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CANADIAN ARMED FORCES NATIONAL SPORTS DAY 2016

On Friday, hundreds of men and women from CFB Esquimalt donned their running gear and headed out for a five kilometre run as part of National Sports Day. This activity was one of many that took part at bases and wings across the country.



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Vancouver on WestPloy '16

Lt(N) Paul Pendergast
MARPAF Public Affairs

Since departing its home port of Esquimalt in June, *HMCS Vancouver* has operated extensively throughout the Pacific region, including participation in large-scale multi-national exercises RIMPAC, held in July in the Hawaii area, and Kakadu, hosted by Australia in September.

Two weeks into October the ship arrived in Singapore for the first goodwill port visit of WestPloy 16 on Oct. 11. *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.

After all the routine tasks such as hooking up shore power and landing gash were completed, the crew were able to explore the city. They were impressed by the modern, efficient, and prosperous city-state.

With about the same area and population as greater Toronto, Singapore is the world's second busiest port in terms of total shipping tonnage (Shanghai is the busiest). Located strategically in the Malacca Strait connecting the Indian Ocean and the South China Sea, the booming metropolis is jam packed with gleaming glass and steel skyscrapers.

The ship hosted a reception, welcoming business and government leaders to

tour the newly modernized frigate and enjoy some Canadian hospitality.

There was also time for unofficial efforts to make a positive difference in the community. Twenty members of the crew visited a school at the Movement for the Intellectually Disabled of Singapore. They spent a morning with students playing games and singing songs.

Petty Officer Second Class Stephen Rownd, coordinator of the activity, said, "I was surprised how quickly some crew members jumped into the games, even though they had never done this before. We were really touched by the experience."

Vancouver also hosted an academic roundtable of local security experts while in Singapore as part of the deployment outreach agenda.

Attendee Dr. Jim Boutilier, Special Advisor to Maritime Forces Pacific on Asia-Pacific issues reported that, "The roundtable provided an opportunity to engage Singapore's leading defence and security specialists in a far-ranging and candid exchange of views about the increasingly complex and disturbing developments that are rendering the security environment in the seas of East Asia more dangerous and problematic."

After four days alongside in Singapore, *Vancouver* slipped and proceeded to their next port of call, Ho Chi Minh City, Vietnam,

arriving Oct. 18. There was another reception where local officials were hosted on the ship, and another academic roundtable was held with Vietnamese security experts.

The crew wasted no time exploring the huge city of 10 million people, with a rapidly growing economy, plenty of restaurants, and shopping galore.

The Vietnamese people are known for their warmth and generosity, and the crew experienced that warmth.

"I love the culture and the people here," said Lieutenant (Navy) Jeff Scheerer. "They are hands-down the nicest people I have met on this deployment."

More than 20 members of the crew visited a shelter for homeless children, where they rolled up their sleeves and painted some of the buildings, before putting down the paint brushes and joining the kids in a friendly soccer game.

The Commanding Officer of *Vancouver*, Commander Clive Butler, and Chief Petty Officer First Class Tim Blonde, Coxswain, visited SOS Children's Villages in Ho Chi Minh City to present a cheque for \$5,000 on behalf of the Boomer's Legacy Fund.

Boomer's Legacy was created after Corporal Andrew "Boomer" Eykelenboom, a Canadian Forces medic, was killed in Afghanistan, Aug. 11, 2006. Eykelenboom was committed to saving lives. His death was the catalyst to creating this Foundation



Photos by Lt(N) Paul Pendergast, MARPAF Public Affairs

Commodore Jeff Zwick (left), Commander Canadian Fleet Pacific, salutes the monument to national hero Ho Chi Minh in Ho Chi Minh City, Vietnam.

that helps men and women in uniform make a positive difference in the lives of others, therefore helping themselves in the process.

SOS Children's Villages mission is to provide a loving and supportive family for any child that does not have one. There are 17 SOS Children's Villages facilities in Ho Chi Minh City caring for almost 3,000 children.

"It is a great honour for us to present this cheque on behalf of Boomer's Legacy,

and I know you will put it to good use after seeing these children and the care you are providing," said Cdr Butler.

Commodore Jeff Zwick, Commander Canadian Fleet Pacific, joined the ship in Ho Chi Minh City, leading the academic roundtable and meeting with senior leaders of Vietnam's navy and military.

"*HMCS Vancouver* has served as an excellent ambassador for Canada dur-

ing these visits to Singapore and Ho Chi Minh City, both by the professionalism of the crew, and by showcasing the enhanced capabilities of a post Halifax-Class Modernization warship," said Cmdr Zwick.

After departing Ho Chi Minh City on Oct. 21, the next port visits will be in Australia and New Zealand, before returning to Esquimalt via Fiji and Hawaii, arriving home in time for Christmas.



Commercial shipping traffic transits the Saigon River past HMCS Vancouver in Ho Chi Minh City, Vietnam, on Oct. 20.

Asia-Pacific Nations host Warship



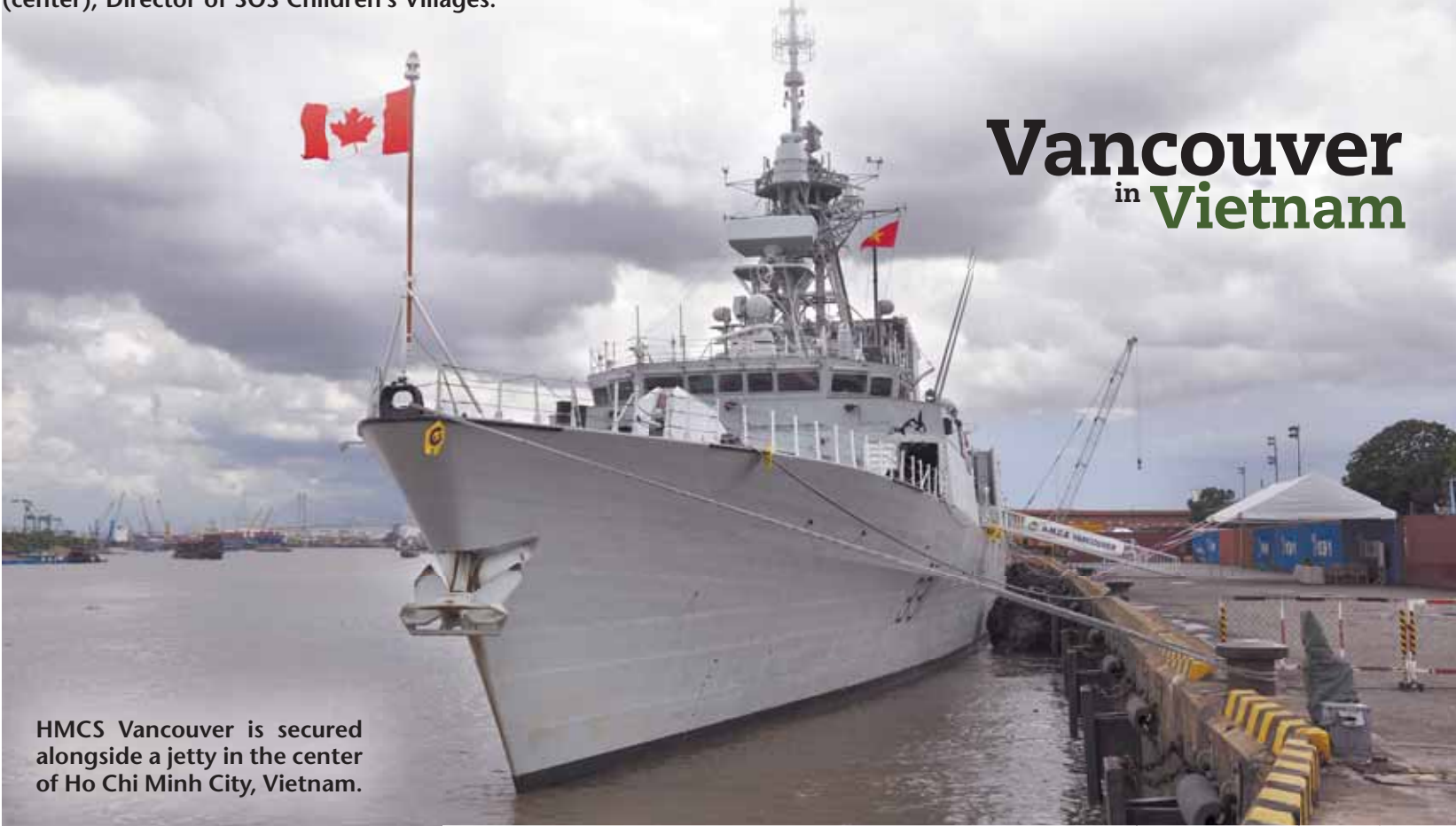
Vancouver sailors joined the Canadian High Commission staff and the Canadian Dragons, a local Dragon Boat team, for some friendly competition on the water in Singapore.



