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Volume 61 Number 42 | October 17, 2016

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Photo by Peter Mallett, Lookout Newspaper

Rear-Admiral Art McDonald met with veterans Earl Clark (left) and Mac Colquhoun at Veterans Memorial Lodge at Broadmead on Oct. 7. RAdm McDonald was attending a ceremony for 93-year-old Second World War veteran and former Japanese POW Rudi Hoenson, who received two war medals presented by the government of the Netherlands. See more about the medal ceremony on page 2.

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Photo by Peter Mallett, Lookout Newspaper
Rudi Hoenson meets with CPO1 Gilles Grégoire and RAdm Art McDonald during a war medals presentation ceremony for Hoenson at the Veterans Memorial Lodge at Broadmead, Oct. 7.

Netherlands honours POW veteran

Peter Mallett
Staff Writer

Japanese POW Rudi Hoenson, 93, has finally received his well-earned war medals, seven decades after the Second World War ended.

Netherlands Defence Attache in Canada, Lieutenant Colonel Christa Oppers-Beumer, on behalf of Netherlands Minister of Defence Jeanine Hennis-Plasschaert, honoured him with the Mobilization War Cross and the Medal for Order and Peace during an Oct. 7 ceremony at Veterans Memorial Lodge at Broadmead.

Despite seeing the worst horrors of war firsthand, including the Nagasaki atomic bomb, the upbeat Hoenson teased officials.

"I would like to thank the Dutch government even though these medals are a little late in arriving. What took you so long? I have been waiting 71 years... You are not going to prick me with the medal are you?"

The extended spell of spontaneous laughter broke

much of the pre-ceremony tension in the auditorium, but after his ice-breaker the war veteran took a more serious tone.

In his address to the audience, Hoenson said he was dedicating his medals to his fallen comrades who fought alongside him in the Dutch East Indies prior to his capture, and those at the POW camp in Nagasaki - where he spent three-and-a-half years - that didn't survive.

"They were entitled to the awards too, but sadly many of them did not receive it," said Hoenson, who received a standing ovation.

The atomic bomb was dropped on Nagasaki on Aug. 9, 1945, and Hoenson's POW camp was less than a mile from ground zero. In the aftermath of the blast much of the city was levelled and left in smouldering ruins; Hoenson and several other prisoners fled the camp. They eventually made it to safety following the Japanese surrender.

He noted that over 20 of his fellow prisoners weren't so lucky and died from severe burns in the days immediately following

the blast, while nearly half of the 200 prisoners at the camp were sent to a U.S. hospital ship in the days following.

After the war, Hoenson moved to Canada virtually penniless, but then managed to accumulate a small fortune after shrewdly investing money he made from working in Alberta's oil fields. Hoenson has spent the last decade of his life giving away his fortune to those in need. He has given over \$1 million in charitable donations to the Veterans Memorial Lodge at Broadmead.

Also in attendance were Rear Admiral Art McDonald, Commander Maritime Forces Pacific; Chief Petty Officer First Class Gilles Grégoire, Formation Chief; and the Honourable Judith Guichon, Lieutenant Governor of B.C.

LGov Guichon is friends with Hoenson and during the beginning of her address was moved to tears by his charitable kindness and resiliency through the "hardship and horror" of war.



"This is the reason we need to hear Rudi's story and to celebrate him," said LGov Guichon. "He has no blame, no bitterness, and only goodwill towards others; that is truly the triumph we are here to celebrate."

Following the ceremony attendees were led to the front foyer of the lodge for the unveiling a new spot on their Donor Wall commemorating Hoenson's seven figures of donations.

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Roll up your sleeves for flu fighting

Capt Laura Guevremont
CF H Svc (P)

Canadian Forces Health Services Centre (Pacific) has started to give the flu shot to its members to help them stay healthy this winter. It's important when deciding whether or not to get the flu shot that you have the right information about the flu and the vaccine. There are many misconceptions about influenza and the flu vaccine, and these misconceptions can lead to a decrease in the number of people who are vaccinated.

Influenza is a respiratory illness caused by the Influenza A and B viruses. This virus usually appears in the late fall and early winter when cold temperatures allow the virus to spread more easily. The flu most commonly causes a sudden high fever, chills, sore throat and cough.

The flu can lead to more severe respiratory illnesses such as pneumonia. This is particularly dangerous in the very young and very old, the chronically sick and pregnant women as their immune systems are not as good at protecting them from disease even after they have been vaccinated. Approximately 10-20 per cent of Canadians will get the flu each season, about 12,200 will be hospitalized, and 3,500 will die.

The influenza virus is constantly mutating which means that people need to be vaccinated each year. The flu vaccine is formulated using data on flu viruses that circulated around the world in the previous year. The flu vaccine formulation for the 2016/17 season was chosen in February of this year. It protects against two A strains including H1N1 and one or two B strains.

Last year the flu vaccine proved to be less effective than hoped. This is because the main circulating virus had mutated from the previous year. This mismatch is always a risk when formulating the vaccine as developers are only able to make a best guess. Few things in life are a sure-fire guarantee and this is true of the flu vaccine as well. But it is the best protection we have and is proven to greatly reduce the incidence of the flu.



