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Volume 60 Number 46 | November 16, 2015

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Addictions Awareness Week

Live in the GREEN

Read more on pg. 5



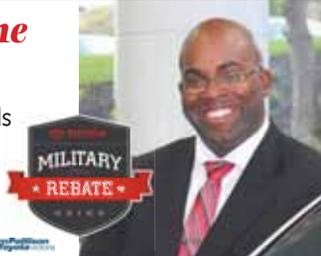
MCpl Michael Bastien, MARPAC Imaging Services

With a massive crowd looking on, a veteran stands on parade at the Victoria Cenotaph at the B.C Legislature during the Remembrance Day ceremony. Thousands of military members, past and present, and members of the public gathered at cenotaphs across South Vancouver Island to remember and honour the fallen, veterans, and those who continue to service Canada in the Canadian Armed Forces. See more photos on page 12 and 13.

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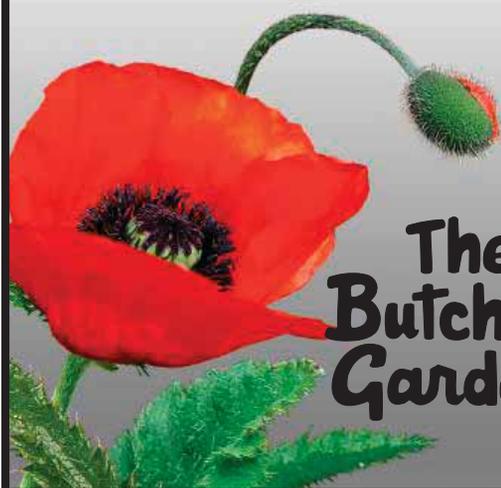
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The Butchart Gardens



MCpl Chris Ward, MARPAC Imaging Services

The graduating class of the Maritime Tactical Operators Course 1502 on A-Jetty at HMC Dockyard in CFB Esquimalt on Oct. 29. The Maritime Tactical Operators Course taught candidates the skills necessary for Royal Canadian Navy personnel to meet the evolving and dangerous security challenges faced in today's maritime environment.

Enhanced training creates second group of elite naval boarding party specialists

Peter Mallett
Staff Writer

Sailors in the new Enhanced Naval Boarding Party (ENBP) program had one final test to complete before graduating Oct. 29.

In order to receive their Maritime Technical Operator Course (MTOC) certificate, each of the eight graduates was required to secure Dockyard's A Jetty.

After arriving from their Albert Head training facility aboard rigid hull inflatable boats, the team, dressed in full fighting order, scaled the side of the dock, fanned out, did a comprehensive sweep, and then gave the all clear sign.

At this point the graduation ceremony began.

"You gentlemen are the sharp end of the spear as it pertains to boarding capabilities," said Capt(N) David Mazur of Maritime Forces Pacific Headquarter as he addressed the graduates. "The momentum surrounding the program is going to build in the next few years, and you are all in on the ground floor of

The momentum surrounding the program is going to build in the next few years, and you are all in on the ground floor of this new program.

Capt(N) David Mazur
MARPAC Headquarters

this new program."

The first class of 13 ENBP recruits graduated in April 2015. The graduation of this second group further advances the first phase of the Future Naval Boarding Party Capability Development outlined in the Royal Canadian Navy's executive plan. The plan is to produce a pool of 70 to 100 ENBP graduates over the next few years.

While the navy's existing naval boarding parties routinely undertake basic

obstructed boardings, feedback from previous deployments indicated a need for a strengthened naval boarding party capable of meeting "a new level of threat", said LCdr Wilfred Lund, Officer Commanding the Maritime Tactical Operations Group.

"The primary difference is this will be an MTOC graduate's main job," said LCdr Lund. "They are specialists not generalists and require an increasingly complex and high level of training to be qualified to do this job. They are better trained to deal with uncertain or chaotic situations that they may deal with in their deployments."

Graduates underwent advanced tactical training over 14 weeks that included hand-to-hand combat, improvised explosive device identification, close quarters battle, tactical shooting, and advanced medical training.

"There is a lot of work that goes into everything we have learned," said LS Brandon Smith. "While it only took about 15 min-

utes to secure the jetty there was a great deal of behind-the-scenes preparation required in advance. Two or three days of planning was needed to complete this task and really opened my eyes to what is required for our new job."

The ENBP capability will provide the navy, and the Canadian Armed Forces as a whole, the required agility, flexibility and tactical expertise to confront and deter threats in high-risk operational environments, says CPO2 Brent Bethell, Maritime Tactical Operations Group.

"Today's ceremony isn't the end of their training it's a milestone. Our next challenge for the team and all of the staff is integrating with a warship and Sea Training to get them ready for an actual mission."

The program is then expected to evolve into the second phase of the directive, the Advanced Naval Boarding Party, but the navy has yet to announce a start date.

One cheek swab, you could be in the running to save a life

Rachel Lallouz
Staff Writer

Canadian Blood Services is setting up a One-Match Stem Cell clinic at the Naden gym foyer on Nov. 19 from 10 a.m. to 1 p.m., where 17- to 25-year-old males can join the Stem Cell Donor Registry.

“Those interested will provide basic background information to Blood Services workers, and have four swabs taken from their cheeks, totalling no longer than 15 minutes,” says Ann Chabert, Territory Manager for Canadian Blood Services on Vancouver Island.

Stem cells are most urgently needed for Leukemia patients, many of whom desperately need strong and healthy stem cells to fight their disease from within.

“To find a stem cell match is extremely rare,” says Chabert. “It’s a needle in a haystack chance. Your chance of being called back to donate is one in 400,000, and you can withdraw from the process at any point.”

Men have a higher quantity and better quality of stem cells, so chances of finding a match to aid a person in need are greater than with women.

Chabert also stresses that One-Match is seeking donors from diverse ethnic backgrounds, particularly those with Aboriginal descent. This, she explains, is because the



stem cells of a donor must match the racial profile of the person in need.

Once swabbed, a potential donor’s information is entered into a worldwide database. In the event that a donor’s stem cells match those of a person in need, Canadian Blood Services will request the donor visit a blood services clinic in Victoria to provide blood samples. If the blood samples of a donor prove to match the person in need, the stem cells are harvested at the discretion of the ill person’s surgeon.

Most commonly, a stem cell donor is asked to visit Vancouver General Hospital, where their ferry cost and the cost of a friend or family members is covered by Canadian Blood

To find a stem cell match is extremely rare. It’s a needle in a haystack chance. Your chance of being called back to donate is one in 400,000, and you can withdraw from the process at any point.

Ann Chabert,
Territory Manager,
Canadian Blood Services, VIs

Services. A four to five hour stay in the hospital would follow, where stem cells would be filtered from the donor’s blood and immediately flown to the stem cell match anywhere in the world.

“If you have the capability to take one day off, you are literally the only person who could save your match’s life,” says Chabert. “It is one of the greatest honours a person could do for another person.”

Canadian Armed Forces members who will not be on base Nov. 19 can visit the Blood Services Clinic across from Uptown Mall for a swabbing, at 3449 Saanich Road.

For more information, please visit www.blood.ca.



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WHAT SAY YOU

People Talk

This week while on assignment at the Lodge on Broadmead, Lookout asked:

If you could bring any character from your favorite book or movie to life, who would it be and why?



