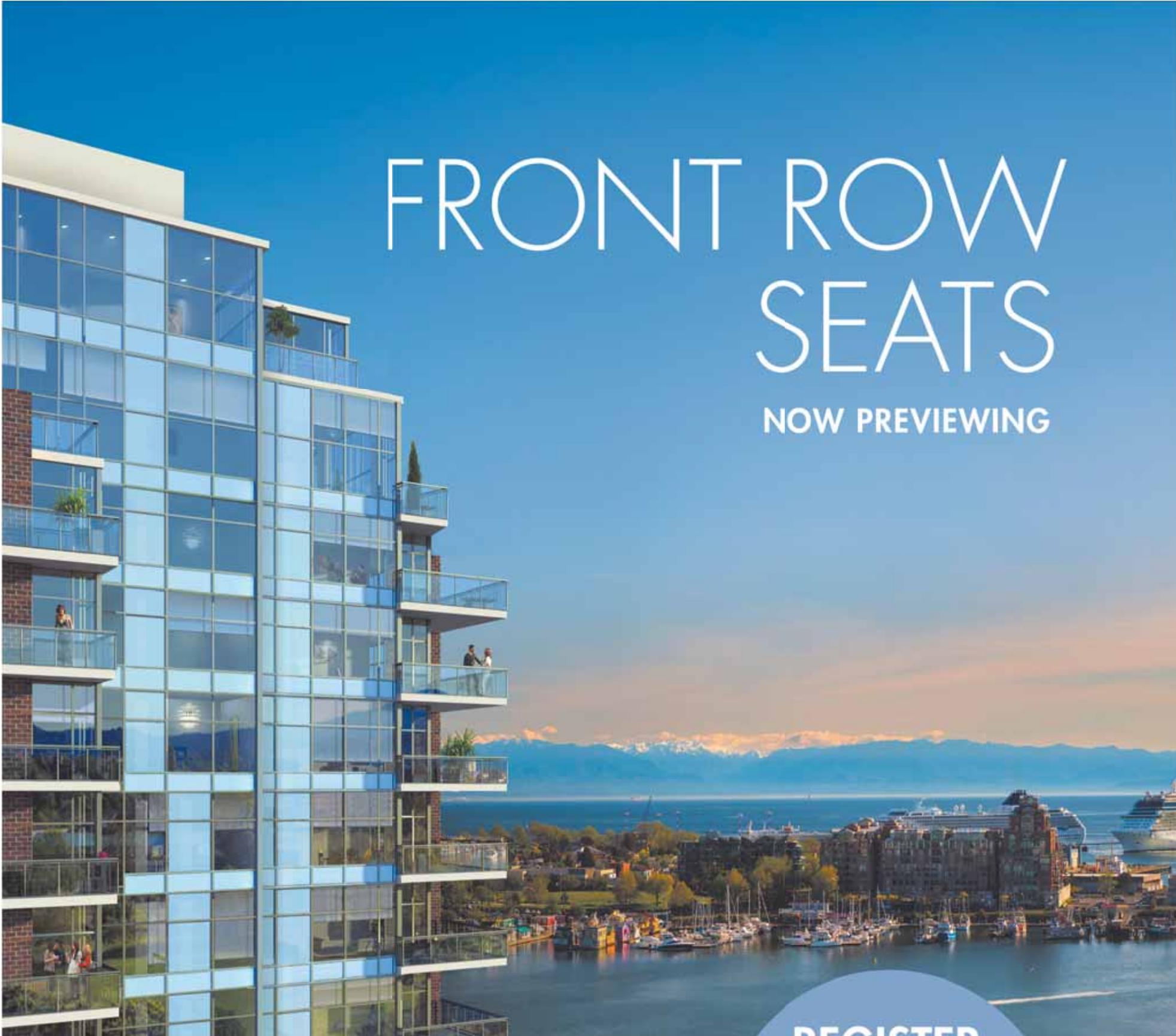
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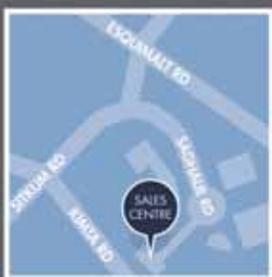
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LS Adam McLeod helps his son, Alex, build a bird house in the Naden Drill Shed.



Una Langager, 3, enjoys a pony ride.