Corporal Tim Corcoran of CF H Svc (P) administers a flu shot to Fleet Surgeon Lieutenant-Commander Lucie Gijzen during a flu shot clinic Oct. 11 in Dockyard D100.

It is even possible to be infected with the flu and have no symptoms, which means you can spread it without even knowing. When more people are vaccinated, it reduces the rate of flu in the entire population; therefore, fewer vulnerable people are exposed and infected. Getting the flu vaccine protects you and everyone else in your community.

So why should you get the flu vaccine? The most obvious answer is so that you don't get the flu. No one likes being sick so why not do all you can to stay healthy? The flu vaccine is not perfect. But it is proven to reduce the likelihood you will get the flu and even other flu-like illnesses.

Finally, maintaining the health of our military personnel contributes to

the effectiveness of the organization. This includes protecting yourself from preventable diseases such as influenza. Canadian Armed Forces members are fortunate to have access to the flu vaccine free of cost. So the big question you should be left with is not "why should I get it?" but rather "why not?"

Military Immunization Clinics

Oct. 19
Building N92
(Fleet School) Naden
Conference Room
0830-1430

Oct. 25
Building DY-109
Dockyard
0830-1430

Oct. 26
Nixon Building
(Gun Room)
Work Point
0830-1430

Nov. 4
FDU
0830-1130

- 443 Sqn TBD
- Nellies Block TBD

Also members can come in for drop ins to the Immunization clinic in the mornings to receive the flu shot. The Immunization Clinic is closed during the off-site Flu clinics.



Photos by Peter Mallett, Lookout Newspaper

Cpl Corcoran administers the flu shot to Rear-Admiral Art McDonald during the flu shot clinic.

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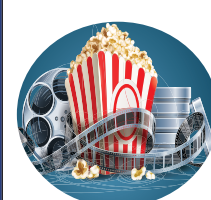


Oct 26th: Petrifying Paintnite!

Come down for a very special Halloween inspired Paintnite! Mess members contact MS Clarke for tickets. \$15 each.

Oct 29th: Rock & Roll Halloween Party

With 80's classic Rock cover band Rock of Ages! Costume Contest, Games & Prizes. \$5 cover. Doors open @ 7pm.



Oct 30th: Halloween Kids Movie

Bring your kids down in their costumes for a movie, some colouring and a goodie bag! Doors Open at 12:00pm and the movie starts @ 1pm. Lots of drinks and snacks provided.

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matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked personnel who took part in a recent flu shot clinic:

Besides your recent inoculation, what is your favourite cure or home remedy for fighting off the flu, colds and sickness?



A steady influx of liquids including lots of water, tea or lemon water because it helps flush you out and that is essential to getting better

Lcdr Shawn Connelly,
JTFP-J3-LAND



For me it's a lot of exercise and just trying to sweat it out. After that it's very important that you get a nap and allow yourself to rest and recover.

Cpl Tim Corcoran,
CFHsvc(P)



Washing my hands and encouraging others to do so too because it is the best way to prevent transmission of influenza

Lcdr Lucie Gijzen,
Fleet Surgeon CFHsvc(P)



Ginger tea because my mom used to always make it for me when I was feeling run down and sick, and it still works for me today

Nancy Gilmour,
RN CFHsvc(P)



Vitamin C supplements, but also lots of sleep and rest because that's how you boost your immune system and help the body repairs itself

LCol Ryan Sexsmith,
JTFP-ACCEP/
1 Canadian Air Division

WHAT SAY WE

Operation Honour Briefings

Maritime Forces Pacific will host RAdm Jennifer Bennett and her team from NDHQ Oct. 18 for briefings and updates on Operation Honour

Maximum participation from units within the Formation and fleet is required, with the breakdown of location and level of brief listed below:

- Senior leadership brief – Admiral's briefing room D100 MARPACHQ (Fleet/Formation command teams), timing 0900-0945 hrs
- Town hall 1(a) – Chiefs' and Petty Officer's Mess, target audience Officers and Chiefs and Petty Officers shore-based units including MARPAC and FMF, timing 1000 to 1130 hrs, seating capacity 120 persons.
- Town hall 1(b) - Pacific Fleet Club, target audience Master Seaman and Below fleet units including NPTG, timing 1000 to 1130 hrs, seating capacity approximately 300 persons.
- Town hall 2(a) - Chiefs' and Petty Officer's Mess, target audience Officers and Chiefs and Petty Officers fleet units including NPTG, timing 1300 to 1430 hrs, seating capacity 120 persons.
- Town hall 2(b) - Pacific Fleet Club, target audience Master Seaman and Below shore-based units including MARPAC and FMF, timing 1300 to 1430 hrs, seating capacity approximately 300 persons.

Town hall timings have been assigned to reduce impact on operational units.