The movie that had the biggest impression on me was *Casablanca*. So I would choose the actress who said, "Here's looking at you, kid" – Ingrid Bergman. She captivated my imagination entirely.

Peter Chance, Retired RCN Commander



If I had my choice it would be Maureen O'Hara. She was a marvelous singer. She was beautiful, and she was such a natural actress."

Murray Edwards, Retired Major



Spiderman! Because he moves around so much.

Roy Rino Bobolo, Retired trooper tank officer



Julie Andrews, as I know she would sing the most terrific songs.

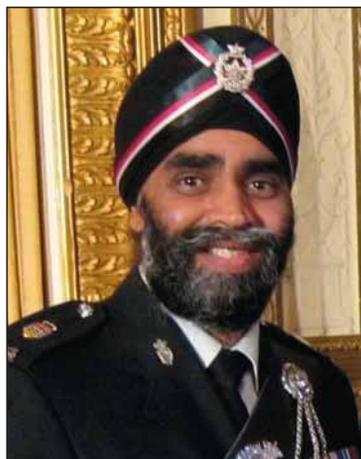
Maury Alan Hundleby, Retired Corporal



I definitely would bring Superman to life to fight ISIS!

Corporal Alison Kidd, Military Police

About the New Minister of National Defence



Harjit Singh Sajjan has served Canada and his community as both a soldier and a police officer

He continues his service to Canada as the Member of Parliament for Vancouver South and as Minister of National Defence.

Harjit is a retired Lieutenant-Colonel in the Canadian Armed Forces and a combat veteran. He was deployed to Bosnia-Herzegovina and served three separate deployments to Kandahar, Afghanistan.

Harjit has received numerous recognitions for his service, including the Meritorious Service Medal for reducing the Taliban's influence in Kandahar Province.

He is also a recipient of the Order of Military Merit, one of the military's highest recognitions.

Harjit also served as an Aide-de-Camp to the Lieutenant Governor of British Columbia.

Harjit was a police officer with the Vancouver Police Department for 11 years. He completed his last assignment as a Detective-Constable with the Gang Crime Unit specializing in organized crime. He proudly tackled gang violence and drug crimes in Vancouver.

Harjit is also a human security specialist, and has lectured to a wide audience in both Canada and the United States.

Letter from the Honourable Harjit Singh Sajjan, MND

A few weeks ago, it was my great honour to be appointed the Minister of National Defence. As a Canadian and as someone who has served Canada in uniform, I have a profound respect for the role of the Department of National Defence and the Canadian Armed Forces. I feel truly privileged to lead this proud institution.

I know first-hand that this institution is home to an incredible Defence Team, both military and civilian, whose members offer an unparalleled depth of expertise and experience, acquired through years of dedication in the service of Canada.

In my new capacity as Minister, I am deeply humbled to have the opportunity to once again serve as part of Canada's Defence Team. On behalf of the Government of Canada, I reaffirm our commitment to ensure that the Canadian Armed Forces continues to

stand amongst the best military forces in the world, and remains well-positioned to continue serving this great country, both at home and abroad.

In the coming days and weeks, I look forward to working closely with Deputy Minister John Forster and General Jonathan Vance as I transition into my new role, and I am reassured in the knowledge that I can draw on your collective expertise as, together, we chart the way forward.

**Hon. Harjit Sajjan, PC, OMM, MSM, CD, MP
Minister of National Defence**

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Healthy Living: Go for the **GREEN**

The Addictions Awareness Campaign is brought to you by the Addiction Free Living and the Social and Mental Wellness Working Groups, pillars of the MARPAC Health and Wellness Strategy.



MENTAL HEALTH CONTINUUM MODEL

	Healthy	Reacting	Injured	III
Mood	Normal mood fluctuations Calm and Steady Take things in stride	Irritability Impatience Nervousness Sadness Overwhelmed	Anger Anxious Pervasively sad Hopeless	Angry outbursts/aggression Excessive anxiety Regular panic attacks Depressed Suicidal thoughts
Attitude and Performance	Good sense of humour Performing well In control mentally	Displaced sarcasm Procrastination Forgetfulness Often late to work	Negative attitude Poor performance or workaholic Presenteeism Forgetting important things	Overt insubordination Memory loss Difficult concentrating Cannot perform duties
Sleep	Normal sleep patterns Few sleep difficulties	Trouble sleeping Intrusive thoughts Nightmares	Restless disturbed sleep Recurrent images Nightmares	Can't fall asleep or stay asleep Sleeping too much/too little
Social Behaviour	Physically well Good energy level	Muscle tension Headaches Low energy	Increased aches and pains noticeable fatigue	Physical illnesses Constant fatigue
Alcohol, Gaming or Gambling	None or occasional Social alcohol use/gambling and/or gaming	Regular but controlled alcohol use/gambling and/or gaming to cope	Increased alcohol use, gambling and/or gaming hard to control with negative consequences	Frequent alcohol use, gambling and/or gaming Inability to control with severe consequences

What is the "Green"?

November 12-26 is the Addictions Awareness Campaign. Many of you have probably seen the campaign slogan "Go for the Green" or the MARPAC Health and Wellness Strategy motto "Live in the Green". But what does this mean? What is this "green" we are referring to?

In order to understand the significance of the green we need to look at the Mental Health Continuum Model. The model recognizes mental and physical signs are that indicators of our mental wellness. The earlier we recognize these signs, the greater potential there is

to bring one back to a state of wellness – the GREEN.

Each state of health is categorized by a colour. The model goes from the GREEN – healthy and adaptive coping, to YELLOW – reacting, mild and reversible distress, to ORANGE – persistent injury and impairment, ending at the RED – clinical illnesses and disorders requiring medical intervention. The doubled ended arrow below these zones represents the fact that individuals can move back and forth within the continuum, indicating there is always the possibility for a return to full health and functioning.

In addition, the Mental Health Continuum Model normalizes language to reduce stigma often associated with mental health. For example, we each have days when we are "reacting" (having a bad day) and need to get back to the green. Many of us have had times in our lives when we have been injured. We need to reach out and get back to the green.

The Mental Health Continuum Model is designed using behavioural science empowering anyone to easily recognize changes in behaviours. This means you don't need to be a clinician to recognize something is

changing in yourself, your friends, peers, subordinates, employees, spouse, or family members. If you recognize these behaviours in yourself or someone you care about, please seek support and use the available resources.

Resources

MILITARY RESOURCES

- CAF Health Services speak with a clinician
 - CAF Mental Health Services: 250-363-4411
 - Member Assistance Program (& Families): 1-800-268-7708
 - Chaplains Main Office: 250-363-4030
- After hours: 250-363-2640 and request the Duty Padre
- Military Family Resource Centre (MFRC) : 250-363-2640 or 1-800-353-3329
 - Health Promotion: 250-363-5621

CIVILIAN RESOURCES

- Employee Assistance Program Peer Referral Line: 250-363-7968
24 hour line: 1-800-268-7708
- Quit Now: Tobacco Cessation Program
24 hour Help Line: 1-877-455-2233
- BC Problem Gambling
24 hour Help Line: 1-888-795-6111
- Vancouver Island Crisis
24 hour Line: 1-888-494-3888
- Health Promotion: 250-363-5621

What is your lifestyle?