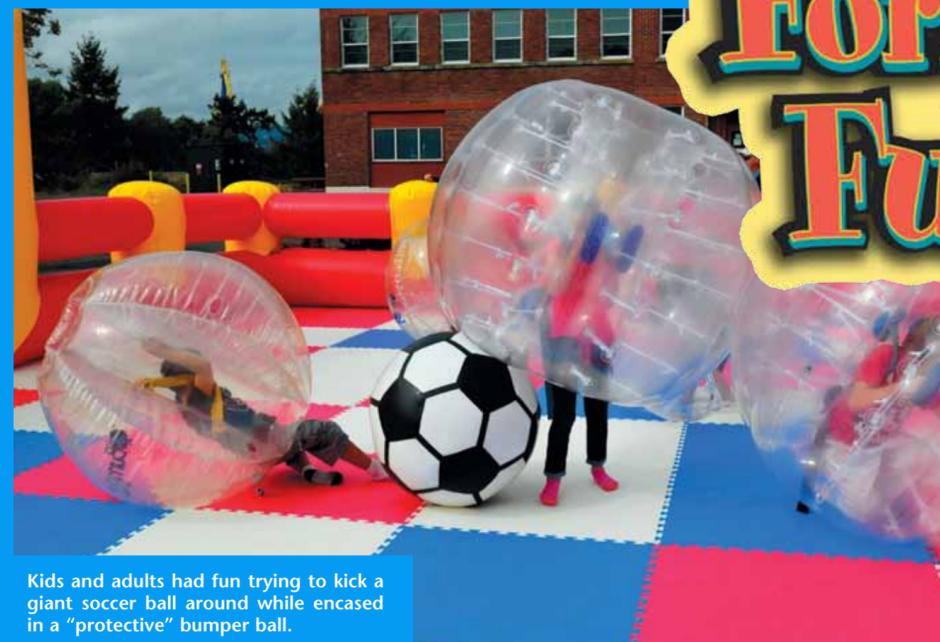
Images by Carmel Ecker, Lookout



Rosalie, 4, and father LS Tim Cain enjoy a rigid hull inflatable boat ride first thing in the morning.



Brothers Nolan and Matthew Foulkes, ages 8 and 3, battle each other in the gladiator arena.



Kids and adults had fun trying to kick a giant soccer ball around while encased in a "protective" bumper ball.



Formation Fun Day

Sept. 19 Naden

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Nathan Taylor was dressed to thrill in a dapper outfit hand made by his mother Tina.



Natalyn Galway, 2, had plenty of love for her new friend at the petting zoo.



Padre Lizzy Holt serves up a chilly chocolate treat to Luke Janzen, 3.



PO2 Raymond Earl helps son Grayson with the mini putt in the Naden Drill Shed.



Energy efficient lights brighten activity centre inside and out

Rachel Lallouz
Staff Writer

Environmentally friendly updates to the lighting at the Colwood Pacific Activity Centre (CPAC) will save the facility nearly 30,000 kilowatt hours and thousands of dollars per year – enough to power three average B.C. homes.

LED lights as well as motion and daylight sensors were installed after Technical Specialist Derek Knudsen made recommendations to upgrade energy wasting aspects of the 16 year old building.

Knudsen, who works for CFB Esquimalt Real Property Operations under a contract with Defence Construction Canada, assesses Department of National Defence buildings to find energy wasters and recommends ways to make them more efficient.

He started the CPAC project just over three months ago and has since changed more than 50 per cent of the lighting at the centre.

“Apart from saving energy for the building, the project will save the Department of National Defence in costs too. With the renovations, the centre will be able to save \$4,300 a year,” says Knudsen.

During a six-week construction period, a two person crew replaced the building’s metal halide gymnasium lights with energy-efficient LED lighting. Metal halide pres-

The new LED lights provide better lighting colour and are set to automatically turn off after lack of movement for 20 to 30 minutes.

Derek Knudsen,
Technical Specialist

ents a safety risk due to its low light levels, and frequent burn-outs, Knudsen explains.

“The new LED lights will provide users with better lighting colour and are hooked up to sensors to automatically turn off after detecting zero movement for 20 to 30 minutes,” says Knudsen.

Exit signs in the gymnasium were also upgraded to LED lighting.

In the hallways throughout the building, daylight sensors have been programmed to supplement the natural light with LED lighting. The sensor will scale light up and down to supply fill lighting automatically.

Outdoors, the old metal halide and low pressure sodium lighting was creating personal security

issues. Employees or guests of the centre were at risk while waiting for a pick-up in dark lighting conditions if one or more lights burned out.

Similar to the gymnasium, the glass bulbs lighting the outdoor pick-up areas, bike stalls and side doors have been replaced with LED lighting that should burn for up to 15 years before needing replacement. Apart from lasting longer, the new lights won’t give off the yellow hue typical of older lighting technology. Sensors hooked up to the bike stalls will provide cyclists with reliable, bright lighting when needed.