Queries maybe directed to CPO1 Vincelette 3-4728 or michel.vincelette at forces.gc.ca



Image by LS Ogle Henry, MARPAC Imaging Services

Leading Seaman Andree Noye, the Military Police rider with the Tour de Rock-Cops For Cancer team, presents a plaque to Captain (N) Steven Waddell, Base Commander, for the base's support helping her raise \$14,000 for the Canadian Cancer Society.

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Dancing

THROUGH

Cancer



Dance instructor Victor Golubkov, owner of VGdance studio, and Captain Jenn Jackson move through their Rumba routine to "Fight Song" by Rachel Platten. The dance was performed at the Pacifica Ball in April 2016 in Victoria.

Capt Jenn Jackson
Contributor

A cancer diagnosis is not necessarily a death sentence.

In fact, I am living, breathing proof that with determination, perseverance and support, life doesn't even have to stop for cancer treatments.

In November 2014, I was diagnosed with an aggressive form of Stage II Invasive Ductal Carcinoma and Ductal Carcinoma In-Situ, two different types of breast cancer.

I was 35, active, otherwise healthy, and had no family history of the disease. There was nothing to indicate that I was more likely than anyone else to be diagnosed, but yet there I was. I was the CFB Esquimalt Public Affairs Officer and I was also a competitive ballroom dancer.

I can't speak for the experience of others, but when I received my diagnosis it just seemed unreal. I didn't feel sick. In fact, I had competed in dance just two weeks prior and won top program student. I had just organized the Remembrance Week Speaker's program

for the Formation.

But whether it felt real or not, reality in the form of six months of chemotherapy, six weeks of radiation, and multiple surgeries was rapidly coming my way. More than 18 months of my life was spent eradicating the cancer and reducing as much as possible the chance of it reoccurring.

I realized early on that if I was going to make it through so many months of treatment, feeling sick, being off work, and unable to do many of the things I wanted, that I needed to find one thing as an 'anchor' to keep me grounded, positive, and looking ahead to the future. I needed to know there would be something in my life to give me joy. It quickly became obvious that dance was that one thing, and all of my health care professionals agreed.

And so it was that I began the remarkable journey of dancing my way through cancer.

When I look back, part of me still cannot believe how much dance contributed to my overall health and well-being while I was going through treatments.

Even though I had lost all my hair, felt weak, nauseous, and fatigued, I was able to stay positive and optimistic. I fully believe that dance helped to counter all of the negative side effects to keep me active, moving, and motivated.

If I wasn't dancing, I have no doubt my journey would have been harder and perhaps even less successful.

That's not to say the journey was easy. I had good days, and I had very bad days. I had days where I fell immediately into bed after my lesson or practice. I had days my body just didn't want to work, and I had days when I didn't want to do anything.

But dance gave me a reason to get out of the house. It gave me a reason to be active. It gave me something to look forward to that allowed me to forget I was sick. And no matter how bad I felt before dance, I knew that I would leave the studio feeling better and glad I went. It gave me hope, and it gave me joy even on my darkest days.

I danced an average of three to four hours a week, through all my treatments, with the support of my instruc-

tor, friends, work colleagues, and the local dance community. I performed three showcases and competed twice. I did more than survive. I continued to live my life through dance.

In December 2015, I received the news that I am cancer-free, and in August 2016 I returned to full duties. I haven't looked back once, and I am now happily and healthily dancing into the future. That's what being a dancer did for me. What could dance do for you?

October is Breast Cancer Awareness Month. Take five minutes and check your breasts. It could save your life as it did mine.

To read more about Capt Jackson's journey balancing life, the military, dance and cancer recovery go to her Blog www.bcbalroomdancer.wordpress.com.



Captain Jenn Jackson



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Local athletes to be recognized at Ottawa Sports Award Ceremony

On Oct. 21 Canadian Forces Morale and Welfare Services will hold the Sports Awards Ceremony in Ottawa. It is considered the highlight of the Canadian Armed Forces (CAF) sports year. Athletes, coaches and officials, serving and retired, are recognized for their outstanding athletic performances and remarkable contributions to sport. Selected members are also inducted into the Canadian Armed Forces Sports Hall of Fame and Honour Roll during the ceremony.

Below are CFB Esquimalt's nominees.



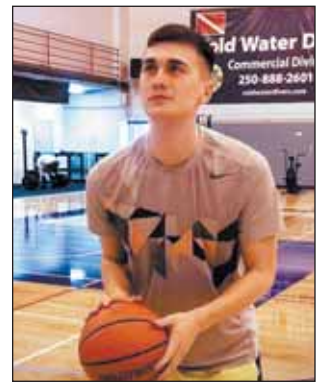
**2015 CFB Esquimalt Women's Soccer Team
Royal Canadian Navy**

Building a strong team bond can take months; however, the CFB Esquimalt Women's Soccer Team pulled together a winning, determined and sportsmanlike team in mere days. Unable to field teams for a CAF Regional Championship, athletes from throughout the Pacific Region came together to practice only the day before the 2015 CAF National Championships. They worked hard through a difficult round-robin, barely made play-offs, and then surprised everyone by upsetting the reigning champions, the Ontario Region. The team's final match against the Quebec Region was a nail-biting scoreless tie through two overtimes, but CFB Esquimalt at last claimed a 2-1 victory on penalty kicks.