Have you ever felt you should cut down on your drinking/drug use/gaming/gambling?
Have people annoyed you by criticizing your drinking/drug use/gaming/gambling?
Have you ever felt badly or guilty about your drinking/drug use/gaming/gambling?

If you have answered YES to any of these questions, it is important to talk with someone you trust and seek help.

National Contest Information

Let us know "What does an addiction-free lifestyle mean to you as an individual, a family, in the workplace, and in the community?"

Fill out an entry at www.forces.gc.ca/wastedtime for the chance to win one of 15 daily draws for a Fit Bit Zip and four Grand prizes of a VivoActive Watch. You are permitted one entry per day.

The Contest will run 12:01 Eastern Time on Nov. 12 to 11:59 Eastern Time on Nov. 26, 2015.

Eligibility: The contest is open to:

- Reg Forces member or class B or C Reservist;
- A foreign military member on exchange posting or training with the CF;
- A Primary Reserve member (Class A), Cadet Instructor, Canadian Ranger or Cadet;
- An immediate family member of the preceding persons (spouse/partner and children age of majority);
- A DND civilian employee;
- A Non-public fund employee;
- A Supplementary Reserve member; and
- A MFRC employee.

For more information please visit www.forces.gc.ca/wastedtime or contact your Health Promotion team at 250-363-5532.

How to Stay Addiction Free!

The best way to stay addiction free is to stay in the GREEN – a state of health and wellness. When engaging in behaviours that can lead to addiction, such as drinking alcohol, we need to do so in a responsible manner and know the signs that tell us when our use is becoming unhealthy, and even problematic.

Many people use alcohol, gamble and/or game without ever encountering problems, and therefore remain in the Green. The green is characterized by no or limited alcohol use where we follow the Low Risk Drinking Guidelines (LRDG), gamble responsibly and keep gaming under control.

However, when these activities become more

frequent or we misuse, our behaviours can change. Given the right group of peers and situations, occasional use can become more regular, and alcohol/gambling/gaming can start to be used as coping strategies, which can quickly move you to the yellow zone where we begin to see negative consequences. Use in the Yellow is readily controlled, but if unidentified or changed, it will lead us to the Orange – the Misuse/Abuse zone. Here we see increased consequences, withdrawal symptoms, inability to cut back or stop, which affects major life areas. This is when supervisors and colleagues can identify when job performance is affected. Finally, in the Red zone there is a constant

obsession with use, severe withdrawal symptoms and we have lost complete control. There are often severe life consequences and attempts to stop may be followed by relapse. Professional intervention is required.

Low-Risk Drinking Guidelines

Men: 15 or fewer standard drinks per week and no more than 3 on any one day

Women: 10 or fewer drinks and no more than 2 on any given day

BOTH: 2 days a week of NO drinking

National Military Sports Day

November 20, 2015



Wear your favourite team jersey

National Sports Day 5K Run
 Friday, November 20 • Naden Drill Shed
 7:45am check in and wrist band pick up.
 ID required. 8:30am start.
 Food and refreshments at the end

CFB Esquimalt Sports & Athletics Awards Luncheon
 Friday, November 20
 By invitation only

National Sports Day Workout
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National Family Sports Day

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Saturday, Nov. 21
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Make sport a part of your life plan

MARPAC Active Living Working Group

Over the past two decades, sport participation rates in Canadian youth aged 15 to 18 have dropped from 77 per cent to 59 per cent, and in adults from 45 per cent to 28 per cent.

The dramatic decline in both children and adult participation in sports can be directly attributed to the growing inactivity of today's middle-class lifestyle.

To remind Canadians of the health benefits of sports, a Sports Day in Canada will be held Nov. 20. Military bases across the nation are stepping up to participate, and at CFB Esquimalt two events will highlight the importance of sports: a Formation 5K Run and Expo Friday, Nov. 20, start time 8:30 a.m., and a family event Saturday Nov. 21 with the UVic Vikes from 10 a.m. to noon at the Naden gym.

At the 5k run Expo in the Drill Hall, the Active Living Working Group will canvass people for their thoughts on how an "active living culture" can be better fostered within our Formation.

The benefit of sports is characterized on truesport.ca like this:

"Above and beyond physical health benefits, sport instills character in our children, strengthens a sense of community, and increases opportunities for excellence."

This sentiment is echoed by Rear-Admiral Gilles Couturier in the Sports Day MARPACGEN where he describes the specific health benefits for military members: "Fitness and sport, individual, team or unit, are an essential part of unit cohesion, individual well-being

and development of the warrior spirit; these are attributes that ensure our service personnel are ready to meet the challenging tasks they may be called upon to perform at a moment's notice with success and confidence."

When RAdm Couturier took command of Maritime Forces Pacific he made fitness of his military members a top priority. He leads by example. His is runner, avid hockey player, and hockey referee.

When asked why he places such emphasis on fitness through sport, he said, "Fitness helps us lead happier, healthier lives; it helps manage our stress, and it improves both our mental and physical well-being. In short, fitness helps us become better versions of ourselves."

In the Canadian Armed Forces there are many avenues to sports for military members. At the unit level, people can participate in unit-organized sports, base and formation sporting events and tournaments, Personnel Support Programs recreation department organized sports, base clubs and local leagues.

In addition, individuals and units can participate in the annual Base Commanders Golf Tournament, the annual Navy 10/5k Run, the monthly Formation 5km Runs, and various annual United Way Charitable Campaign events such as 3-on-3 Ice Hockey and Dodgeball.

On a regional, national and international level there are opportunities to join base sports teams, such as the Esquimalt Tritons and compete in regional, national and international games.

People don't have to be a high level, competitive athlete to reap the benefits of regular sport activity.

Truesport.ca defines the principles of sport like this:

Go for It

Always strive for excellence and rise to the challenge, but never at the expense of others. Discover how good you can be.

Play Fair

Play honestly and obey the rules, in letter and spirit. Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating a sporting experience, both on the field and off. Win with dignity and lose with grace.

Keep it Fun

Find the joy of sport and have a good time. Keep a positive attitude and look to make a positive difference, on the field and in your community.

Stay Healthy

Place physical and mental health above all other considerations and avoid unsafe activities. Respect your body and keep in shape.

Include Everyone

Share sport with others, regardless of creed, ethnicity, gender, sexual orientation or ability. Invite everyone into sport to make it more meaningful for the whole community.

Give Back

Always remember the community that supports your sport and helps make it possible. Find ways to show your appreciation and help others get the most out of sport.

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Esquimalt MFRC
Nov. 25 5- 7 p.m.

For more information please call:
The Military Family Resource
Centre at 250-363-2640



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WWW.CANEX.CA

CAF Ombudsman visiting Esquimalt next week - he wants to hear from you

A/SLt Kyle Reed
MARPAC PA Officer

Members of the Canadian Armed Forces (CAF) and Department of National Defence (DND), as well as their families, will have the opportunity to visit with the DND and CAF Ombudsman, Gary Wolbourne from Nov. 24 to 26.

During the three days, he will meet with units and lodger units around the Victoria area to share information about how members can address issues that cause them and their families the most stress, such as postings or health insurance plans.