“These changes allow us to save over one-third of a tonne of greenhouse gases per year,” says Knudsen. “We also get to solve safety issues and produce maintenance savings. Apart from that, employees and guests are happier with the aesthetics of the new lighting.”

With BC Hydro’s PowerSmart Express Program, which provides rebates for making energy-saving building improvements, CFB Esquimalt, Real Property Operations, who pays for utilities for the Centre, received a rebate cheque for over \$8,000.

“This project will serve as an excellent model for future Department of National Defence projects,” says Knudsen.



Above: Energy efficient LED lights are now installed in the Colwood Pacific Activity Centre.

Below: Derek Knudsen switches on the LED lighting at the centre’s gymnasium.



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Hope resident searching for answer to medal mystery

Peter Mallett
Staff writer

A man who colorizes antique Canadian military photos hopes someone in Victoria's military community can help him unlock a 125-year-old war medal mystery.

The elusive medal is depicted in an 1890 photograph of Victoria's "C" Battery of the Royal Canadian Garrison Artillery, says Mark Truelove of Canadian Colour.

"Identifying medals in old military photos can sometimes be a bit of a wild goose chase," says Truelove. "It would be great if someone out there in the military community - a historian or otherwise - can help."

Capt E.H. Fletcher, at the centre of the photograph, is the only person identified by name from the information provided by the City of Vancouver Archives, says Truelove. The riddle is tied to an unknown soldier standing in the far right (front row) of the photograph, and the unknown medal attached to the left breast of his uniform.

Truelove has temporarily colored the medal a neutral shade of blue, hoping to add the correct color when the mystery is unlocked.

"Looking at the medals from online sources and other records, I can't see the one that matches or is in the right time frame for the soldier's probable years of service," he explains.

Truelove originally theorized the medal in question was a Canadian General Service Medal, which he says were awarded for service in the 1866 to 1871 Fenian raids, and were red and white striped. But that theory was quickly dashed when he found that although the mystery medal matched the striping pattern, this style of general service medal was not issued until 1899.

According to the Organization for the Preservation of Military Heritage website, "C" Battery was authorized in 1883 and formed in October 1887, but disbanded in 1893 when it was absorbed into a new unit.

Truelove says he is certain the soldier was not an officer and likely a gunner or rank slightly higher due to identification on the braids of his undressed uniform. He also surmises, judging by the photograph, that the soldier in question is likely in his mid to late 30s or 40s.

The task of processing the "C" Battery

photo accurately has already been a lengthy and "labor-intensive process" says Truelove because the film and color shade were difficult to pin down.

"The original photo was deceptive," says Truelove. "Film back in those early days of photography responded differently to different colors. You often see it in old pictures of the British flag, blue becomes lighter and red becomes darker. In that C Battery picture the uniforms were all dark blue because I looked it up; in the original picture the blue was a lot lighter and less prominent."

Truelove, a web designer operates his business out of his home in Hope, B.C., colorizing vintage photographs from years gone by. He focuses most of his attention on old military and sports photographs, relying on images from archives and individuals, many of whom contact him with photographs of relatives that they want colorized.

Those with any leads on the mystery medal and soldier are encouraged to contact Truelove via his website: www.canadiancolour.ca



Above: Mark Truelove of the website canadiancolour.ca.

Right: The colourized version of the black and white photo below it shows Victoria's "C" Battery in 1890. Truelove hopes to unlock the identity of a medal worn by the soldier on the far right of the image and shown in the magnified image.



Awards and promotions in HMCS Winnipeg

Commanding Officer of HMCS Winnipeg Cdr Pascal Belhumeur and Commander of the Royal Canadian Navy VAdm Mark Norman presented awards to HMCS Winnipeg sailors during a stop in London, UK, on Sept. 14.

Images by Cpl Stuart MacNeil, HMCS Winnipeg



Lt(N) Matthew Squires receives the ship's coin from Cdr Belhumeur.



MS Stephanie McFadden receives the ship's coin from Cdr Belhumeur.



LS Jason Field receives the ship's coin from Cdr Belhumeur.



MS Kirk Morin receives the ship's coin from Cdr Belhumeur.



LCdr Christian Parisé receives the ship's coin from Cdr Belhumeur.



WO Randi Graham receives the ship's coin from Cdr Belhumeur.



PO2 Dan Milburn receives the ship's coin from Cdr Belhumeur.



LS Steven Kryskow is promoted to his current rank by VAdm Norman.



LS Bradley Strachan is promoted to his current rank by VAdm Norman.



PO2 Kyle Sutherland receives the Commander RCN coin from VAdm Norman.