Commander Clive Butler (left), Commanding Officer of HMCS Vancouver, and Chief Petty Officer First Class Tim Blonde (right), Coxswain, present a donation of \$5,000 on behalf of the Boomer's Legacy Fund to Dang Thi Huong (center), Director of SOS Children's Villages.



Cmdre Jeff Zwick accepts a plaque from Captain (Navy) Hoang Van Tuyen, Deputy Commander of Naval Zone 2, in Ho Chi Minh City, Vietnam.



HMCS Vancouver is secured alongside a jetty in the center of Ho Chi Minh City, Vietnam.

Vancouver in Vietnam



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WHAT SAY YOU

People Talk

Lookout asked this question:

What was the best costume you have ever worn for Halloween?



Back when I was a little kid I dressed as the First Nations performer Felipe Rose in the Village People. My mom made the costume for me and spared no expense making sure it looked authentic, right down to pieces of leather for the loin cloth.

Ryan Anderson,
PSP Recreation Manager



I once went out as the famed wrestler of the 1980s The Ultimate Warrior. The costume was completely authentic and had the muscle top and tassels hanging with a bikini bottom.

Christine Gatherum,
PSP Fitness Instructor



On a more recent Halloween I decided to lighten up the mood with a hand-crafted costume that was nothing short of stellar. I put on a white t-shirt, furry hat and used black duct tape for stripes. At first glance people thought I was a zebra, but when I put on some 'bumpin' orange shades they quickly realized I wasn't a zebra, but instead a cool dude 'zebro'.

Sylvain Verrier,
PSP Fitness instructor



My best costume was likely when I went out as Elton John, complete with sparkling sun glasses, velvet coat and pants, and platform shoes. It went over really well.

Christine Farrington,
PSP Special Events Coordinator

WHAT SAY WE

World Series SPORTS trivia

by Stephen Stone
& Tom Thomson


Questions

1. Until the current season, who was the last Chicago Cubs pitcher to end the post-season with a World Series win?
2. What was the smallest crowd in World Series history?
3. Who was the first pitcher to strike out four batters in one inning in the World Series?
4. Who was the second pitcher to strike out four batters in one inning in the post-season?
5. Which two teams combined for the most total runs in a World Series?
6. What is the record for the most total runs in a World Series?
7. What is the record for most runs in a single World Series game by both teams?
8. What is the record for the longest time duration World Series game?
9. Which team holds the record for the fewest runs scores by the losing team in a World Series?
10. Which team had the largest margin of victory in a World Series win?
11. Which team had the largest margin of victory in a World Series shutout win?
12. Which World Series losing team outscored the winning team by the greatest number of runs?

1. Orval Overall on October 14, 1908. Game 5: Chicago Cubs 2 Detroit Tigers 0.
2. 6,210 — October 14, 1908.
3. Orval Overall (Chicago Cubs) — October 14, 1908. One of the batters reached base on a wild pitch.
4. Anibal Sanchez (Detroit Tigers) — October 12, 2013. Game 1 of the American League Championship Series, Sanchez beat the Boston Red Sox 1-0.
5. Anaheim Angels and San Francisco Giants (2002) — 85 runs.
6. 45 runs — Toronto Blue Jays (1993).
7. 29 runs — October 20, 1993. Blue Jays 15 Philadelphia Phillies 14. The Phillies' 14 runs is also the record for most runs scored by a losing team.
8. 4 hours, 14 minutes — October 20, 1993.
9. Los Angeles Dodgers with two runs (1966). The Dodgers scores their two runs in the second and third innings of game one and were shut out for the remaining 33 innings of the Series and were swept in four games by the Baltimore Orioles.
10. The New York Yankees defeated the New York Giants 18-4 (October 2, 1936). 18 runs is also the most scored by one team in a single World Series game.
11. The Yankees defeated the Pittsburgh Pirates 12-0 (October 12, 1960).
12. The Yankees outscored the Pirates by 28 runs in 1960 but lost the series 4-3.

Answers

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RCN Code of Conduct OUR NAVAL COMPASS

As Commander Royal Canadian Navy (RCN), I have a duty to ensure that those I appoint to command our ships, submarines and shore units, and to lead the men and women of the RCN, have demonstrated the highest standards of leadership, conduct and deportment.

In every instance where allegations of misconduct have been made against a member of the RCN and reported to the chain of command, those matters are investigated and reviewed.

The Canadian Armed Forces (CAF) military justice system (courts martial and summary trials) has a long-standing tradition of re-enforcing and re-instilling

good order and discipline whenever there is misconduct by a member of the RCN.

Courts martial and summary trials apply the criminal standard of "beyond a reasonable doubt." However, administrative action may be taken on the basis of the administrative standard of "balance of probabilities" - it is more probable than not, based on clear, convincing and cogent evidence, that the incident in question occurred.

In the course of the last few years there have been a handful of instances where individuals within the RCN have behaved in such a manner so as to cause me to lose confidence in their ability to

command and/or lead our men and women. In such circumstances, administrative action may be appropriate. This could include removal from command in accordance with CDS Guidelines for Removal of Command.

In other circumstances, when an incident, a special circumstance, or a professional deficiency occurs that calls into question the viability of an officer or sailor's continued service, an administrative review in accordance with DAOD 5019-2 may be appropriate to determine whether the member should continue to serve in the CAF and if so, under what conditions (e.g. in accordance with DAOD 5019-4, what remedial measures should be put in place to ensure that the member's shortfall is corrected).