The majority of his visit will be spent at town halls hosted by local units. There will be town halls for junior

and senior non-commissioned members, members of *HMCS Malahat*, civilian employees, officers, army reservists, and family members. These town halls are meant to be open question and answer period, which give attendees the opportunity to learn about the resources available to them when handling their personal administration.

Town hall timings and locations will be made available through a MARPACGEN.

The Ombudsman's mandate is to investigate complaints and serves as a neutral third party on matters related to the DND and the CAF. The ultimate goal of the Ombudsman is to contribute to substantial and long-lasting improvements

to the defence community. Any individual can submit a complaint providing the matter is directly involved with the military or civil defence. The Ombudsman's office will sometimes follow up on specific issues and provide the Minister of National Defence with in-depth investigative reports, annual reports, and special analyses.

A long-time public servant, Walbourne was named Ombudsman in March 2014. He has a five-year mandate as the DND and CAF Ombudsman.

Members of the Defence Team who have a concern, or would like information about to resolve a problem, can contact the Ombudsman's Office at 1-888-828-3636, or online

Calgary launches charity campaign

LS S. Nicol
LS N. Lemire
HMCS Calgary

The noise coming from the flight deck of *HMCS Calgary* on Halloween night wasn't from a Sea King helicopter, and it wasn't hauntingly scary.

Instead, it was music, laughter and cheers as the crew kicked off their annual Government of Canada Workplace Charitable Campaign (GCWCC) to raise money for the ship's charity by hosting its first ever Cal-sino night.

Under the careful direction of CPO2 Umbach and the CSE Department, with help from the ship's hull technicians and electricians, *Calgary's* hangar and flight deck were converted into casino. Activities set up for the crew included Mini-Putt, Ladder Golf, Black Jack, a Bean Bag Toss, a

HODs&CHODs Roulette, and Rock Band.

With a donation, crew members could purchase "Cal-bucks" that allowed them to participate in the activities, and test their luck at games of chance to gain additional "Cal-bucks" in order to bid for prizes.

The air was scented with the aroma of hamburgers and hot dogs sizzling on the barbecue, and two Minions handed out candy in a reverse trick-or-treat. The event was brought to a close by the night's charismatic spokesman, PO2 Hill, with a lively auction. Up for grabs were great prizes such as Chief for a Day, use of the Executive Officer's parking spot, and dinner for four in the Commanding Officer's cabin.

The first annual Cal-sino night was a great success, raising over \$1,300 for the ship's charity fund, while providing a perfect venue to kick off the GCWCC campaign.



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No Stone Left Alone: School children remember the fallen



A veteran prays during a No Stone Left Alone Ceremony at the Esquimalt Veterans Cemetery (God's Acre).

Peter Mallett
Staff Writer

They may be gone, but the supreme sacrifices of Canada's war dead aren't being forgotten by Canada's next generation.

This year's Nov. 6 No Stone Left Alone event saw more than 60 Grade 6 students from Rockheights Middle School honoured and solemnly remember the selfless acts of heroism by Canadians in uniform, by placing poppies on over 2,000 gravesites at Esquimalt's national historic site, God's Acre Veterans Cemetery.

"The goal of the No Stone Left Alone ceremony is to educate and engage youth in honouring every soldier who has fought for our Canadian freedoms, and to ensure their acts of bravery are remembered and never forgotten," said Rockheights Middle School Principal, Marianne Trofimuk.

The annual campaign was launched in 2011 by Edmonton's Maureen G. Bianchini in an effort to recognize the nation's fallen by placing a poppy on the headstones at military fields of honor.

This year's commemorative event involved 3,400 students in B.C., Alberta,

Manitoba, New Brunswick, Nova Scotia and the Northwest Territories, placing a total of 20,000 poppies on military gravesites.

In Esquimalt, a gathering of over 250 people - students and current and former military members - remembered the cost of war during a ceremony at the Colville Road cemetery. The burial ground was originally built by Rear Admiral George Fowler-Hastings in 1868 as a place of rest for Royal Navy sailors, but has since expanded to encompass all members of the Canadian Armed Forces.

"Ceremonies such as the one today remind us that freedom comes with a cost, while also providing the opportunity to thank the veterans past and present who put on the uniform of the Canadian Armed Forces and serve Canada proudly," said LCdr Michael Erwin during his address.

Formation chaplain Major Dave Donevan then led the gathering in prayer, followed by two students reading fictional wartime letters penned by students. The essays were meant to embody the sentiments of both those at home and on the front lines during the First World War and highlight the chaos and destruc-

tion of combat.

"Today's event reminds me a lot of my grandfather because he served in the Second World War and died," said Rockheights student Scarlett Wallace. "We should give the same respect to all of them because they gave so much to us for serving Canada."

Students then placed poppies on the marked headstones of soldiers, sailors and airmen. The ceremony concluded with the laying of a wreath at the site's cenotaph.

The gratitude and interest of the students wasn't lost on many of the veterans attending the event. Gerry Webb served in the army, navy and air force during his 30-year military career and felt the No Stone Left Alone initiative is a sign of the rejuvenation of the national consciousness surrounding Remembrance Day.

"In the previous decades Canadian society seemed to be drifting away from the idea of remembering the sacrifices made in World War One, Two and Korea, mostly by young people," said Webb. "Recently, we've lost a lot of young people, as well and a lot of people in Afghanistan. I think this helps revive that nationalistic spirit."



Sidney Smrounds, Rockheights Middle School Student, lays a poppy on a veteran's gravesite.



Photos by MCpl Michael Bastien, MARPAC Imaging Services. The Esquimalt Veterans Cemetery (God's Acre) is filled with students from Rockheights Middle School during the No Stone Left Alone ceremony, Nov. 6, where each gravesite has a poppy placed upon it.



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Christmas events underway

Pyjama Prance



Come be a part of the first Pyjama Prance Fun Run/Walk on Sunday, Dec. 6 at 9 a.m. through the streets of Esquimalt in your Pyjamas.

It is not a timed event. There will be a Pancake Breakfast at the finish line sponsored by the Esquimalt Lions Club, Christmas music by Ron Berod, and prizes.

Two distances to choose from, a 5km or the Just Under 2km.

Registration for this event is a minimum of five food items and/or a suggested minimum donation of \$10. All food/funds raised will go to the Rainbow Kitchen.

To register, email pyjamaprance@gmail.com with your name, age, phone number and distance. For more information, please call Colette Scrimgeour at 250-661-6550.

Facebook Event:
<https://www.facebook.com/events/1127273700617367/>
All ages welcome, but please no pets or bikes.

Esquimalt Christmas parade

Esquimalt's Celebration of Lights is on Sunday, Dec. 6.

Enjoy a parade of lights down Esquimalt Rd to the Plaza, and an after-parade party full of free music, hot dogs and hot chocolate (by donation). Santa usually stops by too.

Where: Esquimalt's Archie Browning Sports Centre, 1151 Esquimalt Road

When: Sunday, Dec. 6th. Parade starts at 6 p.m.

