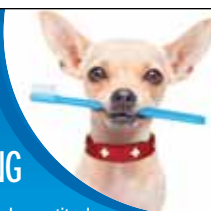


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A Portuguese Tactical Operations Unit practices a cross boarding drill on board HMCS Charlottetown during Operation Reassurance on Aug. 30. Charlottetown joined Standing NATO Maritime Group One (SNMG1) on Aug. 8 on its way to the Mediterranean Sea, the North Atlantic Ocean, and the Baltic Sea. SNMG1 is a naval force made up of ships from various allied countries that work together for a common purpose. The deployment demonstrates Canada's ongoing commitment to international security and cooperation. This commitment is part of NATO's assurance and deterrence measures in Central and Eastern Europe.

Photo by Corporal J.W.S. Houck,
Formation Imaging Services

**Don't miss
the Industrial
Trade Show
Thursday,
Sept. 14**

See pages 10-11 for details



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PO2 Kenwar Nijjer, co-chair of the Defence Visible Minority Action Group, congratulates one of 85 new Canadian citizens after receiving their official citizenship certificates.

PO2 Nijjer is interviewed during a broadcast of the Harpreet Singh Show on the Vancouver-based cable television station JoyTV. The program will soon be available on the show's YouTube channel.

PO2 Nijjer (right) at the citizenship ceremony hosted by Maritime Forces Pacific at Duntze Head Aug. 16.

Sailor helps diversity recruitment

Peter Mallett
Staff Writer

A sailor with over 22 years of experience in the Royal Canadian Navy (RCN) is educating teens and young adults from Canada's South Asian community about career opportunities in the military.

Petty Officer Second Class Kanwar Nijjer, a Sikh from the Punjabi region of India, is promoting life in the Canadian Armed Forces (CAF) to bolster diversity recruitment.

"Many Canadians, including those in the South Asian community, really don't know what the military has to offer in terms of a career path," he says. "They need to be

aware the CAF is not all about combat; they can become a doctor, a lawyer, an engineer, or a trades person."

For 10 years he has worked at annual Vaisakhi festivals and other community events in Vancouver and Victoria handing out recruiting information. Part of his focus is mentoring wayward youth drawn to gangs and crime in an effort to change their path.

A few weeks ago he broadened his recruitment scope to JoyTV, a Vancouver cable station, where he talked about his experience in the military and his mentorship efforts during a taping of the Harpreet Singh Show.

"By wearing a turban on

the show, it really makes me stand out, and if the viewers see someone like me on TV they realize that I could be them, or their children, or grandchildren, and that they have a place within the CAF," he says.

At 15, PO2 Nijjer moved to Edmonton from his birthplace in a small northern India village. Beyond the culture shock of 1981 in Canada, language was his greatest hindrance. His enrolment in a second language English program through the local public school system was key to overcoming the barrier.

"When I came to Canada education meant a better way of life. The other students in my class were also new to the country,

so it was a great starting point. The learning curve was sharp so I would often stay after classes to learn as much as I could and worked really hard to graduate."

It is tough, he says, for the children of immigrants who struggle with identity and self-worth because they don't quite fit in. People in the South Asian community, including his own sons ages 18, 15 and 9, gradually learned to overcome.

"There is no other country on the planet I would rather live in than Canada because we are a country built and united on diversity, tolerance and understanding," he says. "Canada is a place, more than any other that I know,

where so many people from diverse backgrounds live as brothers and sisters."

It's a message that PO2 Nijjer says he and others in Canada's military take to heart when they speak to the next generation of soldiers, sailors and aviators about a career in the CAF.

His work at Naval Fleet School Pacific as a Human Resources Administrator in the Finance Headquarters Division supports his time as co-chair for the Defence Visible Minority Action Group (DVMAG). The group is one of four designated Defence Advisory Groups founded within the legislation of Employment Equity as an effort to overcome discrimination in employment practices, sys-

tems and policies against CAF members.