However, as DAOD 5019-2 indicates, the appropriate administrative action is the one that best reflects the degree of incompatibility between the CAF member's

conduct or performance deficiency, and the CAF member's continued service in the CAF. Members may be released as a result of conduct or performance deficiencies that are incompatible with continued service in the CAF.

For command and senior / key appointments, as your commander, I also rely on the advice of the Naval Succession Planning Board (NSPB), led by the Deputy Commander and composed of formation (Rear-Admirals) and fleet commanders (Commodores).

The NSPB will continue to review the administrative and disciplinary action taken in individual cases, as well as a member's response to that action (e.g., successful completion of the monitoring period for a remedial measure), in order to provide me with recommendations on future employment for those who have not met the standard of conduct expected of them as leaders.



As a reminder, the following excerpt is provided from the RCN Code of Conduct, which by design, have enshrined the Chief of the Defence's Operation Honour principles to ensure they are enduring: *The intention of the RCN is for all personnel employed in the RCN to understand and adhere to the four CAF core military values, namely: duty, integrity, loyalty and courage. It is expected that personnel will*

conduct themselves to the highest standard at all times, on and off duty, in and out of uniform, at sea and ashore, at home and abroad.

It is my responsibility to ensure that the RCN is well led, and it is both our individual and collective responsibility to treat each other with respect and dignity. The importance of leading by example cannot be overemphasized.

— Vice-Admiral Ron Lloyd

The intention of the RCN is for all personnel employed in the RCN to understand and adhere to the four CAF core military values, namely: duty, integrity, loyalty and courage.



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ANCHORS AWAY

Peter Mallett
Staff Writer

The giant anchor that once rested on the ocean floor, securing HMCS Protecteur for the better part of five decades, has found a new home 1,045 metres above sea level in Alberta.

It is being loaned by the Royal Canadian Navy (RCN) to the Naval Museum of Alberta. Plans are underway to transport the 12,000 lb anchor and its 1,100 lb connector shackles to its temporary home.

"To be able to send a piece of sea-going history, especially from a vessel as important to the navy as Protecteur, inland to our naval brothers and sisters in Alberta is a great opportunity for the RCN, and we were more than happy to facilitate," said LCdr Justin Leger, Base Logistics Executive Officer. "Otherwise the anchor would have waited on our property for disposal; this way we get to share it with the public."

The Protecteur-Class replenishment oiler was commissioned Aug. 30, 1969, and prematurely decommissioned in May 2015 following a major shipboard fire. In February, the ship was towed via tugboat from Esquimalt Harbour, south through the Panama Canal to its final destination, a scrapyard in Liverpool, N.S. where it was broken up.



However, its anchor remained in Base Logistics' inventory at their warehouse in Colwood. An inquiry was made by Calgary museum staff to the office of the Base Commander to borrow the anchor. Their request was then relayed to the Assistant Deputy Minister (Materiel) who granted the request.

Naval Museum of Alberta Project Manager, Brad Froggatt said he was delighted to learn their request was approved.

"Our museum is dedicated to telling the story of the RCN and Protecteur,

having served for more than 45 years, was an integral part of that story," he says.

The anchor will be on display outside the museum to complement the propeller from HMCS Huron.

"The anchor will act as a landmark, but will also help visitors relate to the sheer size and complexity of Protecteur, whose class was the largest ship of the RCN's recent history," says Froggatt.

The anchor was loaded onto a flatbed truck Oct. 21 to make the 1,064-kilometre journey along the Trans-Canada Highway to Calgary.



HMCS Huron's propeller outside the Naval Museum of Alberta. Protecteur's anchor may reside nearby says the museum.

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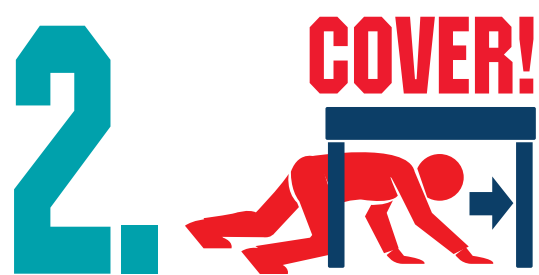
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GREAT BC SHAKEOUT

at Maritime Forces Pacific



This year, more than 740,000 British Columbians participated in the drill, and more than 23 million people participated across the globe.

Chloe Hogan-Weihmann
MARPAAC Public Affairs

Everyone knows to “stop, drop and roll” in case of fire, but when it comes to earthquakes, the general public might not be quite as well prepared. That’s why the Great B.C. Shakeout takes place every year in October – to raise awareness about earthquake preparedness and give people the chance to practice the earthquake safety mantra: drop, cover, and hold on.

This year’s Great Shakeout took place on Thursday Oct. 20 at 10:20 a.m. This year, more than 740,000 British

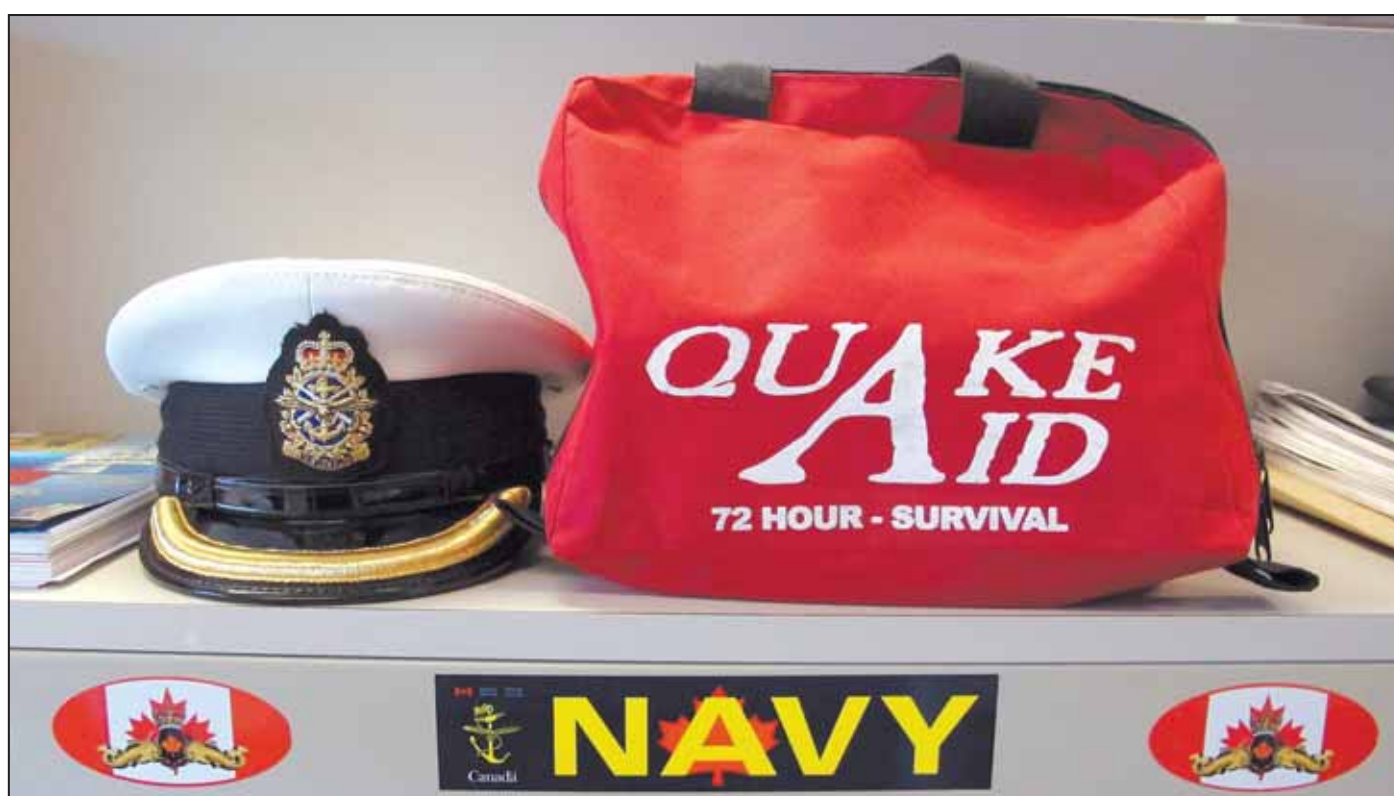
Columbians participated in the drill, and more than 23 million people participated across the globe. Maritime Forces Pacific (MARPAAC) is the largest organization to take part in B.C.