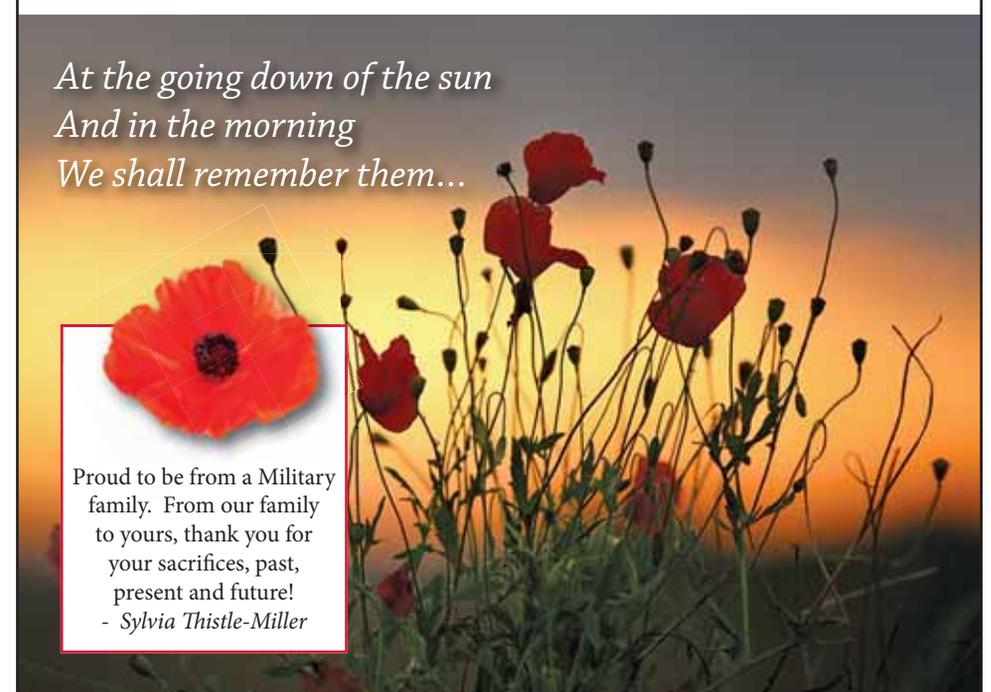
Floats will park in the rear lot of the Archie Browning Sports Centre for the public to take a closer look.

As part of your evening of Christmas fun, why not walk the halls of the Archie Browning Sports Centre and vote for your favourite Christmas tree, decorated by local businesses and community groups, in Esquimalt's Live (Potted) Christmas Tree Village. Trees are also displayed at the Esquimalt Recreation Centre until Dec. 26.




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Naval Reservists practice water skills in Rideau Guard

Lt(N) Janet Lang
HMCS Cataraqui

Every year, over 180 Naval Reserve sailors and 13 small boats from units across Ontario come to Kingston to take part in a joint training exercise designed to practice interoperability and small boat operations.

This year, the exercise took part from Oct. 23 to 25. Commodore Marta Mulkins, Commander of the Naval Reserves, visited Kingston on Saturday, Oct. 24.

"The professionalism and teamwork that you are demonstrating during Ex Rideau Guard is impressive," she told the sailors. "The skills that you build during this weekend will serve you well when you return to your home unit."

During the two-day exercise, sailors from all seven Naval Reserve Divisions in Ontario, and all Naval Reserve occupations, worked together in a realistic scenario designed to test seamanship, command and control, logistical support and more.

Small boats were deployed on the waterways surrounding HMCS Cataraqui and conducted patrols using a port and starboard watch system. Off-watch personnel took part in after-action debriefs with watch command teams and exercise standards personnel; they were designed to identify what worked well during the watch and what required improvement for the next watch.

Lieutenant-Commander Robert Brunner, Commanding Officer of HMCS Cataraqui, said the week-

end exercise is an essential part of Naval Reserve training.

"Getting sailors from across the province together in one location allows us to put into practice as a team the individual training that we receive. Kingston provides an ideal location for this Exercise due to the waterways present in Kingston and the surrounding area."

Exercise Rideau Guard was coordinated by *Cataraqui*, one of 24 naval reserve divisions, or "stone frigates" located across Canada. The Naval Reserve provides trained sailors for Canadian Armed Forces operations ashore, at sea or abroad. Naval reservists typically serve part-time on evenings and weekends throughout the year, and can volunteer to serve full-time.



Right to Left: Dive team members LS Amanda Polus, HMCS Cataraqui, and PO2 Peter Barker, HMCS York, get ready for the first dive of the day. Checking PO1 Robert Jenkins, HMCS Carleton, is LS Michael Fisher, HMCS Cataraqui. Last on the RHIB is NCdt Hidara Abdallah, HMCS Carleton.



Reservists LS Amanda Polus from HMCS Cataraqui and LS Teri Jones from HMCS Carleton prepare their equipment for the first dive of the day.

Thank You to those who fought for our **Freedom** & to those who continue to defend it.



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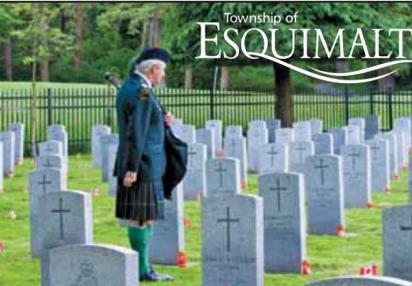
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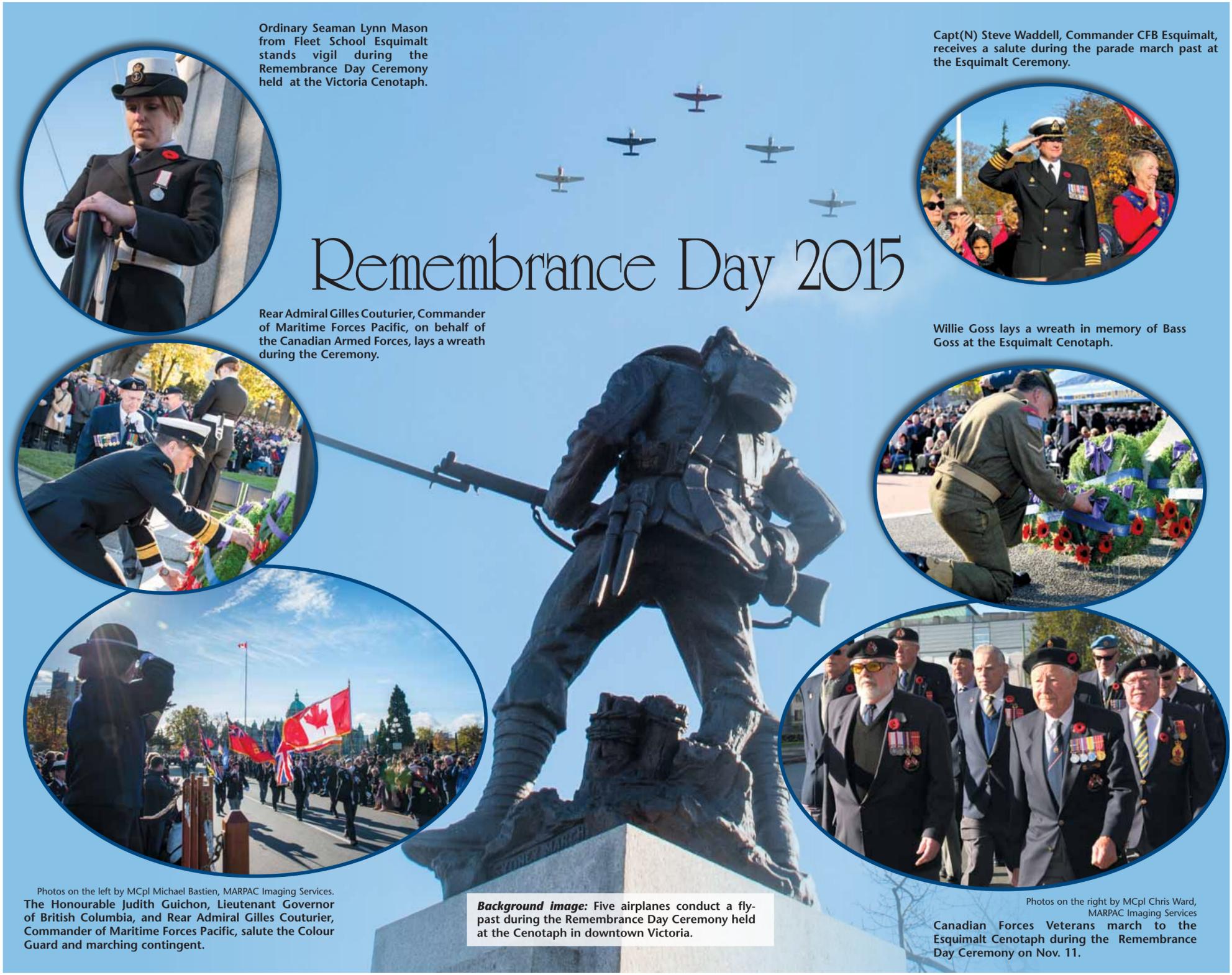
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On behalf of the Corporation of the Township of Esquimalt, historic naval and garrison community, home of the Queen's Navy since 1837, we extend our sincere gratitude and appreciation to all of our Country's Veterans, in recognition of their contributions past and present.