Three other groups on base represent the interests of Aboriginal peoples, women and persons with disabilities and have the same mandate as the DVMAG: to provide advice and information relative to their designated groups to the Defence Team and leadership.

Since joining DVMAG, he has expanded the group from 20 members to 67.

"We need to attract as many people as we can from diverse communities within the military to both support our mandate and mentor others in our ongoing effort to create awareness and cultural diversity in the community."



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Fiji deployment enhances port security

Peter Mallett
Staff Writer

The year-old Naval Security Team has taken another step towards providing improved port protection to Royal Canadian Navy vessels after a successful deployment to Fiji.

Ten members of the Naval Security Team and two personnel from the Maritime Tactical Operations Group travelled to the South Pacific Nation's capital city of Suva Aug. 11 to 20 to train alongside 12 personnel from the Republic of Fiji Navy.

Commanding Officer, Lieutenant Commander Jeff Chura says although his unit is still "growing and refining," he has been

impressed with its initial efforts to enhance understanding and cooperation with partner navies through global engagements and bi-lateral training exercises.

"The biggest takeaway from the deployment to Fiji was that it gave our personnel a better understanding and perspective of how other militaries do business, how to interact with other navies, and how they would approach situations," he said. "They are normally stationed domestically or in continental North America, so expeditionary overseas operations gives them the international experience naval reservists need."

Canadian and Fijian sailors focussed on the safety and security of

vessels approaching a berth, alongside and departing, while learning the dynamics of setting up force protection (secured) zones in both military and non-military harbours.

The deployment was part of the Royal Canadian Navy's (RCN) Poseidon Cutlass, a series of training exercises with regional partner navies at sea. The Naval Security Team completed a deployment to Busan, South Korea, in June, also part of Poseidon Cutlass.

Since the RCN's visit occurred just ahead of Fiji's integration of women into their military next year, there were discussions with LCdr Chura and his team about gender equity in Canada's military.

Their hosts had a strong interest in visiting Canada to interview Canadian female personnel about

their experiences in the military and to see them perform in a working environment.

"They wanted to know what to do and what to avoid, and the challenges that integration could pose," he said.

Fiji's military personnel were encouraged to learn the Naval Security Team had four women in its ranks including Executive Officer Lt(N) Barbara VanAkker.

On the final day of their deployment members of both navies embarked to a private government island for a cultural exchange in the form of a traditional Lovo Feast, similar to a Hawaiian Luau. Their final afternoon was spent discovering Fijian culture on a scenic powder sand beach with traditional food, song, dance, and a chance to play beach ball and snorkel.



The biggest takeaway from the deployment to Fiji was that it gave our personnel a better understanding and perspective of how other militaries do business, how to interact with another navy, and how they would approach situations.

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WHAT SAY YOU

Book Review: The Mullah's Storm and Raptor Six

Cpl Alex Greer
39 Service Battalion

A review of The Mullah's Storm, by Thomas W. Young (Putnam, 2011) and Raptor Six, (Shiloh Run Press, 2014) by Ronie Kendig.

To some, the war in Afghanistan is over, but for many others it is still ongoing.

Two authors, both American, have captured in novel form, portraits of that conflict and portraits of those involved, both Afghans and outsiders.

Both authors are well-qualified to write war stories. Thomas Young is a retired U.S. Air Force Warrant Officer and Ronie Kendig is a self-confessed U.S. Army "base brat." Although The Mullah's Storm and Raptor Six are focused on American service personnel operating in northern Afghanistan, the respective story lines capture the protracted nature of that ongoing conflict with the Taliban; these

novels could well be about the Canadians in Kandahar or the British in Helmand province.

They show the Afghan war is not one of big battles, but of small skirmishes as the Taliban strike at the coalition forces and then blend into the local population. Add to this the element of asymmetrical warfare – a fight between professional military and insurgents.