At CFB Esquimalt, the Shakeout is a big deal – it’s an opportunity for personnel, both military and civilian, to review and update earthquake safety procedures. Leading up to the big day, professional development briefs were conducted, responsibilities for key players were reviewed, and a new infographic was published showing what actions military personnel should take in the event of an earthquake, whether they might find

themselves at home or at work.

When the clock read 10:20 a.m. on the 20th, email messages and announcements heralded the beginning of the exercise. Once the drill began, everyone on the base dropped to the ground, took cover under a robust piece of furniture such as a desk or, failing that, an inside corner of the room, and held on for at least 60 seconds. Once the 60 seconds were up, the drill continued in the form of a practice evacuation, with everyone in the building assembling at a designated muster area.

Personnel exercised immediate action and practiced using emergency equipment such as evacuation chairs.



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HMCS Alberni Museum finds new home, readying for move

Peter Mallett
Staff Writer

It was a fight for its survival, but the HMCS Alberni Museum and Memorial (HAMM) received an 11th hour reprieve and found a new home in Courtenay just in time for Remembrance Day.

The museum, dedicated to the sailors who served aboard the Royal Canadian Navy's flower-class corvettes during the Second World War, and the preservation of Canadian military history, found a new home six-kilometres down Comox Road is the Courtenay Mall.

Prior to negotiating a new lease deal, HAMM Founder and Director Lewis Bartholomew said he truly believed it was the end for the 16-year-old Alberni Project and museum when, in June, they were served with notice to vacate the Comox Mall location. A developer looking to remodel the mall had served other occupants of the mall with similar notices.

"Right before Labour Day weekend I came to the painful realization that we just don't have a place to move and the future wasn't good; I was really distraught," said Bartholomew. "We were told to clear out our stuff. We had gotten to the point where we were already asking friends and volunteers of the museum to clear out spaces in their garages to store our exhibits."

However, on Sept. 25 Bartholomew announced they would be setting up



the museum in its new centrally located spot in downtown Courtenay.

"I am thrilled we were able to find a new place. Our new landlords made their approach to us at exactly the point when I was becoming extremely frustrated."

While all of its exhibits won't be unpacked and ready, Bartholomew said the museum plans to open its doors at 9 a.m. on Nov. 11 with its Memorial Wall and some of its popular exhibits ready for display until 6 p.m.

That will offer patrons a sneak peak of what its new digs have to offer before an official grand opening, which is planned for December.

The move has created serious space challenges for HAMM, noted Bartholomew, including shrinkage in square footage from its previous 3,000 square foot store front in Comox to less than half the size at 1,294 square feet.

"We will need to reinvent

many of our exhibits, which is going to pose a huge challenge," said Bartholomew. "We are also looking at ways of moving some of our exhibits off site, and go online with them instead, creating digital exhibits."

But with its location hurdle now cleared, the biggest threat facing the museum is financial. That's because HAMM's rent will more than double from its previous reduced rate of \$500 in the Comox Mall to \$1,300 in Courtenay.

"It's a huge jump for us and I am not certain if we are going to be able to bridge the gap," said Bartholomew. "We are really going to be hitting up community organizations, veterans associations, private donors or anyone that can help us, for assistance."

He encourages anyone interested in becoming a donor or finding out more about what HAMM has to offer to visit their website www.alberniproject.org or by following their Facebook page.

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Court martial system consultation, have your voice heard during review

The Office of the Judge Advocate General (JAG) is conducting consultations with Canadians as part of the Court Martial Comprehensive Review, to help shape our future military justice system.

From Oct. 11 to Nov. 7, Canadian Armed Forces (CAF) members can join the discussions with the Court Martial Comprehensive Review Team, as part of our collective effort to strengthen the court martial system.

CAF members and the Canadian public can access the Court Martial Comprehensive Review website to find out more about the different topics for discussion, to provide their input, and to see what others have to say on the discussion board.

Purpose of the Court Martial Comprehensive Review

The purpose of the review is to conduct a legal and policy analysis of the CAF's court martial system. The Review Team is engaging with Canadian and international experts, CAF members, and the Canadian public, to help ensure the CAF's court martial system is effective, efficient, and legitimate.

Canada's military justice system contributes significantly to the CAF's ability to achieve its mission in Canada and around the world, and aligns with Canadian values and the rule of law, all the while serving the particular needs of the CAF.

Ways to participate

- Fill out the Comment Form: www.forces.gc.ca/en/about-reports-pubs-military-law-court-martial-comprehensive-review/index.page
- Send an email: JAG-Consultations@forces.gc.ca
- Mail comments: Office of the Judge Advocate General – Court Martial Comprehensive Review Team, 101 Colonel By Drive, Ottawa, ON K1A 0K2

ARMY MASCOT REVITALIZED

Lynn Capuano
Army Public Affairs

You could say Juno the Bear is back, but in fact, he has never really gone away.

Juno, the Canadian Army mascot, has recently been revitalized and has come roaring back stronger than ever to represent the army at public happenings large and small.