**AB Marjolaine Plante
Swimming, CFB Esquimalt, Royal Canadian Navy**

In just a few short years, AB Plante has burst onto the swimming scene in the CAF and has out-paced swimmers 18 years her junior. Her passion for the sport, quiet determination to succeed, and exceptional physical fitness were on display repeatedly in 2015. She reached the podium seven times in civilian regional competition, and won gold medals at the CAF National Championships in the 100 m, 200 m and 400 m freestyle, as well as the 100 m backstroke. AB Plante also competed for Canada at the CISM Military World Games in the 50m butterfly and backstroke, where she swam great races against Olympic-calibre athletes.



**SLt Connor Duke
Basketball, CFB Esquimalt, Royal Canadian Navy**

In just one year on the CFB Esquimalt Men's Basketball Team, SLt Duke grew from a talented but reserved new player into one of the best basketball players in the CAF. After winning CAF Regionals, his team went on to CAF Nationals, where they took home a hard-won bronze medal. SLt Duke's gritty play and high release sharpshooting earned him game MVP honours and a tournament All-Star selection. From there, thanks to his passion, commitment and professionalism, he achieved his ambition of making the CISM team and competing for Team Canada at the Military World.

Canadian Armed Forces

Sports Day

Oct. 21, 2016



4th Annual CFB Esquimalt Sports & Athletics Awards Luncheon
 Friday, Oct. 21 By invitation only.
 Guest Speaker: Geoff Courtnall
 Sponsored by Seaspan Victoria Shipyard

Join us for the 4th Annual National Sports Day 5K Run
 Friday, October 21 • Naden Drill Shed

Sport Skill Workout
 Naden Athletic Centre
 12:05-12:50pm
 Drop in class

Unit Sports Activities
 Do your own sports activity.
 Register your event with the PSP Sports office and report participation numbers to heather.catte@forces.gc.ca

- 5 K run through Naden and Dockyard, start and finish at Naden Drill shed.
 - Open to all military and DND employees.
 - Teams and individuals are welcome.
 - Registration is mandatory and begins at 0715 hrs. Must have Military/DND Civilian ID - ID wristbands will be provided as identification for all runners.
 - Healthy snacks and drinks will be provided.
 - There will be a Tradeshow in the Drill Shed.
- Help us reach our goal of maximum participation from all units!
- For more information contact PSP Fitness Coordinator Matt Carlson 250-363-4495



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Retired sailor thankful to be alive

Deborah Morrow
Contributor

Last week, Lieutenant Commander (Ret'd) John Nosotti celebrates the two-year anniversary of the near-impossible odds of surviving a cardiac arrest while on a remote island.

Two years ago, Nosotti and four friends were enjoying a sail on a HMCS Discovery C22 vessel from Stanley Park to Bowen Island. Upon arrival, Nosotti stepped onto the jetty and immediately collapsed in full cardio-respiratory arrest, which means no breathing, no heartbeat, and no signs of life.

Responding to shouts for help, a sailor from a nearby yacht dove into the water, swam to the jetty, and began chest compressions. Another member of the C22 crew who had years of E.R. experience as a nurse also helped; a bystander said she was an oncologist, and another person who came to help also knew CPR.

Nosotti's skin colour was deeply blue which meant he needed oxygen. While one person did mouth-to-mouth resuscitation, the others took turns doing chest compressions.

The Bowen water taxi operator called on his radio for a paramedic helicopter, but knew the advanced life support help was 45 minutes away. Nosotti's rescuers had to keep going until help arrived, or else lose him.

CPR is exhausting, so turns had to be taken to avoid fatigue from interfering with effective CPR. The four capable and trained first aiders spelled each other off.

Mouth-to-mouth ventilation was effective but lacked the high percentage of oxygen the blood needed to fully saturate his body.

So Nosotti was still cyanotic (blue) when the Bowen Island Volunteer Firefighters came to help. They did not have full respiratory equipment, but they did have an oxygen tank and mask. The person doing mouth-to-mouth used the mask to breathe in a high concentration of oxygen into her own lungs and then breathe what she

could into Nosotti.

Shortly after, he had a pulse and some colour returned to his skin. But it didn't last. He arrested again. Rescuers resumed CPR. Twice more, Nosotti came back to life and arrested again.

About 25 minutes into the rescue, the RCMP Detachment arrived to do whatever they could. A constable asked the crew, "Would this be of help?" and produced an AED, an automated electronic defibrillator. An AED delivers an electric shock to the heart to re-start it. It increases the chances of survival by 31 per cent.

"This is the best news ever, you bet it will help," said one of the rescuers.

The defibrillator pads were applied to Nosotti's chest and the AED began to do its work. CPR continued between electric shocks and after the fifth shock, Nosotti woke up long enough to say, "My chest hurts," before lapsing into another cardiac arrest.