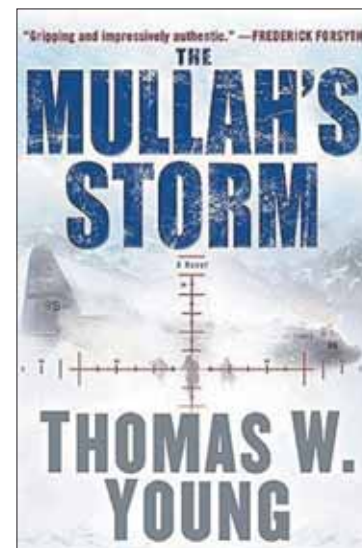
There are intriguing plots in each novel, but what grabs and keeps the reader's attention is how the main characters are transformed by this war of attrition.

Mullah's Storm is about three survivors from a USAF Hercules transport that is downed over the Hindu Kush north of Kabul by an anti-aircraft missile. Major Parsons, an air navigator, Sergeant Gold, a female army linguist, and a Taliban mullah who is their high-value prisoner, must survive the mountain cold while being pursued by Taliban

fighters. It is Gold's knowledge of Pastun and of Afghan culture that is indispensable in dealing with the locals. Moreover, Parsons is struck by Gold's idealism in that she refuses to "hate" even after she is captured and tortured by the Taliban.

Raptor Six is about a U.S. Army Special Forces Team (with the addition of one Australian) operating in the Mazir-al-Sherif area who are tasked with retrieving computers stolen by the Taliban. The main character, Captain Watters, is a dedicated military professional with strong ethics. His thoughts are mission, mission and mission.

Zarah Zanick ("ZZ") is an Afghan-American and a Christian who has taken on the risky job of being a teacher in Mazir-al-Sherif. With her knowledge of computers she aids the team, but she gets captured and tortured by the Taliban. Like Gold, she too refuses to give up her values, and that makes



a strong impression on Watters.

Both novels capture the drawn out war, and end with firefights and many unanswered questions. The character are strong and the suspense is gripping, and yes, both authors have written sequels.

WHAT SAY WE

SPORTS trivia sports Movie Quotes

Questions by Tom Thomson, Contributor

Quotes from sports movies. We give you the quote. You name the movie and the sport. Bonus points if you can name the character and the actor.

Questions

1. Juuuust a bit outside.
2. Yo Adrian! I did it!
3. We shut them down because we can. Tonight, we are the greatest ***** team in the world.
4. The inches we need are everywhere around us. They're in every break of the game, every minute, every second.
5. Wax on, right hand. Wax off, left hand. Wax on, wax off.
6. Always protect the McNuggets.
7. You must've been something before electricity.
8. Show me the money!
9. There's no crying in *****.
10. I must break you.
11. Pick me out a winner, Bobby.
12. I'll make it.
13. I always felt a man's grip on his club just like a man's grip on his world.
14. I believe in the Church of *****.
15. You had me at "Hello".

1. Major League - baseball. Spoken by Harry Doyle played by Bob Uecker.
2. Rocky II - boxing. Spoken by Rocky Balboa played by Sylvester Stallone.
3. (hockey) Miracle - hockey. Spoken by Herb Brooks played by Kurt Russell.
4. Any Given Sunday - football. Spoken by Tony D'Amato played by Al Pacino.
5. The Karate Kid - martial arts. Spoken by Keesuke Miyagi played by Noriaki "Pat" Morita.
6. The Longest Yard (2005) - football. Spoken by Cheeseburger Eddy played by Terry Crews.
7. Caddyshack - golf. Spoken by Al Czervik played by Rodney Dangerfield.
8. Jerry Maguire - football. Spoken by Rod Tidwell and Jerry Maguire played by Cuba Gooding Jr and Tom Cruise.
9. (baseball) A League of Their Own - baseball. Spoken by Jimmy Dugan played by Tom Hanks.
10. Rocky IV - boxing. Spoken by Ivan Drago played by Dolph Lundgren.
11. The Natural - baseball. Spoken by Roy Hobbs played by Robert Redford.
12. Hoosiers - basketball. Spoken by Jimmy Chitwood played by Maris Valaiki.
13. The Legend of Bagdad Vance - golf. Spoken by Bagdad Vance played by Will Smith.
14. (Baseball) Bull Durham - baseball. Spoken by Annie Savoy played by Susan Sarandon.
15. Jerry Maguire - football. Spoken by Dorothy Boyd played by Renee Zellweger.