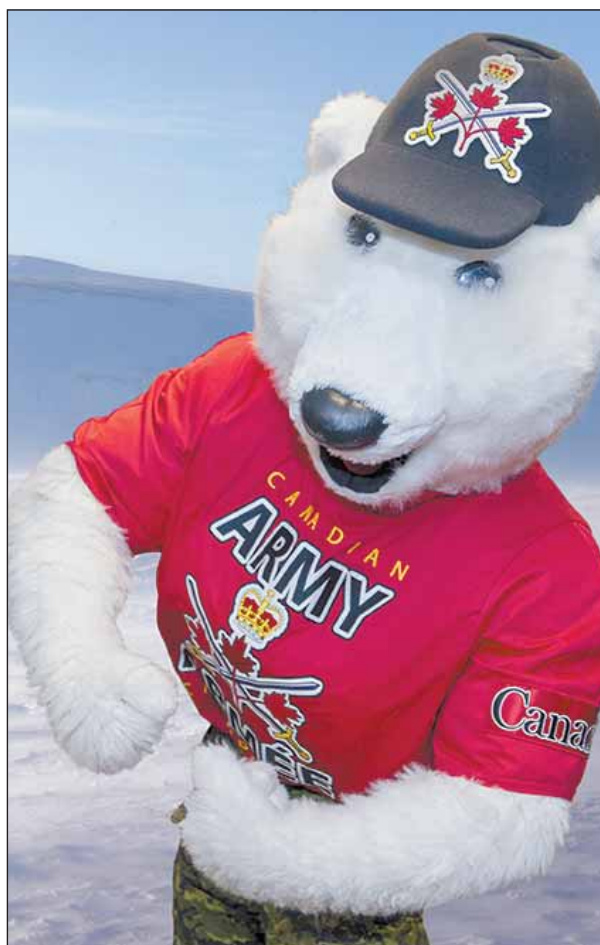
Juno represents the hard-working men and women in uniform. His name honours the historic Canadian landings on Juno Beach on the Normandy coast of France during the Second World War.

Juno embodies the Canadian Army's tagline Strong. Proud. Ready. - for any mission, at any time.

Juno is styled as a polar bear because, like our soldiers, polar bears are brave, strong, resilient, tenacious, agile and more than capable of defending themselves. They are also an enduring symbol of our North - strong and free - as is the army.

Soon to be shown in a new promotional video, Juno took a page from the Army Fitness Manual and was seen working out to get into tip-top shape for the Sept. 18 Canada Army Run as an ambassador of the benefits of being physically fit at work or play. He sports a bright red T-shirt with the army's triple maple leaf logo on the front and JUNO emblazoned across the back.

Brought to life by a soldier in the specially created outfit, Juno represents the Canadian Army at public events, the type and scope of which are only limited by the imagination of his potential hosts.



Earlier this year Juno made a special appearance to welcome a polar bear born at the Toronto Zoo on Remembrance Day 2015, also a mascot for the Canadian Army.

Juno will be promoted in rank as time goes by, perhaps becoming General Juno one day.

A number of mascots are located at points across the country and can be booked, along with a handler, through the following email: DND.DAPA_Outreach-DAPAT_Relations_Externes.MDN@forces.gc.ca.

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Participating countries remember the fallen

Capt Jenn Jackson
MARPAF PA Office

Senior representatives from Australia, Canada, Republic of Korea, New Zealand, Philippines, Thailand, United Kingdom and the United States took part in a memorial ceremony in Busan, Korea, Oct. 15 at the United Nations Memorial Cemetery in Korea to honour United Nations fallen soldiers during the Korean War.

The ceremony was part of the commencement events for Clear Horizon 16, a multinational Mine Warfare Exercise led by the Republic of Korea Navy taking place in Busan and Chinhae, Korea, and the sur-

rounding coastal waters from Oct.15-23.

Lt(N) Greg Oickle, Executive Officer of Maritime Forces Pacific's Fleet Diving Unit, represented Canada at the ceremony.

"It was an unforgettable opportunity to be part of this ceremony that honours more than 2,000 United Nations soldiers, more than 300 of which are Canadian, who fell during the Korean War," he said. "I was really struck by how young many of the interred soldiers were when they fell. The average appeared to be around 19 years old."

The United Nations Memorial Cemetery in Korea is the only United Nations cemetery in the world. The

Parliament of Korea, in order to honour the services and sacrifices made by the UN forces during the Korean War, volunteered the land for permanent use by the UN as a cemetery in August 1955.

The General Assembly accepted the proposal and UN Resolution #977(X) to establish a United Nations Memorial Cemetery in Korea; it became effective in December 1955.

This is a holy site where the fallen of 11 nations are interred.

During the ceremony, Rear-Admiral Jong Sam Kim, Commander of Republic of Korea Navy Flotilla 5, led the parade of senior representatives in an act of remembrance and laid a wreath to honour

all UN fallen soldiers of the Korean War.

Following the ceremony, representatives were given a guided tour and an opportunity to see the memorial specific to their country, as well as the memorial to fallen soldiers for whom no marked grave is known, and a memorial for all British Commonwealth soldiers who fell during the war.

This ceremony was only part of the opening events for Clear Horizon 16, which also included a visit to the Geoje POW camp by exercise participants, an opening ceremony, and a welcoming dinner.

More information on the UNMCK can be found at www.unmck.or.kr/eng_index.php.



A foreign military perspective

Capt Jenn Jackson
MARPAF PA Office

It is not often that an opportunity arises to speak with a member of a foreign military and hear their thoughts and perspectives about the challenges and successes of joint operations.

Fortunately, such an occasion came to fruition during Clear Horizon 16 with Lieutenant-Commander Jung Yong Cho, Commanding Officer of the Naval Special Warfare (NSW) Flotilla Explosive Ordnance Disposal Team of the Republic of Korea Navy (ROKN).

LCdr Cho was the commander for the diver mine countermeasures segment of Clear Horizon 16, a multinational Mine Warfare Exercise led by the Republic of Korea Navy that took place in place in Busan and Chinhae, Korea, and surrounding coastal waters from Oct. 16-23.

LCdr Cho first joined the ROKN in 2001 as a naval cadet at the Naval Academy, and was commissioned as an officer in 2005, specializing as a Special Forces Officer in 2006. He was appointed Commanding Officer of the NSW Flotilla Explosive Ordnance Disposal Team in spring 2016.

Clear Horizon 16 brought together divers from eight different nations. Canada was represented by members of Fleet Diving Unit (Pacific) and Naval Force Readiness. Divers from Canada, ROK, Philippines, Thailand, and the U.S. worked jointly to conduct mine countermeasures training.

"One of the most important goals of Clear Horizon 16 was to complete joint operations, especially with members of United Nations Sending States," said LCdr Cho. "Working together during this training increased the interoperability of

all participating nations, and began to increase their familiarization with how to operate on the Korean Peninsula."

Despite language barriers, which were overcome during the exercise, the comradery developed between divers of all nations was apparent from the very beginning of the exercise.

"Each participating country uses different equipment and different procedures to achieve the same mission—find and neutralize mines in the water," says LCdr Cho. "While it was challenging in the beginning to adapt to and integrate the different methods being used, at the same time there were numerous learning points for all nations taking part in the training."