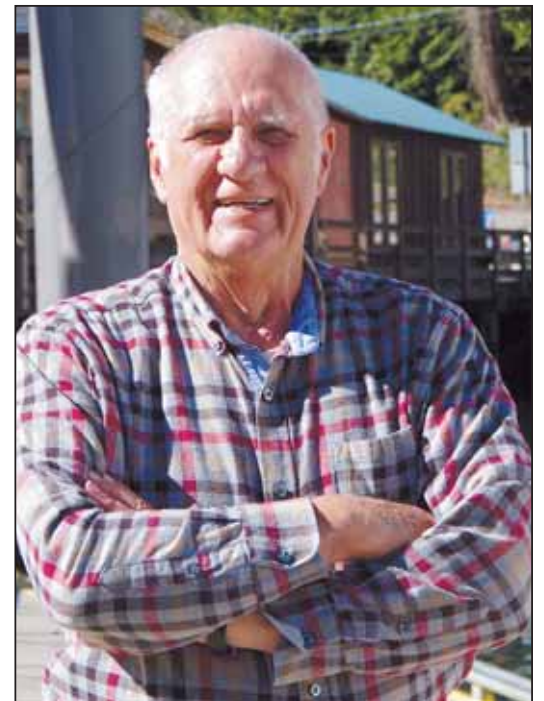
All together, Nosotti had 10 cardiac arrests that afternoon before the final shock flipped his heart into a rhythm that kept it beating. He began breathing on his own and an oxygen mask was placed over his mouth and nose on a high flow. The sound of the helicopter was heard overhead about 40 minutes after he first dropped; a welcome sound to the gathering crowd.

The rescuers kept expecting his heart to stop again, but instead he spoke through the oxygen mask and said, "Oh! Hi! - My chest hurts."

"I guess it does!" said a rescuer.

Nosotti was fully alert and suffered no apparent brain damage, which seemed miraculous to the rescuers. He was transported by helicopter to Vancouver General Hospital (VGH) trauma centre.

The C22 crew was shuttled back to



Lieutenant Commander (Ret'd)
John Nosotti

Stanley Park by water taxi where they were driven to the VGH ER to see their friend. The cardiologist spoke to the crew and said, "Whatever you did was right, but just to let you know, the odds were much less than one per cent survival and his brain seems alright, so even less."

The next day Nosotti was taken to the operating room and a pacemaker and automatic defibrillator was placed inside his chest to prevent further life-threatening episodes like the one on the jetty. Although his heart continues to beat, he lives with the risk of heart failure, which means he has to restrict his fluids and salt intake.

Nosotti is now a disciple of CPR education in the Sea Cadet program in which he volunteers.

"I'm alive today because enough people around me knew CPR and because they never gave up on me."

Nosotti now walks 10,000 steps per day for exercise, eats well, and takes heart medication; a new routine and the remedy for his survival.

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Warships set sail to tackle trafficking

DND

HMC Ships *Brandon*, *Edmonton* and *Kingston* have departed to participate in Operation Caribe, Canada's contribution the multinational campaign against illicit trafficking by transnational criminal organizations in the Eastern Pacific Ocean and Caribbean.

Following readiness training at-sea, the ships will formally join Operation Caribe in the coming days.

"One of the Royal Canadian Navy's most fundamental responsibilities is protecting and maintaining maritime security at home and abroad," says Rear-Admiral Art McDonald, Commander, Maritime Forces Pacific. "We are committed to working with our partners who share our common values and goals in promoting regional stability while suppressing criminal activity at sea."

This deployment will look to build upon the success of HMC Ships *Moncton*, *Summerside*, *Edmonton*, *Saskatoon*, and *Vancouver*, which so far in 2016 have seized and disrupted a total of approximately 2,930 kg of cocaine and 1,520 kg of marijuana while working with the United States Coast Guard and embedded Law Enforcement Detachments.



Take your Grade 9s to work in two weeks

Do you remember being in Grade 9 and not knowing what you wanted to do in the future?

It can be a confusing time for students, as everyone begins asking the infamous question, "What do you want to be when you grow up?"

Do you want to help students explore a real working environment and expose them to a wide variety of jobs?

This can be accomplished by participating in Take Our Kids To Work Day on Nov. 2, an annual national program in which Grade 9 students are hosted at workplaces across the country to connect school, the world of work, and their own futures.

Any DND civilian employee (including casual or part-time employees) or Canadian Armed Forces member can sponsor a student and have that student accompany them to work for the day. The student can be your own child, a niece/nephew, a grandchild, or a colleague's child. Sponsors must obtain permission from their supervisor in

advance to have the student shadow for any part of the day.

A visitor's pass must be obtained for the student to access DND/CAF facilities and they must be escorted at all times.

MARPAC is planning a Kids to Work Day filled with activities for your student to learn more about the different careers at CFB Esquimalt. Activities tentatively being planned include a tour of Fleet Maintenance Facility Cape Breton, a tugboat tour, and a guided base tour. More information will be posted on the Notice Board in the upcoming weeks.

To register for this event, email Zoe Vollert with the name of the student, sponsor's phone number and email address. A detailed activity schedule and event reminders will follow. The registration deadline is Oct. 27.