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- Where:** Chiefs' and Petty Officers' Mess

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It's busy times in the Esquimalt Harbour as both frigates and submarines are manoeuvred to aid with increased remediation and construction projects.

Photo by Peter Mallett, Lookout Newspaper

Vic PD stepping up traffic enforcement

Will Chaster
Base PA Office

After several incidents, the Military Police Unit Esquimalt has reached out to the Victoria Police Department in order to increase law enforcement at the intersection of Esquimalt and Admirals Roads.

This is in response to a number of complaints in which pedestrians have almost been hit by individuals turning left

onto Admirals Rd from Esquimalt Rd between 3:30 and 4:30 p.m. on weekdays.

In the majority of these cases, Canadian Armed Forces (CAF) and DND members have been identified as those endangering pedestrians and running lights.

In order to ensure the safety of pedestrians and motorists, Vic PD will step up patrols in the area.

"Vic PD will be at the location and they will not

be giving out warnings," said Leading Seaman Andrée Noye, Community Relations Coordinator with MPU Esquimalt.

Aside from endangering the lives of others, dangerous driving can come with its own legal ramifications.

"The consequences can be pretty severe; if you're caught breaking the law you could face demerit points on your license and a fine of over \$150," says LS Noye.

When moving through

a busy intersection, drivers have to be mindful of the dangers of not paying attention.

"I understand everyone wants to get home but think about the consequences; pedestrians are very vulnerable to someone with their mind on beating the traffic crawl," she says.

CAF personnel are reminded to always obey traffic regulations and maintain extra levels of vigilance for pedestrians.



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SEA TRAINING CHANGE OF COMMAND



Above: Reviewing Officer, Capt(N) Jeff Hamilton (center), signs the certificates of the Incoming Commanding Officer, Commander Sylvain Belair and the Outgoing Commanding Officer, Commander Chris Peschke during the Sea Training Change of Command Ceremony held at the Wardroom, CFB Esquimalt on Aug. 25.

Left: Reviewing Officer, Capt(N) Jeff Hamilton presents the Outgoing Commanding Officer, Commander Chris Peschke with "The Wand". It is awarded to the Sea Trainer who gets caught making a glaring error during an at sea program, either real or exaggerated.



Photos by LS Valerie LeClair, MARPAC Imaging Services



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Summer students say farewell

Rajneet Sanghera
CHRSC (Pacific)

Throughout the summer, CFB Esquimalt has employed 27 Co-op and 11 Federal Student Work Experience Program (FSWEP) students in a wide range of jobs and units.

These students spent their work term getting hands-on experience in their respective fields, while taking advantage of opportunities only available to them at CFB Esquimalt.

The work term started with a New Employee Orientation Program specifically for students, which included an informative and much needed tour of the base. As the term went on, students toured many facilities such as the fire hall, ship repair facility, and 443 Maritime Helicopter Squadron. Highlights of the term also included a tour of a submarine and a day sail in an Orca-class training vessel.

Professional development classes offered by the Learning and Career Centre

were another learning opportunity for students. These courses covered time management, emotional intelligence, and tips and tricks on federal government interviewing and resume writing. At the final Learning 2.0 students were able to meet with managers and former students who have bridged into positions on the base.

This event provided them with an opportunity to network and learn about the diverse career possibilities within DND.

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IN THE COURTS

Sexual assault charges laid against military member in Saint-Jean

DND

On Aug. 23, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with three counts of sexual assault under the Criminal Code.