PO2 Brent Cournoyer receives the Commander RCN coin from VAdm Norman.



MS Brandon McLeod receives the Commander RCN coin from VAdm Norman.



Lt(N) Phillip Leblanc receives the Commander RCN coin from VAdm Norman.



LS Eric Keen receives the Commander RCN coin from VAdm Norman.



CPO1 Derek Higgins receives the gold Sea Service Insignia from VAdm Norman.



Lt(N) Darren Sleen receives the Commander RCN coin from VAdm Norman.



CPO1 Michel Vincelette receives the gold Sea Service Insignia from VAdm Norman.

Marty Hall receives a unit plaque from Commander Darren Rich, Commanding Officer of the Canadian Forces Maritime Experimental and Test Ranges, Nanoose Bay (CFMETR).



Marty Hall retires after 38 years

Marty Hall recently retired after more than 38 years of service as a Department of National Defence civilian employee.

Hall has been a Maintenance Seaman with the Nanoose Marine Detachment since he joined the Public Service in July 1977. He served initially in Canadian Forces Auxiliary Vessel (CFAV) Nimpkish and later on board CFAV Stikine. Hall has served

in every auxiliary vessel ever stationed at Nanoose Bay. His professionalism and pride in his work is obvious to anyone who might visit Stikine and observe his handiwork. Hall says his service at the Joint Canadian/United States Range at CFMETR Nanoose Bay has been extremely rewarding and even exciting at times.

Fair Winds and Following Seas Marty!

Base Divisions

Base Commander Capt(N) Steve Waddell presented several awards and promotions during Base Divisions on Sept. 22.

Images by MCpl Chris Ward, MARPAC



Michael Morrison receives the Canadian Flag that was flown on his last day of work as the Base Chief of Staff.



LS Calvin Langager receives the Sailor of the Quarter Certificate from Cmdre Jeff (Buck) Zwick.

Sailor of the Quarter

LS Calvin Langager has contributed more than 20 years to the Royal Canadian Navy (RCN). His wealth of experience is routinely relied upon to fill leadership roles within his department at Patrol Craft Training Unit (PCTU), including the proper administration of those in his section and rectifying issues aboard the Orca-class vessels.

A well-rounded individual, LS Langager volunteers as a coach with the Triangle Mountain Novice Red Rockets baseball team, teaching the fundamentals of baseball and the importance of teamwork. He also organizes baseball and hockey fitness periods within PCTU, and coordinates his unit's participation with the Navy Run.

LS Langager's professionalism and dedication make him a highly valued member of the RCN and it is for these reasons and more that he has been selected as the Canadian Fleet Pacific Sailor of the Quarter for the second quarter.



LS Duane Cutrell receives the Operational Service Medal for Op Caribe.



LS Erica Wessell receives the Operational Service Medal for Op Caribe.



OS Dylan St. Laurent receives the Operational Service Medal for Op Caribe.



Cdr Byron Derby receives the First Clasp to the Canadian Forces Decoration for 22 years of service.



Sgt Shauna Karnes receives the First Clasp to the Canadian Forces Decoration for 22 years of service.



Capt Mark MacFadyen receives the Canadian Forces Decoration for 12 years of service.



PO2 Blaine Newey receives the Canadian Forces Decoration for 12 years of service.



MCpl Stephane Lefort receives the Canadian Forces Decoration for 12 years of service.



MS Benjamin Salamon receives the Canadian Forces Decoration for 12 years of service.



Cpl Luc Bellefeuille receives the Canadian Forces Decoration for 12 years of service.



Cpl Darren Robertson receives the Canadian Forces Decoration for 12 years of service.



Sgt Barbara Lane receives the Base Commander's Commendation Certificate.



Jennifer Campbell receives the Base Commander's Bravo Zulu Certificate.



Teri-Lynn Elder receives the Base Commander's Bravo Zulu Certificate.



Tina Weatherell receives the Base Commander's Bravo Zulu Certificate.



Pte Jandei Kim is promoted to her current rank.

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ANNOUNCEMENTS

Dementia Friends Workshop will be held on Sept 30, 2015 from 5:30pm to 7:00pm at Esquimalt United Church. This workshop is open to the general public, this free workshop will help you learn how to recognize signs of memory problems and how best to support people with dementia you meet in your community. We can all play a role in making our community a great place to live for people with dementia! Registration is free and can be done online at our website: http://maurinekaragianis.ca/event/dementia-friends/?instance_id=55

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.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

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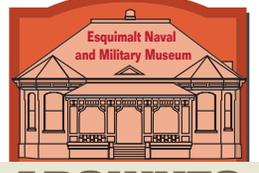


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