-Mayor Barbara Desjardins and Members of Council

Remembrance Day 2015



Ordinary Seaman Lynn Mason from Fleet School Esquimalt stands vigil during the Remembrance Day Ceremony held at the Victoria Cenotaph.

Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific, on behalf of the Canadian Armed Forces, lays a wreath during the Ceremony.

Capt(N) Steve Waddell, Commander CFB Esquimalt, receives a salute during the parade march past at the Esquimalt Ceremony.

Willie Goss lays a wreath in memory of Bass Goss at the Esquimalt Cenotaph.

Photos on the left by MCpl Michael Bastien, MARPAC Imaging Services. The Honourable Judith Guichon, Lieutenant Governor of British Columbia, and Rear Admiral Gilles Couturier, Commander of Maritime Forces Pacific, salute the Colour Guard and marching contingent.

Background image: Five airplanes conduct a fly-past during the Remembrance Day Ceremony held at the Cenotaph in downtown Victoria.

Photos on the right by MCpl Chris Ward, MARPAC Imaging Services. Canadian Forces Veterans march to the Esquimalt Cenotaph during the Remembrance Day Ceremony on Nov. 11.

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HMCS Radisson hosts navigation drills

Capt Julien Beauchamp-Laliberté
HMCS Radisson

The Naval Reserve of the Royal Canadian Navy (RCN) must be ready to support civil authorities in the event of natural disasters and provide humanitarian assistance and disaster relief.

Thus, from Oct. 31 to Nov. 1 in Trois-Rivières, Quebec, HMCS Radisson hosted a regional navigation exercise of non-charted waters to simulate an intervention in flooded area.

As a country with a harsh climate, Canada experiences unpredictable weather and natural disasters. While provincial and territorial governments have the mandate to intervene first in these events, the Canadian Armed Forces (CAF) and the Naval Reserve of the RCN can be called in.

CAF sailors need to be ready to respond to numerous scenarios, such as boat launching in difficult conditions, navigation, docking, water rescue, transport



Photos by Ens2 Joany Martin-Labelle, HMCS Radisson
MS Lorraine Maltais Tremblay from HMCS Champlain discuss feedback from a scenario in order to improve navigation techniques.

equipment, towing, and riverbed mapping.

This training is in its third edition, and over 40 sailors from Montreal, Trois-Rivières, Chicoutimi and Rimouski participated this year.

Mastermind of the training project, Lieutenant Commander Martin Bouchard, Commanding Officer of HMCS Radisson, says, "The Naval Reserve has a unique ability of

navigation in non-charted waters. We have created this training to ensure a specific development of our sailors for this mission."

The natural environment of Trois-Rivières simulated past missions such as the flooded areas of St-Jean-sur-Richelieu in spring 2011 (Operation Lotus) and the spring floods that effected the Prairies and Ontario in 2014 (Operation Lentus).

"This realism puts us in the forefront and increase the professionalism of our work," says Lieutenant (Navy) Jérémie Bourassa, Radisson Training Officer.

Operation Lentus is the contingency plan for CAF joint intervention to provide humanitarian assistance and disaster relief to provincial and territorial authorities during natural disasters beyond their capacities of intervention.



Sailors transfer a simulated wounded person from a small boat.



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Calgary crew takes steps to fitness

SLt Stephen Tomlinson
HMCS Calgary

While the crew of HMCS Calgary flexed their skills after deploying Oct. 5 to Southern California for a busy series of taskings, they also honed their bodies in a fitness challenge.

For six weeks, while taking part in Fleet Week in San Francisco, work ups in support for HMCS Vancouver, and a major Task Group Exercise with a United States Navy Amphibious Strike Group, the ship's company was encouraged

to become more active and take steps towards a healthier lifestyle while earning points towards an achievable goal.

The program was organized under the guidance of the ship's fitness coordinator, Sgt Steven Lewington.

Over 140 Calgary sailors participated in the challenge, which culminated with the awarding of prizes to three personnel that reached the goal of 50 points during the trip.

Encouraging the ship's company to work out was only one part of the challenge. By forgoing desserts participants could net 0.4

points per day, and smokers could earn half a point per day by skipping a day of smoking/vaping.

The program also awarded points to sailors for making healthier lifestyle choices while the ship was in port, such as avoiding consuming alcohol.

This encouraged members to explore new ways to enjoy themselves in port that were compatible with their healthier lifestyle choices.

Many members brought bikes with them and while alongside in San Francisco spent their time biking across the Golden Gate

Bridge. Others enjoyed a run along the Embarcadero, climbing the 600 steps to reach Coit Tower, or going for hikes in the Marin Headlands.

Sgt Lewington said, "The aim of this program has always been to encourage all participants, no matter their fitness level, to work towards a very attainable goal and experience the benefits of a healthy lifestyle."

The Calgary Health and Fitness challenge has been a resounding success and the ship has implemented this as an ongoing programme onboard.

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New inductees for the Wall of Honour

The Royal Military College of Canada (RMCC) inducted three more RMCC ex-cadets into its ranks at the 2015 Wall of Honour ceremony in September.

The Wall of Honour recognizes alumni or college associates for their outstanding achievements and contributions to Canada or the world.

2015 Inductees

This year's inductees were Lieutenant-General (Ret'd) Roméo Dallaire, the late General Ramsey Withers, and the late Colonel George Stanley.