The charges relate to reported assaults by the accused against three other members of the Canadian Armed Forces during basic training in November 2016 at the Canadian Forces Leadership and Recruit School located at the Saint-Jean Garrison in Saint-Jean-sur-Richelieu, Quebec.

Private Jeremy August faces three counts of Sexual Assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

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The Ship's Team Diver Course 0210 graduates and staff assemble for a group photo at the conclusion of the course at the Fleet Diving Unit (Pacific), Colwood, CFB Esquimalt on Aug. 24.

Strength in Depth



Photo by LS Valerie LeClair, MARPAC Imaging Services

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Captain (Navy) Jason Boyd goes
down in the dunk tank.



MP Unit makes splash with annual Block Party

Will Chaster
Base PA Office

Base Commander Captain (Navy) Jason Boyd made a splash at the annual Military Police Block Party.

An attendee with good aim soaked the naval officer in the dunk tank.

The annual community party, held Friday Aug. 25 in Belmont Park, was a fundraiser for the MP Unit's charity of choice, the Military Police Fund for Blind Children.

The charity was founded in 1957 and specializes in assisting visually impaired children up to the age of 21. The fund is operated entirely by Military Police volunteers and has no paid employees.

Activities at the block party brought fun for both children and adults. A barbecue satisfied hunger pangs, and a fire truck from CFB Esquimalt Fire and Rescue Services, a face painter, and inflatables grabbed, and kept, the children's attention.

"The whole idea of the Block Party is to bring people together and celebrate living in the same area, while supporting a great cause," said Leading Seaman Andrée Noye, an MP member and Block Party organizer.

This year's party raised about \$2,000 for the charity.

"I'm really happy that everybody enjoyed it and I already have some ideas for how to make it even better next year," said LS Noye.

For details on the Military Police Fund for Blind Children and information on how to donate, visit www.mpfbc.com.

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Reviewing Officer, Commodore Jeff Zwick (centre), signs the certificate officiating the command change between Outgoing Commanding Officer of HMCS Winnipeg, Commander Jon Hutchinson (left), and the Incoming Commanding Officer, Commander Michael Stefanson (right), during the Change of Command Ceremony at A Jetty, Aug. 23.

HMCS Winnipeg Change of Command

SLt Warren Bush
HMCS Winnipeg

On the morning of Aug. 23 Commander J.J. Hutchinson turned over command of HMCS Winnipeg to Commander Mike Stefanson, concluding a successful chapter in the ship's history.

Recap of Cdr Hutchinson's Command:

A native of Middle Musquodoboit, Nova Scotia, Cdr Hutchinson joined the Royal Canadian Navy in 1991 and has sailed extensively on both the east and west coasts.

He assumed command of HMCS Winnipeg from Cdr Pascal Belhumer on Jan. 16, 2016, while alongside Penang, Malaysia, during the vessel's 2015 Operation Active Endeavour deployment.

Cdr Hutchinson took his new charge from Penang to Singapore, on the south tip of the Malayan Peninsula, and from there to Tokyo, and then back to Esquimalt via Pearl Harbor, arriving Feb. 22, 2016.

Cdr Hutchinson again took Winnipeg to sea on the heels of a mid-April name-sake city visit, with May 2016 seeing him lead the

ship through Ship Without Air Detachment training, Basic Single Ship Readiness Training, Replenishment At Sea (RAS) Force Generation, and the Fleet Navigating Officer course.

The ship's company subsequently employed lessons learned during numerous exercises off of Southern California with the United States Navy and United States Coast Guard over September and October, a highlight of which was San Diego Fleet Week.

Winnipeg spent winter of 2016/17 preparing to sail for Poseidon Cutlass, a five-month voyage throughout the Indo-Pacific Region, designed as a demonstration of Canada's commitment to regional stability and security through interoperable naval operations and diplomatic liaisons.

Cdr Hutchinson took the ship out of Esquimalt March 6, then across the Pacific Ocean via California, Pearl Harbor, Guam and the Philippines. The ship spent two weeks in Port Klang, Malaysia, and then sailed through the Straits of Malacca, into the Indian Ocean destined for its westernmost port of call, Mumbai, India. He

then brought the crew back through the Straits of Malacca via Sri Lanka, Singapore, and Jeju and Busan, South Korea.