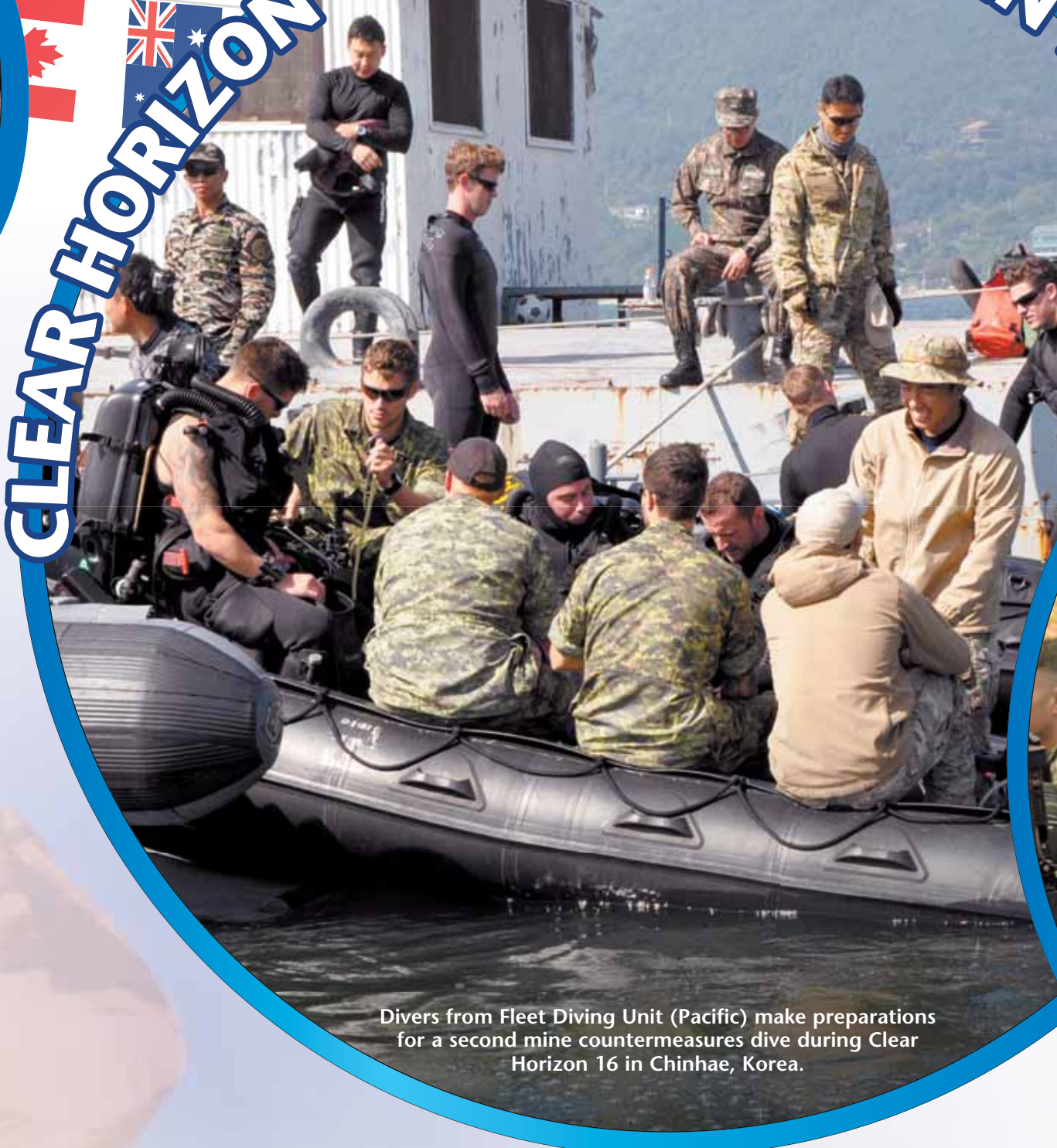
One of the things LCdr Cho found especially valuable was that the divers from Canada's Fleet Diving Unit (Pacific) brought and used their

own equipment. This gave both the Royal Canadian Navy and the ROKN practice in deploying equipment from overseas to Korea, and successfully integrating it into a joint exercise.

"The biggest success of Clear Horizon 16 is that divers from five different countries were able to do so well working together in a foreign country they are not familiar with, and were able to so easily adapt to working together."

"Korea is situated in a very complicated spot geopolitically. Being and training here will help the Royal Canadian Navy to better understand the region and the challenges of working around the Korean peninsula. I truly hope the future will bring more opportunities for the Canadian Armed Forces to work in Korea, and with it more opportunities for our two nations to work together."

CLEAR HORIZON 16 FLEET DIVERS IN KOREA



Divers from Fleet Diving Unit (Pacific) make preparations for a second mine countermeasures dive during Clear Horizon 16 in Chinhae, Korea.



MS Jonathon Gendron describes the Shark Marine Navigator, which uses sonar for detecting objects on the seabed floor and allows divers to navigate in a limited or no visibility environment.

Expertise shared

Capt Jenn Jackson
MARPAF PA Office

Ten divers from Maritime Forces Pacific's Fleet Diving Unit (FDU) participated in a pool preparation day as part of Clear Horizon 16.

Divers from Australia, Canada, Republic of Korea, New Zealand, Philippines, Thailand, United Kingdom and the United States gathered together at the training pool at the Chinhae Naval Base in Korea to explore and learn about each other's mine countermeasures dive equipment. This sharing of information was the first phase of this multinational exercise.

"It is interesting to see the different types of equipment used by our Asia-Pacific allies for mine countermeasures, and to take the opportunity to show them our own equipment," said MS

Jonathon Gendron of FDU Pacific.

He described two pieces of Canadian equipment: the Shark Marine Navigator, which uses sonar for detecting objects on the seabed floor and allows divers to navigate in a limited or no visibility environment, and the diver tracking system to monitor and locate divers during mine countermeasure operations.

"We all have the same goal when we are under the water—find mines and neutralize them, but we all use slightly different equipment to complete the task," said PO1 Nick LePage, FDU (P).

He described the Canadian Clearance Diver Apparatus, a Canadian-designed re-breather specific to Mine Countermeasure operations.

"We are working together more often, so opportunities like today are a gold mine for increasing our

interoperability with our allies," he added.

The pool day represented the start of the multi-national mine countermeasure exercise, the first hosted by the Republic of Korea, representing a positive step forward in south-east Asian capabilities.

Clear Horizon 16 is expected to be the first of many future multinational exercises highlighting and increasing cooperation between Asia-Pacific allies. It is also the first exercise that involves both the Philippine and Thai Navy personnel operating in the Republic of Korea.

As the divers move into the open water phase of the exercise, excitement is high, and the spirit of international cooperation has developed a strong foundation that will sow the seeds for the future in the region.



LS Brooks Robinson and LS Joel Lalonde set up the Diver Tracking System used by Fleet Diving Unit (Pacific) to monitor and locate divers during mine countermeasure operations.



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Local sailor selected to represent the Navy at Ottawa Remembrance Day

Peter Mallett
Staff Writer

It is a prestigious but demanding job standing sentry at the corner of a war memorial. Only a select few Canadian Armed Forces (CAF) members secure the honour.

This Remembrance Day, local sailor LS Kyle Ruttan will stand guard at the Tomb of the Unknown Soldier at the National War Memorial in Ottawa with other CAF members representing the Canadian Army and the Royal Canadian Air Force, and one Royal Canadian Mounted Police member.

"It's a big honour," says LS Ruttan. "I'm not a hard navy trade; I'm a support trade, so being selected was a complete surprise."

A sentry is required to stand solemnly, with head bowed and white-gloved hands on the butt of a ceremonial rifle, throughout a ceremony that stirs strong emotions among most people. Concentrating at the task at hand, and not becoming openly touched by the event, will be a challenge admits LS Ruttan.

"Straight-faced with no emotion,

that will be the hardest part because it is an event that always tears me up, especially when they play 'The Last Post,'" he says.

Remembrance Day will also evoke memories of his mother who died last April. The two would often watch the ceremony at the National War Memorial while he was growing up.

