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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Bike To Work Week Champions!

Photo by Peter Mallett, Lookout Newspaper

Military and civilian employees from the base join with Base Commander Captain (Navy) Jason Boyd (centre) and Director General, Pacific Regional Public Services Procurement Canada, Annie Desgagné, for the presentation of the newly created Bike To Work Week Trophy. The new hardware will be awarded each year on behalf of Pacific Regional Services Procurement Canada to the B.C.-based Federal Government department with the highest participation levels in the annual Health and Wellness promotion. Full story on page 2.

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Military commuters score victory with pedal power

Peter Mallett
Staff Writer

CFB Esquimalt has received official recognition from the federal government for its ridership numbers in last spring's province-wide Bike to Work Week competition.

Base Commander Captain (Navy) Jason Boyd capped off the formation's participation in the Greater Victoria Bike to Work Week Society event by accepting the trophy for being the B.C. Federal Council Bike to Work Week Challenge Champions. The trophy commemorates the high participation numbers in the Department of National Defence (DND) during the week-long June event.

Director General, Pacific Regional Public Services Procurement Canada, Annie Desgagné was on hand at the Naden Athletic Centre on Oct. 4 to present the newly-created trophy to Capt(N) Boyd on behalf of the formation.

"I am so pleased to see the DND engaged and encouraging everyone to be a part of Bike to Work Week and it is my pleasure to award this prestigious trophy to Captain Boyd," said Desgagné.

DND is the first organization to have its name engraved on the trophy, which Desgagné said was donated by federal employees. Capt(N) Boyd also praised military and civilian cyclists at the base who chose to leave their cars at home last week during the fall Bike To Work Week event held at the base.

"It's outstanding to hear that our membership contributed to roughly half the amount of the total kilometres travelled by federal government employees for this competition," said Capt(N) Boyd upon accepting the trophy. "It shows that DND employees take cycling, fitness and our Health and Wellness Strategy very seriously."

Capt(N) Boyd noted he cycles a round-trip distance of 30 kilometres to and from work and can see firsthand that he isn't the only employee at the base who cycles to work.

Data collected from the spring revealed that DND

employees accounted for 407—44 per cent—of the 915 federal employees who registered in the spring Bike to Work Week. That's up from 267 participants in 2016.

Fisheries and Oceans Canada took second spot in the competition with 70 participants, ahead of Canada Revenue Agency with 54.

Though DND made up 44 per cent of total cyclists, Canada's Environment Assessment Agency took top spot for the highest percentage of participants from within, as 35 percent of its employees participated in Bike to Work Week. Natural Resources Canada was second with 14 percent. The data was collected on behalf of Vancouver-based non-profits Bike to Work Week BC and HUB Cycling.

Federal employees collectively cycled a combined distance of 47,339 kilometres this year, a distance greater than than the circumference of the earth.

Maritime Forces Pacific (MARPAAC) Health and Wellness Strategy's Active Living Working Group helps promote Bike to Work Week events as part of its overall health and wellness strategy. Claire Grant, Health Promotion Program Assistant Personnel Support Programs (PSP) Canadian Forces Morale and Welfare Services (CFMWS) branch, believes the message about the benefits of cycling is starting to sink in.

"It falls within our mandate to promote a healthy and active lifestyle for our members in their day-to-day activities that extend outside of work," said Grant. "The reception has been very good this year."

With less daylight in fall and winter comes attention to safety and visibility, noted Grant. She and her staff were on hand on the morning of Oct. 4 in the parking lot next to the Military Police building in Naden, offering snacks and beverages along with some free battery powered lights in an effort to encourage cyclists to think about ways to improve their visibility to motorists. Members of the GVBTSWS also provided staff to make small bike repairs.

Although there was no competition between Federal Departments for last week's edition of Bike To Work



The newly created Bike To Work Week Trophy on display before a trophy presentation at the Naden Athletic Centre.

Week, Personnel Support Programs (PSP) staff said approximately 230 cyclists showed up at their Oct. 4 Bike To Work Week celebration station.

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Former sailor plotting new career course as independent filmmaker

Peter Mallett
Staff Writer

A 13-year veteran of the Royal Canadian Navy has made an unconventional transition to the civilian work force, trading in the screens of a Naval Electronics Sensor Operator for a film director's chair.

With his first film selected for screening in the upcoming New West Film Festival in Vancouver, it seems Leading Seaman (Ret'd) Mike Stevens' new career is a bright one.

When it became clear in 2016 that his career in the navy was coming to an end for medical reasons, he had the option of returning to work in security or pursuing his decade-long desire to become a filmmaker. His wife Shannon encouraged him to follow his passion.

So Stevens began attending the film program at Victoria's Pacific Design Academy in September 2016 under the Department of National Defence Vocational Rehabilitation Program.

Less than a year later, as part of his course requirements, he had produced the film *Dee*, an eight-minute suspense/thriller. To have it included in a festival is an affirming experience, he says.

"For me to be part of the film festival is a huge shot in the arm just when I needed it the most," says Stevens. "What it means to me is vindication and validation for the film, but also for the decision that I made to set out onto the new and unfamiliar path of filmmaking."

Stevens' military career included working aboard warships as an Electronic Warfare and Above-Water Warfare specialist for six years before spending the last six at Regional Joint Operations Centre as a Watch Supervisor. He says the 12-hour shifts sitting in dark rooms in front of computer screens coupled with health problems eventually spelled an end to his days in the navy.

Choosing the uncertainty of a completely new career over the guarantee of a regular paycheque in familiar work was a risk, but it's one he's glad he took.