En route, he oversaw the successful completion of Exercise Pacific Guardian from June 7-21, a multinational endeavour between the Canadian, Japanese, and New Zealand Navies.

Cdr Hutchinson next brought Winnipeg into Kure and Tokyo, Japan, before sailing across the Pacific yet again, via Pearl Harbor. The ship engaged in RAS force generation with Almirante Montt, setting future ships and their crews up for success by training Canadian crewmen on board the Chilean tanker. Amidst great fanfare, Winnipeg finally returned to Esquimalt on Aug. 8.

The Change of Command:

A few weeks later, the ship's company assembled on Winnipeg's flight deck by divisions for the command change ceremony. Lt(N) Squires led the assembly through strong and thoughtful prayers. Lt(N) Henderson served as Master of Ceremonies, and introduced Commodore Zwick, Cdr Hutchinson, and Cdr Stefanson.

Cdr Hutchinson spoke to the ship's company, and made clear his appreciation for serving as Winnipeg's Commanding Officer – the pinnacle of a MARS Officer's career. Employing quotes from Joseph Conrad and Admiral Nelson, Cdr Hutchinson humorously voiced his thoughts on captaincy, and offered some advice to Cdr Stefanson.

Commodore Zwick then thanked Cdr Hutchinson for his tenure as Winnipeg's Commanding Officer, and praised Cdr Stefanson's proven abilities to lead the ship and its company through its future trials and tribulations.

Afterwards, Cdr Stefanson introduced himself to the crew, and explained his philosophy – a trinity of leadership, mentorship, and most importantly, ownership.

The ship's company then manned Winnipeg's starboard side, and saw off Cdr Hutchinson, who was rowed ashore by his Heads of Department.

The change of command ceremony will be remembered as a resounding success, and Cdr Hutchinson can proudly boast a remarkable tenure as Winnipeg's Commanding Officer.

HMCS Winnipeg Outgoing Commanding Officer, Commander Jon. J. Hutchinson, is rowed ashore by the ship's heads of departments during Winnipeg's Change of Command Ceremony.

Photos by Leading Seaman David Gariepy



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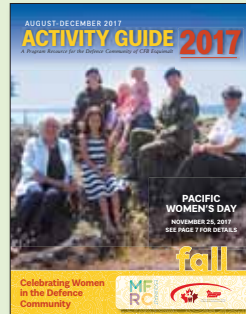
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FOUR CANADIAN FIRST WORLD WAR *Soldiers Laid to Rest*

DND

The Department of National Defence (DND) and the Canadian Armed Forces (CAF) have laid to rest four Canadian First World War soldiers, in France.

Each soldier was buried in the nearest appropriate Commonwealth War Graves cemetery to where he fell.

Unidentified

On Aug. 23, DND and the CAF laid to rest an unidentified Canadian First World War soldier at Canadian Cemetery No. 2 in Neuville-St. Vaast.

The soldier's identity could not be determined, as he was found without personal or unit identifiers. He would have died between the end of October

1916 and the end of July 1917, the nine-month period of action at Vimy.

The Governor General of Canada, His Excellency the Right Honourable David Johnston, and the Commander of the Canadian Army, Lieutenant-General Paul Wynnyk, were in attendance at the ceremony.