"I'll be part of the event this year, and she won't be there to see it," he says. "I know she would be so proud of me though."

His father Micheal Ruttan who lives in Verona, Ontario, will make the journey to see his son at the highly visible national event.

As he stands vigil his thoughts will also stray to his great grandfather

Clifford McInnis who served aboard HMCS Strathadam for four years during the Second World War. He will also remember fallen co-worker LS Brandon South, who died in Tanzania in April 2014 while the two were deployed on HMCS Regina for Operation Artemis and Operation Reassurance.

The face of another fallen member will also be on his mind - that of Cpl Nathan Cirrilo who was killed by a gunman as he stood guard over the Tomb of the Unknown Soldier Oct. 22, 2014.

"His memory will certainly be etched in my mind," says LS Ruttan.

It's a big honour, I'm not a hard navy trade; I'm a support trade, so being selected was a complete surprise.

LS Kyle Ruttan





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MFRC volunteer honoured by the University of Victoria



Photo credit University of Victoria

MFRC volunteer Muriel Dunn receives the Valued Elder Recognition Award from (left) Lorie McLeod, Executive Director of the Greater Victoria Eldercare Foundation, and Scott Hofer, University of Victoria Director of the Institute on Aging and Lifelong Health, at the Salvation Army Citadel.

She is dynamite, very reliable and always seems to be the first person to answer our calls for volunteers at our events; we can always depend on her.

Ekaterina Gregory, MFRC Community Integration Co-ordinator

Peter Mallett
Staff Writer

One of the Military Family Resource Centre's (MFRC) top volunteers has been recognized by the University of Victoria for her outstanding community work.

Muriel Dunn, 80, was honoured by the Institute on Aging and Lifelong Health and the Elder Care Foundation with a Valued Elder Recognition Award at the Salvation Army Citadel on Sept. 30.

The ceremony was in recognition of the Government of Canada's National Seniors Day on Oct. 1, and Dunn was one of 16 Capital Regional District residents who, over their lifetime, have given exemplary service to helping others, in particular between 2000 to 2016.

"I am very pleased and humbled to be receiving this recognition," said Dunn. "I was shocked and surprised that I was receiving this reward because I don't see volunteering as

hard work, but more fun and something I truly look forward to doing."

The native of Smithers, B.C. has taken volunteer roles at the base since she and her late husband PO1 (Ret'd) Denis Dunn moved to Victoria in 1954. He was a medical assistant in Royal Canadian Navy vessels, and she was a student nurse at the time, graduating 1957.

She retired from nursing 17 years ago and said she wanted to volunteer to stay active and engaged with people in the community.

Her involvement with the MFRC began in 2003 when she first volunteered at the non-profit organization's second hand store on Esquimalt Road. But after the facility closed a few years later she pitched in at other MFRC functions, such as Formation Fun Day, ship deployments and homecomings, and military nights with the Victoria Royals hockey team and Harbour Cats baseball team. Dunn is

also a regular volunteer at Mount Saint Mary's Residential Care Home, and also finds time to volunteer for the Naden Band selling their CDs during their annual holiday season concert in December.

MFRC Community Integration Co-ordinator Ekaterina Gregory nominated Dunn for the award, along with staff at the Mount Saint Mary's Care Home.

"She is dynamite, very reliable and always seems to be the first person to answer our calls for volunteers at our events; we can always depend on her," says Gregory. "She loves to volunteer, and is very warm, sociable and engaging, and she has amazing communication skills."

Dunn was uncomfortable at first about receiving the award because of the "humble nature" of her personality, says Gregory. But she warmed up to the idea when she realized it would encourage others in the community to volunteer.

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Photo by LS Valerie LeClair, Formation Imaging Services Halifax

Halifax Mariners play against the Toronto Maple Leafs Alumni at the Scotiabank Centre in Halifax.



Photo by Cpl J.W.S. Houck

Warrant Officer Luc Piquette and Carlton the Bear, mascot for the Toronto Maple Leafs, during a tour of HMCS St. John's, CFB Halifax.

Toronto Maple Leafs visit HMCS St John's in CFB Halifax

OS Alex Kessaram
HMCS St John's

Members of the Toronto Maple Leafs hockey organization visited HMCS St John's Sept. 23 as part of the team's Centennial Training Camp held in Halifax.

This was no ordinary ship visit. St John's was perched six stories above the jetty in the Synchro Lift, undergoing maintenance prior to its 2017 deployment.

With the ship's company lined up in dedicated Royal Canadian

Navy fashion on the flight deck, an enthusiastic round of applause was given to show support for the Leafs as current players, alumni, and trainees stepped on board.

Commanding Officer, Commander Sheldon Gillis gave a heart-felt welcoming speech to the team, and former Leafs team captain Wendel Clark also addressed the crew with a special "thank you" before getting down to business.

First on the agenda was an awards and promotions ceremony.

Able Seaman Anton Manson was promoted to Leading Seaman by Wendel Clark, who, along with the Commanding Officer, changed out Manson's rank slip-ons.

Master Seaman Shawn Luciano was then presented with the Commanding Officer's Coin for outstanding achievement by providing first aid to an injured cyclist following a hit-and-run.

The Toronto Maple Leafs were then led on a ship-wide tour. The tour showed them all aspects of ship life. The Leafs were invited

to the bridge, where the Naval Boarding Party team stormed in from the bridge wings to show off their capabilities.

"It was awesome to meet some of the Leafs onboard St John's" said Lt(N) Liddell, Weapons Officer and diehard Leafs fan, who enthusiastically volunteered to give tours of the Operations Room. "Being from the Toronto area myself, it was great to talk with them and show them what life is like in a Canadian warship."

Leafs mascot, Carleton the Bear,

helped put a smile on many faces by posing for photos, lounging in the Captain's chair, and giving high-fives to members as they continued the final push into what was already a long, exciting day in preparation for the visit.

"It was nice to see everyone, both crew and players, enjoying some time just hanging out and taking a step away from all the hard work they have been doing," said Sgt Jeanine Fraser, Meteorological Technician aboard St John's.

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FORCE Fitness Profile, pushing fitness limits

CFMWS

Earlier this year, Canadian Armed Forces (CAF) members began participating in the FORCE Fitness Profile, the next evolution of the FORCE Program Initiative.

Since then, approximately 30,000 fitness evaluations have been completed with results provided to CAF members to help them better understand their level of fitness.

Due in part to this new tool in their toolbox CAF members from across the country are expressing their motivation to push their fitness limits.

"For me, the results of my last few FORCE tests were a good measure of the hard work I do to remain healthy and strong for duty and daily life," said Master Seaman Chris Glibbery, from CFINTCOM.

"When I saw the incentive levels and how my previous test results compared to them, I realized my physical fitness was not where it could be. After receiving advice from Personnel Support Programs' trainers, I focused on speed, endurance and all around strength. The advice and training paid off and I was able to achieve a personal high score, reaching gold."

One of the biggest changes introduced in the FORCE Fitness Profile was a measurement of health related fitness. Health-related fitness has a direct impact on long-term health and disease prevention. Understanding the result and how a member's score is derived allows for the development of tailored training plans to support the well-being of CAF personnel during their military career and beyond.