For more information on Take Our Kids to Work Day, or to register your student for the MARPAC activities, please contact Zoe Vollert, Zoe.Vollert@forces.gc.ca, telephone 250-363-7626.

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Ottawa and readiness training

SLt Duy Nguyen & Lt(N) Ellie Aminaie
HMCS Ottawa

For the first time since its Halifax Class modernization, *HMCS Ottawa* and crew had the opportunity to operate in a multi-ship task group.

Along with *HMCS Winnipeg*, *Ottawa* participated in a U.S.-led exercise involving numerous American ships, a Chilean submarine, and multitudes of U.S.-based aircraft off the coast of Southern California.

Ottawa's crew is working toward high readiness for their upcoming WestPloy 17 deployment; so, the ship's company has undergone a month-long Intermediate Multi-Ship Readiness Training (IMSRT), also referred to as workups, in order to prepare the crew for the challenges of naval operations, damage control, and warfare.

The U.S.-led exercise, called SWATTEX, also served to improve the Royal Canadian Navy's interoperability with American counterparts.

For many of the younger members

of the crew, the workups program was a first taste of high tempo operations over an extended period at sea. *Ottawa* embarked a team from Sea Training Atlantic to train and mentor the crew, helping to establish core skills required at sea, and build team cohesion.

SLt Bryan Carr, a Phase VI Combat Systems Engineering Officer and recent graduate from initial training ashore, joined the crew days before sailing from Esquimalt, and was quickly exposed to an array of new naval operations and seamanship evolutions.

"There's been a lot to learn since pretty much every evolution was practiced during IMSRT. It's been a great opportunity to see the 57mm gun and Close-In Weapon System, both in action and taken apart for maintenance. For a while, we were doing a shoot every day," he said.

Although he found many concepts at sea difficult to grasp at first, SLt Carr was able to gain greater comfort and confidence as he experienced numerous emergency scenarios.

Another young sailor who benefit-

ed from *Ottawa's* Force Generation program was Able Seaman Jean-Michel Derome, who is a Junior Weapons Engineer. In addition to the Sea Training mentorship he received in repairing equipment during battle damage scenarios, AB Derome's experience with the Naval Boarding Party was the highlight of the sail for him.

"A secondary duty of mine is Naval Boarding Party. This duty has been a worthwhile experience, showing me the intricacies of dealing with a variety of different situations when searching a vessel of interest with questionable cargo."

The ship's program included practice boardings of a U.S. Coast Guard ship, *HMCS Brandon*, and the motor vessel *Atlas*, a contracted coastal freighter used to train boarding teams from around the world, including Navy SEAL teams.

The Naval Boarding Party was also employed in a Humanitarian Assistance and Disaster Relief scenario that was the final milestone for *Ottawa's* readiness training.

Among a number of milestones

achieved by *Ottawa* during the readiness training was the Ship Without Air Detachment (SWOAD) qualification that includes the ability to conduct operations with domestic and foreign helicopters without having an air detachment embarked.

Ottawa also used the opportunity to train members of the ship's company who were not part of the Deck Department as a secondary SWOAD team, providing the ship greater flexibility to conduct multiple seamanship evolutions concurrently.

LS Christopher Henrior, a boatswain onboard, described his first hand view of the event as, "an amazing experience doing SWOAD ops with the American Coast Guard. It is an opportunity that doesn't come around often."

LS Henrior was an integral member of the SWOAD team who assisted with the safe landing of the Coast Guard helicopter on the flight deck and making sure that one of the ship's team members was delivered to medical care ashore.

Overall, the ship's company had a beneficial experience working with

Winnipeg and the United States Navy and Air Force, while under the mentorship of Sea Training Atlantic staff on fighting the ship in multiple warfare scenarios all while working within a multi-national task group.

Notably, during the month-long program, *Ottawa* fired thousands of rounds of ammunition, dealt with 21 ship-wide damage control and warfare scenarios, treated 122 exercise casualties, and travelled a total distance of 6,200 nautical miles.

It was a very busy sailing program that undoubtedly prepared the ship's company for a higher readiness level as it continues to force generate for the upcoming Westploy 17 deployment. The final result was the achievement of Normal Readiness 1 status and the confidence that *Ottawa* is ready for more complex problems and challenging environments.

Upon return to Esquimalt, *Ottawa* will have a busy program ahead, including operations team training for the Combat Department at the MATS facility in Halifax, NS, and mission workups in early 2017.



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Photo by Lt(N) David Lewis

Commodore Marta Mulkins, Commander Naval Reserve (centre), on a joint Canadian Coast Guard / RCMP rigid hulled inflatable boat during Exercise Erie Valour.

Lake Erie location for reserve training

Lt(N) David Lewis
 HMCS Prevost PAO

Seven Naval Reserve Divisions, four Army Reserve units, the Canadian Coast Guard, and the RCMP all came together on the first weekend of October for Exercise Erie Valour.

The exercise is designed to simulate a joint task force and improve interoperability between government departments.