"I am most privileged to be guiding the new generations of leaders who, like me, are inspired by the examples set by our honorees," said Brigadier-General Sean Friday, RMCC commandant. "I am also most humbled to be joining with you in recognizing these great leaders, all of whom having served Canada with the highest distinction, and in so doing, having personified our College motto:

truth, duty, valour."

- LGen Dallaire's heroic actions resulted in the saving of 32,000 Rwandans from massacre while serving as force commander for the United Nations Assistance Mission for Rwanda. He also served on the UN Secretary-General's Advisory Committee on Genocide Prevention, as well as many other UN Advisory positions. He is an Officer of the Order of Canada, retired senator, celebrated humanitarian, and best-selling author. His current goal is the eradication of the use of child soldiers in conflict.

- The late Gen Withers served in Korea and was Canada's sixth Chief of the Defence Staff. After his military career, he was appointed Deputy Minister of Transport Canada and awarded the Commissioner's Award of the Northwest Territories and the Outstanding Achievement Award of the Public Service of Canada.

The late Col Stanley served during the Second World War. He was a Canadian historian, author, a companion of the Order of Canada and a Lieutenant Governor of New Brunswick.

- In 1964, when a committee was formed to debate a Canadian flag change to replace the Union Flag, Col Stanley submitted a design based on the RMCC flag.

"Simple enough for children to draw and instantly recognizable," he argued in his letter to the committee.

The design was unanimously approved, and the Canadian flag as we know it today was born.

Wall Design

The Wall of Honour was a gift to the RMCC, created by the class of 1963 and donated in 2009. The more than two-metre high limestone structure spans 40 metres long with gentle curves that resemble a wave. It is adorned with the names of the now 24 inductees to date.



Photo by Steven McQuaid

LGen (Ret'd) Romeo Dallaire stands with OCdt Jacob Turriff, OCdt Christophe Nguyen, OCdt Joel Tourigny and OCdt Gabriel Sylvain next to his plaque following his induction to the Wall of Honour at RMCC, Kingston.



Thank You

to all Members of the Canadian Armed Forces and Veterans for your services.



Monument unveiled at veteran's lodge

Rachel Lallouz
Staff Writer

The day before Remembrance Day, Judith Guichon, Lieutenant Governor of British Columbia, accompanied by Maritime Forces Pacific Commander, Rear-Admiral Gilles Couturier, unveiled a new monument at the Lodge at Broadmead in front of a crowd of Second World War and Korean War Veterans.

The granite monument commemorates the 20th anniversary of the Lodge's opening, and the 70th anniversary of the end of the Second World War. A plaque on the monument's polished front reads: "Dedicated to the Canada's

veterans, especially those cared for at the Lodge."

"I believe it is the responsibility of every Canadian to show great respect and to remember the men and women who served, and who continue to serve in uniform today," said LGov Guichon in her address to the crowd. "I am humbled by their actions."

RAdm Couturier echoed the Lieutenant-Governor's words, thanking and applauding the Lodge for serving the resident veterans with caring, respect, and integrity.

"I want to say thank you, too, to the veterans who carried the flame so high, and who gave us the opportunity to follow in their footsteps," he said.

Second World War veter-

an, Major (retired) Murray Edwards, acting as a representative of all veterans at the Lodge, expressed his gratitude for the new monument.

"We, the veterans and other residents here at the lodge wish to extend our thanks for the arrangements made today. Remembrance Day is a time for sober reflection," said Edwards. "As we view this monument, we will never forget."

In keeping with the Lodge's high number of veteran residents, Broadmead Care Board Chair Paul Morgan announced a name change for the Lodge following the unveiling. The Lodge at Broadmead will now officially be known as the Veterans Memorial Lodge at Broadmead.



Photos by Rachel Lallouz, Lookout

Above: Rear-Admiral Gilles Courturier and Lieutenant Governor Judith Guichon, alongside Broadmead board members, with the new monument.

Below: Veteran Rudi Hoensan says a few words to the crowd at the monument unveiling.



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LS Adam is presented the Aerobic Excellence Award Bronze Seal by Cdr Byron Derby, Commanding Officer of Base Information Services (BIS).



On behalf of HMCS Winnipeg's Commanding Officer, LS Buchanan is promoted to his current rank by Cdr Derby, and Capt M. MacFadyen, BIS Operations Officer.



LS Doukalli is promoted to his current rank by Cdr Derby and Capt M. MacFadyen.



Along with spouse Rachel, MCpl Hughes is promoted to his current rank by Cdr Derby.



MS Michelle Melancon, of Base Administration Naval Reserve Coordination Centre, is presented with the Logistics Branch Coin from the Logistics Branch Integrator, Col Angela Banville and CWO Pierre Côté during their recent visit to MARPAC.



Photo by MCpl Michael Bastien, MARPAC Imaging Services. LCdr Nic Leblanc receives a Canadian Forces Decoration from Captain(Navy) Jason Boyd.



LS Stephanie Pring, of the Base Orderly Room, is presented with the RMS Clerk Coin in recognition of her outstanding service to the personnel of the Formation, from CPO1 Marc Bertrand, RCN Superintendent Clerk.



Fleet Maintenance Facility Cape Breton Employee of the Month (November) Darek Literowicz received the use of the Commanding Officer's parking spot from Capt(N) Chris Earl.



CPO2 Kelly Yerama is promoted to CPO1 by Cdr Ed Hooper, Commandant of CF Fleet School Esquimalt, and Mrs. Yerama.



SCAN Draw winner: At a recent SCAN seminar PO2 Karl Rayment won a SISIP a sports bag from SISIP Manager Wade Walters.



Sea Service Insignia in recognition of 180 days of sea service

Cdr Ed Hooper, Commandant of CF Fleet School Esquimalt, awarded members of Damage Control, Fleet School Headquarters, and Combat Divisions with their Sea Service insignia in recognition of 180 days of sea service.

The Maritime Tactical Operators Course Graduation Ceremony



LS P.J. Davis with his graduation certificate.



LS M. French with his graduation certificate.



Photos by MCpl Chris Ward, MARPAC Imaging Services Chief Petty Officer First Class Michel Vigneault and Captain (Navy) David Mazur, Chief of Staff, MARPAC Plans and Operations, present awards during the graduation parade on A Jetty.



Lt(N) BHS Scott with his graduation certificate.



PO2 CR Nowlan with his graduation certificate.



LS N. Marks with his graduation certificate.



LS T.O. Tierney with his graduation certificate.



LS B.G. Smith with his graduation certificate.



LS R.S. Donafeld with his graduation certificate.

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Grizzlies take the plunge with divers

Peter Mallett
Staff Writer

Players from the Victoria Grizzlies Junior A hockey team in Colwood traded skates for wet suits Nov. 3 when they stepped into the world of Navy Clearance Divers.

This annual event is offered to the BCHL hockey club as an outreach piece to show the young hockey players an aspect of military training, leadership and teamwork that exists just a short walk from the team's home arena, the nearby Q Centre.

Just like navy divers in training, the players suited up and plunged into Esquimalt Harbour for the daily fitness drill known as "The Morning Swim."

On the shore, Fleet Diving Unit Pacific Training

Officer Lt(N) Walter Dubeau barked instructions and encouragement.