"When looking at a member's score on the fitness profile, we are able to distinguish what component of fitness they need to improve and what type of training we can provide to help them," said Geoff Winchester, Fitness and Sport Instructor at the Canadian Forces Support Unit in Ottawa.

"We have designed tai-

lored training programs for CAF members based on the FORCE Profile scores, and have already seen significant advancements in some areas. While there is still room for improvements, the FORCE Fitness profile is pushing fitness limits and helping us to build a healthier Force."

Another key change introduced with the FORCE Fitness Profile was electronic fitness reporting. Evaluators now use a secure, custom tablet application called eFit to capture and transmit all FORCE Evaluation and FORCE Fitness Profile data from the test site to HRMS. Today, this data provides CAF leadership with an accurate picture of overall unit and command fitness, and is inspiring entire teams to push their fitness limits.

"Several members of the Canadian Defence Liaison Staff (Washington) team, in Washington, DC, have had the opportunity to challenge the new Fitness Profile," said Rear-Admiral Bill Truelove, Canadian Defence Attaché (Washington).

"They have been inspired by the incentive system to push themselves harder during the FORCE Test and to place greater emphasis on their daily exercise routines in pursuit of better personal and team fitness, as well as higher incentive levels. The immediate feedback provided during the test, coupled with the tools available through the DFIT website, has led to an enhanced commitment to the 'culture of fitness' already resident across the Canadian Defence Liaison Staff (Washington) team."

The benefits of physical fitness far outweigh the challenges of incorporating regular exercise into one's daily routine, and deliver long-term health benefits for everyone. The FORCE Fitness Profile has already inspired many CAF members to push their fitness limits. With many more evaluations on their way, the Fitness Profile is helping to build a healthier Force.

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Purchase a Commemorative Brick at the Homecoming Statue

"The Homecoming" Statue celebrates the special moment when a sailor returns home to family and community. Surrounding the statue are hundreds of bricks inscribed with the names of loved ones.

When you purchase a brick, you are supporting the Esquimalt Military Family Resource Centre (MFRC) – a non-profit, charitable organization operating at CFB Esquimalt – and the 4,500 military families we assist.

Your purchase is tax deductible and you will receive a charitable donation tax receipt.

ORDER ONLINE AT

support.esquimaltmfrc.com

Place order by Nov 1 to add to site by Nov 11

Bravo Zulu

Promotion



Photo by DND Operation Caribbe

PO2 Cherie Lewis is promoted to her current rank by LCdr Lucas Kenward, Commanding Officer of HMCS Edmonton.

Bravo Zulu

Promotion



Photo courtesy of HMCS Regina

LS Ghag is promoted to his current rank by Cdr Matthews, Commanding Officer of HMCS Regina, and PO1 Spears.

INSPIRE GOOD!



A Healthy New Twist on Fundraising

We're raising funds with Epicure Extraordinary Cheese Dip Fundraiser: 3 top-quality Epicure dip mixes for dozens of easy, affordable, delicious snacks and mealtime solutions. Together, they make Epicure's most popular hot dip. **PRICE: \$20**

Have questions?
Contact your local
independent Epicure
consultant.

► **Jacquie Magee**
250-363-7232
j_magee@shaw.ca

**Our organization
keeps a \$5 profit for
each Fundraiser sold!**

E P I C U R E

EPICURE.COM

Hallo-"Wing" Day

On **MONDAY OCT. 31**, set in the parking lot of **N30** at the entrance of the BOR, BADM Exec will be hosting a ghoulish BBQ Wings Lunch!

Minimum purchase is \$7.00; however, higher donations will be accepted. All proceeds will go towards the BADM effort for NDWCC, and there will be free music and drink.

CELEBRITY CHEFS:

Cdr Jeanne (Where's The Blood?) Lessard
Branch Chief Dave (Who's Finger Is This Anyway?) McLaughlin

MASTER OF CEREMONY:

LCdr Colleen (Be Afraid, Very Afraid!) O'Brien



Pledge Form Incentive Prizes

2016 National Defence Workplace Charitable Campaign (NDWCC)

SHOPPING, DINNER AND FLOWERS

(Hillside Mall, Il Terrazzo and Browns The Florist) (approx value \$250):

Any who submit - or have already submitted - their NDWCC gift form (any amount) to their unit campaign representative by Nov 2 (Wed) will be automatically entered into a draw to win this great prize.

BUTCHART GARDENS AND ESQUIMALT RECREATION CENTRE

(Admission for Two at the Gardens and a Three Month Adult Pass to Esq Rec) (approx value \$255):

The daily change left in your pocket can win you this awesome prize! Anyone who submits a gift form of \$150 or more to their 2016 NDWCC campaign unit representative by Nov 9 (Wed) will be automatically entered.

IMAX and HARBOUR TOWERS

(V.I.P. Family Pass and One Nights Accommodations for Two with Full Hot Buffet Breakfast) (approx value \$270):

Become a Leader! Anyone who submits a gift form at the level of \$500 or more to their 2016 NDWCC campaign unit representative by Nov 16 (Wed) will be automatically entered in this draw.

NOTE: Please submit your Unit's qualifying names directly to Vicki Kellsey by the day after EACH deadline (3, 10, 17 Nov) – draws will happen at noon each Friday following the deadline.

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

MF
RC ESQUIMALT

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

Charitable Reg. #: 13807 0578 RR0001

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ANNOUNCEMENTS

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

FREEMASON AND NEW TO VICTORIA. Contact us at camosun60secretary@gmail.com. We meet the 2nd Monday of each month.

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.

HEALTH

Attn: Military Families

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Michelle: 250-516-7338

Need some
Stuff
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Our events calendar is up to date with base events, gatherings and coffee nights.

HELP WANTED

CARETAKER COUPLE WANTED for Savary Island Property. This 45 acre Savary Island property includes two residences and a variety of outbuildings. Access is by water taxi, private boat or float plane.

- Repair and maintenance of all facilities and equipment

- Completing small construction and renovation projects

- Landscaping, pruning, and pest management

- Seasonal property opening and closing

- Janitorial and other custodial duties

- Knowledge of boats

- Experience with alternate power and septic systems

- Security

- Must be organized, neat, have a self disciplined work ethic and able to communicate well as well as take initiative.

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

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. All applicants should email directly at neiljfehr17@gmail.com

SERVICES OFFERED

I AM A LOCAL PHOTOGRAPHER offering maternity, newborn, family, engagement, portrait sessions and more. I understand and appreciate being a service member and supporting them and that's why I am offering 15% off sessions for military family on sessions booked before November 15th. Please visit my website and contact me to book your session today! cassandrakenyphotography.com

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250-363-3127

Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email irwin.sl@forces.gc.ca to place a hold.

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- Post Abortion Counselling
- Community Referrals

250-380-6883

#112 - 826 North Park Street

info@victoriapregnancy.org

www.victoriapregnancy.org

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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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OUR NAVAL COMPASS



DUTY	I serve Canada, the CAF and the RCN before self.
INTEGRITY	I am responsible and accountable for my actions.
LOYALTY	I obey lawful commands and orders and my actions reflect CAF and RCN values.
COURAGE	I do what is right.

Learn more: rcn-mrc.mil.ca/coc-cdc