The exercise ran from Sept. 30 to Oct. 2 in Port Stanley, Ontario. "The main focus of the exercise is to develop and regenerate individual skills and knowledge of naval operations, seamanship, and specific trade skills in a dynamic

and active training environment that promotes skill development and personnel retention," said LCdr Sean Batte, Commanding Officer of HMCS Prevost, and Joint Task Force Commander for the exercise.

Training centered on individual readiness and proficiency in small boat operations while working within a Joint Task Force command structure that oversees waterborne and land security.

Also, in an effort to enhance the safety and security of its ships and personnel while on deployment, the Royal Canadian Navy's developing capability – the Naval Security Team – was tested. In the future, Exercise Erie Valour

will continue to support the concept of the Naval Security Team in its training.

Commander of the Naval Reserve, Commodore Marta Mulkins visited Port Stanley during Exercise Erie Valour and said, "The professionalism and teamwork demonstrated during Ex Erie Valour is impressive. The skills these sailors hone during training exercises such as this will serve them, their home units, and the Royal Canadian Navy for years to come."

In an official tweet from the RCMP they referred to Exercise Erie Valour as "a great weekend training with our Maritime Security partners."

The main focus of the exercise is to develop and regenerate individual skills and knowledge of naval operations, seamanship, and specific trade skills in a dynamic and active training environment that promotes skill development and personnel retention.

LCdr Sean Batte, Commanding Officer HMCS Prevost


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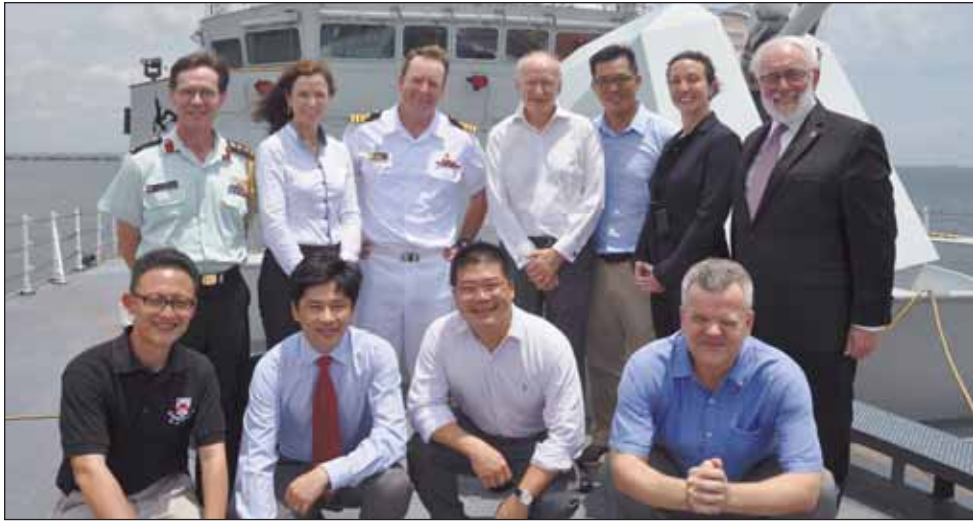


Photo by Lt(N) Paul Pendergast, MARPAC PA

Commander Clive Butler (back row, third from left), Commanding Officer of HMCS Vancouver, hosted a round table of local security experts in Singapore on Oct. 12. HMCS Vancouver is in Singapore to conduct a goodwill port visit as part of WestPloy 16. The round table meetings are part of the outreach agenda aimed at building strong ties between the Royal Canadian Navy and the navies of the Asia-Pacific countries while promoting peace and security in the region.

Vancouver in Singapore

DND

HMCS Vancouver arrived in Singapore last week to conduct a goodwill visit as part of WestPloy 16.

Vancouver's deployment is aimed at building strong ties between the Royal Canadian Navy (RCN) and the navies of Asia-Pacific countries while also promoting peace and security

in the region.

The ship is engaging in a variety of training opportunities with foreign navies as well as visiting several countries in the Asia-Pacific region. WestPloy 16 provides a unique opportunity that allows the RCN to foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on

the world's oceans.

This deployment allows Vancouver, along with an embarked CH-124 Sea King helicopter and air detachment, to test and evolve the warfighting capabilities of the Halifax-Class warships after upgrades to equipment that were made as part of the Halifax-Class Modernization/Frigate Life Extension project.



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Bravo Zulu

Protecteur Presentation of Honours

His Excellency the Right Honourable David Johnston, Governor General of Canada, presented honours to crewmembers of the former HMCS Protecteur during two ceremonies on Oct. 5 at the Residence of the Governor General at the Citadelle of Québec. The following individuals received medals for their responses during the Feb. 27, 2014, fire aboard Protecteur.

Photos by MCpl Vincent Carboneau, Rideau Hall, OSGG



From left: Decoration for Bravery, Meritorious Service Decoration, and the Polar Medal.



CPO2 André Aubry is presented the Medal of Bravery.



Cdr Julian Andrew Elbourne is presented the Meritorious Service Cross.



CPO1 Ian Mark Kelly is presented the Meritorious Service Cross.



CPO2 Michael Andrew Penner is presented the Meritorious Service Cross.



CPO2 Peter Ronald John Storie is presented the Meritorious Service Medal.