More teamwork was tested when the players divided into two teams and climbed on to a rope bridge suspended above the water. Balance and strength were assessed.

From the vantage of the shore, Lt(N) Dubeau spoke to the correlation between teamwork used by his divers and that of a professional hockey team.

"Teamwork is part of everything we do in the Fleet Diving Unit. We have to work together; our entire training manual speaks to this. If you don't have teamwork then [clearance] tasks cannot be completed. It's the same in hockey."

Those tasks are not simple ones; they require the full engagement of the

team to ensure a diver's safety, whether it is cutting and welding the bottom of a ship or rendering sea mines safe with underwater explosives.

"Truth be told, they [navy divers] work much harder than us," said Grizzlies' Jake Stevens, 18, a defencemen from Chicago Illinois. "The only thing that keeps them going in their rigorous training is their will and desire."

He says what he and his teammates face on the ice during the six-day recruitment selection process pales in comparison to the 11-and-a-half month Clearance Diver Training Program.

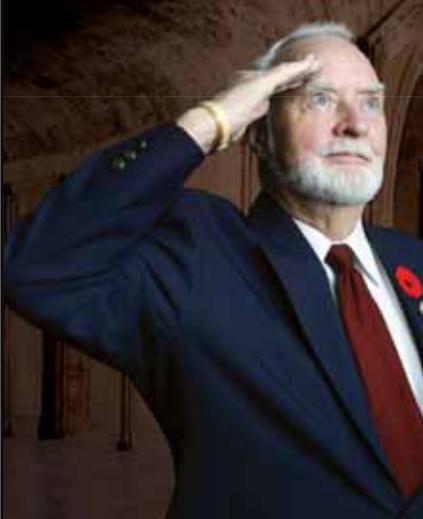
After drying off, the players were given a tour of the Colwood facility, including the Recompression Chamber and Explosive

Ordnance Disposal (EOD) facilities. They even watched the unit's bomb disposal team locate and detonate a simulated Improvised Explosive Device.

In the afternoon, the Clearance Divers and RAdm Gilles Couturier joined the Grizzlies for a mixed-team scrimmage at the Q Centre to close out their day. At the end of the game, the Clearance Divers each offered a coveted Clearance Diver coin to each of the players as a memento for the day.

"It's unbelievable, after coming here and seeing what they do," said 19-year-old defenceman Cody Van Lierop. "I have so much more respect for these men and women in the navy and what they do for their country."

Truly grateful, forever in your debt. We remember today, and every day.




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Hockey players from the Victoria Grizzlies complete their morning training session at Fleet Diving Unit Pacific by navigating a rope bridge.

Peter Mallett, Lookout

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Female bodybuilder poses her way to third place finish

Rachel Lallouz
Staff Writer

On the stage wings of the Hard Rock Casino Theatre in Coquitlam on Saturday Nov. 7, Lieutenant (N) Kateryna Shulga performed her last few stretch cord weight lifting exercises that pumped blood into her muscles to temporarily increase their size.

Then she stepped on to the stage for 10 minutes of posing, judged in the 10-person 5'4 to 5'6 height class in the women's figure category of the Popeye's Fall Classics Bodybuilding Competition. In a turquoise bathing suit with matching make-up, her blond hair coiffed and styled, and her body tanned from a bottle, she flowed through her routine with ease.

"You step on stage and have only a few minutes to show off 16 weeks of intensive training," says Lt(N) Shulga, who ended up placing third in the female figure class C. Her placement moves her up the roster for the body building provincials in July 2016.

For figure class, judges look for overall muscle definition and a specific V-tapered physique with wider shoulders, a lean build, and a lower fat percentage.

"But you are also judged on how your tan is applied, how you are holding yourself on stage, your hair, your make-up. It's the whole package, not just your muscles," she says.

Lt(N) Shulga entered her first competition in Moncton, New Brunswick, in April 2015 when she was posted to CFB Halifax, after close friends of hers who were bodybuilders encouraged her to try it out.

"I placed tenth out of 16 competitors, which wasn't really good enough for me, but I was happy with my progress. From that point on



Lt(N) Kateryna Shulga from Maritime Forces Pacific poses at the Popeyes Fall Classics Bodybuilding Competition.

my goal was to make it into the top five."

Bodybuilding competitions are intensely competitive she says. The body building community is small, which means coaches can keep tabs on serious competitors.

Preparation for a competition means a vigorous daily work-out program prescribed by her trainer. Diet is also carefully managed to optimize her work outs.

At the peak of training she completes 1.5 hours of cardio broken down throughout the day, and an hour and 15 minutes of weight lifting.

Her weightlifting routine is broken up into body parts-her lower body and legs, chest and biceps, back and triceps, and shoulders. Diet is split into macro-nutrients: proteins, fats, and carbohydrates. She keeps her protein intake high and calorie levels low, eating lean meats such as egg whites, chicken breast, or white fish, and carbohydrates such as sweet

potato, rice, and yams. She consumes a high quantity of green vegetables for fibre.

During the "peak week" before the competition, Lt(N) Shulga lowers her calorie intake to maintain a deficit, and consumes as few carbs as possible.

"Sometimes the restrictiveness of the diet is challenging," she says. "I never ate a lot of sugar before bodybuilding, but I had the freedom to, say, go buy a chocolate bar if I felt like it. Now if I feel tempted to cheat, I just remember what I've done so far, and I know that allowing myself to cheat will be doing away with everything I've accomplished up to that moment."

She says what has been most rewarding about the experience of competitive body building is being motivated to work towards a goal.

"I set a goal and strive towards it, and I know that fitness will absolutely always be a part of my life."

We remember.

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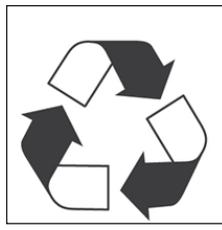
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Lest We Forget

HMCS Calgary observes Remembrance Day

SLt Stephen Tomlinson

As Canadians everywhere took time to remember those who have paid the ultimate sacrifice for the freedom of our nation, and to those in uniform who stand ready to answer the call when asked, the ship's company of *HMCS Calgary* recognized the day while at sea.

They mustered on the flight deck in the rolling seas off the coast of Oregon while en route home from five weeks of operations with the United States Navy.

There was silence on the flight deck, except for the ship's bell that tolled over and over as the names of each Her Majesty's Canadian Ship lost in battle was read by Coxswain CPO1 David Morse.

Prayers were said, poems were read, and the crew stood pensively remembering their fallen brethren, while considering their own role in serving Canada.

Following the last post, the crew stood in silent reflection while the swells of the North Pacific rocked the ship and waves broke with their distinctive hiss as the ship continued

home.

"I think it is important that Canadians take this time to recognize the sacrifice of those who have fought and continue to fight for the freedoms and liberties that we are so privileged as Canadians to enjoy," said Commander Julian Elbourne, Commanding Officer of *HMCS Calgary*.

The ceremony concluded as a wreath was laid into the Pacific to the notes of *Amazing Grace*. Cdr Elbourne and CPO1 Morse saluted the fragile wreath as it floated in *Calgary's* wake, left to the mercy of the deep.



HMCS Calgary's ship's ceremony gathered on the flight deck to honour the fallen and those who served, and continue to serve Canada in the Canadian Armed Forces.

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