Private Reginald Joseph Winfield Johnston and Sergeant Harold Wilfred Shaughnessy

On Aug. 24, Private Reginald Joseph Winfield Johnston and Sergeant Harold Wilfred Shaughnessy were laid to rest by their units at Loos British Cemetery in Loos-en-Gohelle. The two soldiers died in the Battle of Hill 70, of which Canada is marking the 100th anniversary this year. Pte Johnston, of Fairford, Manitoba, was a member of the 16th Battalion, Canadian Expeditionary Force, a unit perpetuated by The Canadian Scottish Regiment (Princess

Mary's) of Victoria, British Columbia. He died on Aug. 15 or 16, 1917, at the age of 22. Sgt Shaughnessy, of St. Stephen, New Brunswick, was a member of the 13th Battalion, Canadian Expeditionary Force, a unit perpetuated by The Black Watch (Royal Highland Regiment) of Montreal. He died on Aug. 15, 1917, at the age of 33. The families of the soldiers were present at the ceremony, with the support of Veterans Affairs Canada.

Sergeant James Alexander Milne

On Aug. 25, Sergeant James Alexander Milne was laid to rest by his unit at Orchard Dump Cemetery in Arleux-en-Gohelle. Sergeant Milne, of Kincardineshire, Scotland, and then Calgary, Alberta, was a member of the 10th Battalion, Canadian

Expeditionary Force, a unit perpetuated by The Royal Winnipeg Rifles and The Calgary Highlanders. He died on April 28, 1917, at the age of 34, in connection with an operation against a German position known as the Arleux-Loop.

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New athletic accomplishment for naval officer

Peter Mallett
Staff Writer

An accomplished competitive swimmer and distance runner has made the successful transition to triathlon.

Lieutenant (Navy) Nico Lightbody, a 25-year-old Ship Support Team Officer with Base Information Services, says he surprised everyone, including himself, with his second place finish in the Canadian Armed Forces 2017 National Triathlon Championship held July 7 in Gatineau, Que.

"The Nationals gave me a huge feeling of accomplishment and a confidence boost," he says. But adds the last 200 meters of the race still stings. That's because the winner of the race, Capt Phil Reynolds from CFB St-Jean, got across the finish line just three seconds ahead of him.

"Still, I was very surprised to finish second since I was racing against a bunch of people who had been doing this sport for much longer."

A triathlon is one of the toughest tests of athletic endurance and stamina. It includes a 1.5-kilometre swim, 40-km bike ride and 10-km run, and Lt(N) Lightbody says his success didn't come by accident.

He has always excelled at swimming and recently captured a silver medal and five gold medals at the Canadian Armed Forces Swimming Nationals held March

24 to 27, 2017, in Unionville, Ont. On the pavement, he has proven himself a capable distance runner, capturing a top overall finish in his age category in the 2016 10-kilometre Navy Run.

His nearly seamless transition into triathlons continued in August. He was the top Canadian finisher in the Open Age Category at the CISM (International Military Sports Council) 19th World Military Triathlon Championship in Warendorf, Germany, on Aug. 5. Lt(N) Lightbody finished 29th overall in a field of 74 triathletes representing 21 different countries.

"I was ecstatic with my finish and it really surpassed all my expectations," he says. "We had a couple of Olympians in the field and the caliber was really quite good. I was also encouraged by the fact that I finished three minutes ahead of Capt Reynolds, who had beaten me in Ottawa."

In order to properly prepare for the physically demanding competitions, Lt(N) Lightbody rose at 5 a.m. each morning and spent more than an hour either running, biking or swimming. That was followed by a similar session in the afternoon, while also augmenting with weight training twice

weekly. He also found time to swim with the Navy Masters Swimming Club who meet three times per week.

"I also focus on eating a clean diet by eliminating meat and focusing on whole foods that are plant-based," he says. "I'm constantly trying to maintain and improve the way my body is performing in competitions. Getting good sleep is also important, so I am normally in bed around 9 p.m."

He notes the importance of starting the day off on "the right foot" and having a healthy work-lifestyle balance as crucial to his success, both in competition and at work.

Lt(N) Lightbody adds his chain of command has been very supportive of his fitness and competition goals since he began his military career in 2010.

He says that is allowing him to fully focus on his next competition: the Miami Ironman 70.3. Lt(N) Lightbody will be one of approximately 3,000 civilian and military personnel who converge on South Florida for the annual event.