LS Curtis Lee Korolyk is presented the Meritorious Service Medal.



Maj Michael Gibbons is presented the Meritorious Service Medal.



Maj Stéphann Grégoire is presented the Meritorious Service Medal.



MS Andrew Christopher Astles is presented the Meritorious Service Medal.



Cdr Jeffrey Murray is presented the Meritorious Service Cross.



PO1 Yves Bernard is presented the Polar Medal. He received the medal for his work in the search for the missing Franklin ships.



Bravo Zulu

Naval Fleet School Pacific

Commander Todd Bonnar, Commanding Officer Naval Fleet School Pacific, handed out medals and a promotion.



MS Beverley Hibbs is presented the Canadian Forces Decoration.



MS Beverley Hibbs is presented the Operation Service Medal - Expedition.



PO1 Lorne Ferguson is presented the Canadian Forces Decoration Second Clasp.



CPO2 Ken Simoneau is presented the Canadian Forces Decoration First Clasp.



PO2 David Webb is presented the Canadian Forces Decoration First Clasp.



PO2 Kevin Purdy is presented the Canadian Forces Decoration First Clasp.



PO2 Christopher Brandt is presented the Canadian Forces Decoration.



PO2 Brian Nicol is presented the Canadian Forces Decoration.



MS Herbert McDonald is presented the Canadian Forces Decoration.



PO1 Robert Matevia is presented the General Service Medal - Expedition.



LS Ian Ehler is presented the Canadian Forces Decoration.



MS Matthew Taggart is presented the General Campaign Star - South-West Asia.



PO1 Trevor Linfoot is presented the Operation Service Medal - Expedition.



PO1 Vincent Joseph De Launiere is presented the Operation Service Medal - Expedition.

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Naval Fleet School Pacific



PO2 Jason Bosdet is presented the Operation Service Medal - Expedition.



PO2 Thomas Orlowski is presented the Operation Service Medal - Expedition.



PO2 Justin Perreault is presented the Operation Service Medal - Expedition.



MS Francis Legare is presented the Operation Service Medal - Expedition.



MS Daniel Borys is presented the Operation Service Medal - Expedition.



MS Adam Parsons is presented the Operation Service Medal - Expedition.



MS Drew Coutts is presented the Operation Service Medal - Expedition.



LS Jason Field is presented the Operation Service Medal - Expedition.



LS Bradly Strachan is presented the Operation Service Medal - Expedition.



LS Andrew See is presented the Operation Service Medal - Expedition.



SLt James Jessup is promoted to his current rank by Cdr Todd Bonnar and Lt(N) Julien St-Aubin.

Promotion Ceremony

Cdr Wes Golden and Guy Cousineau (father of recipient) present Lt(N) Patrick Cousineau with his promotion to his current rank at Maritime Forces Pacific Headquarters.



SISIP Contest

Congratulations to OS Kurt Roy, winner of the Emerson 7-inch tablet in SISIP's CAF Savings Plan contest.

The CAF Savings Plan provides accessibility and low cost savings strategies, exclusively to CAF members and Non-Public Fund staff.



PCTU Presentations

Patrol Craft Training Unit Commanding Officer, LCdr Preston McIntosh presented an award and a promotion.



MS Daniel Donaldson is promoted to his current rank.



LS Geoffrey Ashcroft receives the Canadian Forces Decoration.



Fundraiser supports Tour de Rock

On Thursday, Sept. 29, CFMETR Military Police Detachment held a fund raising barbecue at the Thrifty Foods Store parking lot in Parksville to raise funds for the 2016 Tour de Rock Team.

Thrifty Foods Store Manager Bill Rutledge donated the burgers and pop sold at the barbecue.

The volunteers who made this barbecue such a success were Hannah

Collery, Tammy Evans, Michelle Oxford (Thrifty Foods employees), and Cpl Renz (MPU Esquimalt). Through the combined efforts of all involved \$1,240.25 was raised.

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Call **250-363-3127** to book your display or word ad

ANNOUNCEMENTS

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

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 3005PSC@gmail.com.

ANNOUNCEMENTS

848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

EDUCATION

BICYCLE MECHANIC COURSE Recyclistas Bicycle Mechanic Course 30hrs. Learn the Logistics of Bike Maintenance & Repair \$450 includes manual & use of tools. Evening classes. To register: 250-418-8867

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Must be able to live on-site (remote location) with flexible off site time. This is a salaried position for 12 months of the year with private accommodation provided. To apply please send resume and cover letter outlining your qualifications to Florence@caretaken.ca

HELP WANTED

EXPERIENCED CAREGIVER NEEDED to start work immediately for mother in law suffering dementia. I am offering 4-5 hours per day on Saturday, Monday, Wednesday, and Friday, at a rate of \$20.00 per hour (not as live-in). All applicants should email directly at neiljfehr17@gmail.com

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250-380-6883
#112 - 826 North Park Street
info@victoriapregnancy.org
www.victoriapregnancy.org

MISCELLANEOUS

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Joshua.buck@forces.gc.ca

VOLUNTEER

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

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