Photo by Cpl Michael MacIsaac
Lt(N) Nico Lightbody competes in the 10-kilometre run portion of the CAF 2017 National Triathlon Championship, July 7, Gatineau, Que.



Photo by Cpl Stuart Evans, DND
Lt(N) Lightbody navigates his way through the 1.5-kilometre water course. He finished in second place overall in a recent triathlon, just three seconds behind the winner Capt Phil Reynolds of CFB St-Jean.

I'm constantly trying to maintain and improve the way my body is performing in competitions.

Lieutenant (Navy) Nico Lightbody

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Bravo Zulu

Boatswain QL3/QL5 Graduation Ceremony

Lieutenant Commander Daniel O'Regan, Deputy Commandant Canadian Forces Fleet School (Pacific), presented certificates and awards during the QL3 and QL5 Graduation ceremony on Aug 22.

Photos by LS Valerie LeClair, MARPAC Imaging Services



LS M. Boivin receives her QL5 certificate.



LS D. Burdett receives his QL5 certificate.



LS J. Kim receives his QL5 certificate.



LS K. Krolikowski receives his QL5 certificate.



AB P. Konstantakis receives his QL5 certificate.



LS K. McLean receives her QL5 certificate.



LS L. Mooney receives his QL5 certificate.



AB E. Levesque receives his QL5 certificate.



AB E. Lenner receives his QL5 certificate.



LS L. Van Deven receives his QL5 certificate.



LS S. Deroo receives his QL5 certificate.



LS S. Deroo receives the Top Student Award.



LS S. Deroo receives the Top Student Award.



OS T. Arsic receives her QL3 certificate.



OS N. Baloch receives his QL3 certificate.



OS C. Dolhan receives his QL3 certificate.



OS J. Doxtater-Young receives his QL3 certificate.



OS A. Henderson receives his QL3 certificate.



OS E. LaForrest receives his QL3 certificate.



OS J. Middlemas receives his QL3 certificate.



OS G. Minville receives his QL3 certificate.



OS G. Ratych receives his QL3 certificate.



OS S. Romany-Phipps receives his QL3 certificate.



OS B. Erdogan receives his QL3 certificate.



OS B. Erdogan receives the Top Student Award.



OS B. Erdogan receives the Top Student Award.



OS M. Grant receives his QL3 certificate.

Bravo Zulu

Base Information Services



MCpl Baseet Hameed is promoted to his current rank by Maj Grant Whittla, Acting Commanding Officer BIS Esquimalt (right), and PO1 Neil Comisky.



LS Tyler Hiles is promoted to his current rank by Maj Whittla and Capt Joshua Weissbock, Operations Officer BIS Esquimalt.

Sailor of the Quarter



LS Julien Lacasse, a Naval Combat Information Operator with HMCS Regina, has been awarded the CANFLTPAC Sailor of the Quarter for the Second Quarter of 2017.



PSP RECREATION SPECIAL EVENTS

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Sept 29 – Brave

Oct 13 – Alexander and the terrible.

Horrible. No good. Very bad day

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PSP F17REC233

PSP F17REC234

PSP F17REC235

September Pro D Day Camp

Drop your children off for the day and the PSP recreation staff will ensure they have a fun-filled time!

Location: CPAC PSP F17REC204

Mon Sept 18 8:30am-4:30pm

Before Care: 8am

After Care: 5pm

R \$25 / O \$30 / A \$35 / child

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Halloween Pro D Camp

Drop your kids off for a spooky fun-filled day. Have the kids come in a costume and have them prepared for out-trips and swimming.

Location: CPAC PSP F17REC208

Fri Oct 20 8:30am-4:30pm

Before Care: 8am

After Care: 5pm

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November Pro D Day Camp

Drop your children off for the day and the PSP recreation staff will ensure they have a fun-filled Friday! Make sure you pack to pack their swim trunks!

Location: CPAC PSP F17REC209

Fri Nov 24 8:30am-4:30pm

Before Care: 8am

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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: 848royal-roadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690.

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