"When I left the navy, I really didn't know if I was going to make it as a filmmaker," says Stevens. "The movie had a shoestring budget, so being selected for the film festival has helped me conquer my fears of the unknown and just validated everything for me."

After getting an A on the project, Stevens searched online for film festival opportunities. He spent hundreds of dollars applying to have his film screened at nine different independent film festivals across North America.

In mid-September, he learned that his film had been chosen for the New West Film Festival.

"When I received the e-mail informing me *Dee* had been selected, it

took me about five seconds to realize what was happening," he said. "I just started shouting excitement before my wife came running into the room and then we both started jumping up and down and celebrating."

Inspiration for the film came largely from Stevens' life-long interest in paranormal activity investigation and his love for classic science fiction.

He has always been a story teller and loves writing, he says. About 10 years ago he published his first short story on Amazon to favourable reviews. In 2014, he began to self-publish a series of books titled, *Case Files of the New York Paranormal Investigation*, which now has four volumes.

Stevens says *Dee* incorporates much of his writing and investigation work. It's the story of vengeance against a serial killer, played by local actor Alex Judd. The lead character believes he is too smart to be caught, but that changes when *Dee*, a mysterious young apparition from the spirit world, played by 11-year-old actress Vanessa Przada, knocks on his door in the middle of the night.

"*Dee* is literally the daughter of death, the angel of vengeance, and comes around to pay the murderer a sobering visit," says Stevens.

The film was shot in two locations: a residential home in Victoria and the bathroom of the design academy during two separate six-hour filming sessions in May.

The film cost approximately \$1,400 to make. Stevens kept the expenses low by borrowing equipment and asking fellow students to serve as the film crew. A local sound expert agreed to work on the film free of charge.

Stevens attributes his experiences in the military with helping him succeed while learning the ins and outs of directing.

"The military teaches you a lot of discipline and skills like organization, which all come into play when making a film," he says. "In the military you need to be elastic and react to situations and problems effectively and efficiently and this also applies to when situations go wrong on a movie set. It [the set] operates much like a warship in that you need to learn to



LS (Ret'd) Mike Stevens

work together to get the job done no matter what obstacles are in your way."

Stevens hopes the early positive results in his journey will serve as inspiration to others moving on from military life.

"It is a well-documented fact that military people always have a hard time with adjusting to life in the



civilian world," he says. "I would suggest the key to beating this is to find something you love doing. You have a chance to change your life; you have served queen and country, but now it's time to serve yourself."

The New West Film Festival will be showcasing *Dee* alongside a collection of other short films on Oct. 20 at Landmark Cinemas 10 in New Westminster from 9:30 to 11 p.m.

Stevens says after this year's film festivals wrap up he is planning to make *Dee* available on YouTube and other online sources.

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WHAT SAY YOU

People Talk

October 2 to 6 was Bike to Work Week at CFB Esquimalt. With that in mind, Lookout asked cyclists around the base:

Why do you bike to work instead of using other modes of transportation?



I've got a few reasons for biking to work. First and foremost, I enjoy the exercise and riding my bike. Secondly, the financial savings at home because our household only needs one car instead of two. And finally, it sets a good example for my kids if they see me biking to work. It sets them on the right path too.

LCdr Simon Brown, MARPAC HQ



Because I am outdoors, there is fresh air, no traffic and the weather in Victoria is perfect for it. There are plenty of bike trails for me to use in the Capital Regional District and that's great for me because I don't like driving on the road with cars.

Sylvie Gagne, IPSC Pacific Region



It's a great way to wake up in the morning. It gets your body moving and is so much better than the stress of sitting in a car in heavy bumper-to-bumper traffic. I cycle year round and in the rain and sleet and I feel good. It's so much better than sitting in traffic.

Vicky Killion, IPSC Pacific Region



A big reason is for the fitness benefits. I can combine my transit to work with a workout, which is perfect for me.

**LCol Gordon Peckham,
CF Health Services Centre**

WHAT SAY WE

SPORTS trivia

Questions by Tom Thomson, Contributor

Questions

- Who holds the record for home runs by a rookie in Major League Baseball (MLB)?
- Who holds the record for most goals scored by a rookie the National Hockey League (NHL)?
- Who holds the MLB record for most seasons with 40 or more home runs?
- Who holds the NHL record for most goals in his first game?
- Which two MLB players share the record for most seasons with at least 30 home runs?
- Who holds the NHL record for most seasons with at least 20 goals scored?
- Who has the most MLB seasons as league leader in home runs? Who is second?
- Who holds the NHL record for the longest consecutive point-scoring streak by a defenceman?
- Who holds MLB's record for most consecutive seasons as league leader in home runs?
- Who holds the record for fastest goal scored in his first NHL game?
- Which two MLB players of the modern era hold the record for leading both leagues in home runs?
- Which goaltender holds the NHL record for most regular season career wins?
- Who holds the MLB record for career grand slams?
- Who holds the NHL record for most penalty minutes in one season?
- Which American League team holds the record for most home runs in a single game?
- Which NHL goaltender has scored the most points in his career?
- Which National League team holds the record for most home runs in a single game?
- Who holds the NHL record for points in a single season by a defenceman?
- Which MLB team holds the record for most grand slams in a single game?
- Who holds the NHL record for consecutive games played in a career?

- Aaron Judge - New York Yankees. Judge hit his 52nd dinger on September 30, 2017 to eclipse Mark McGwire's record of 49 set in 1987.
- Teemu Selanne - Winnipeg Jets - 76 - 1992-93.
- Babe Ruth - 11.
- Auston Matthews - Toronto Maple Leafs - 4 - October 12, 2016.
- Hank Aaron and Alex Rodriguez - 15.
- Mr. Hockey himself, Gordie Howe with 22.
- Babe Ruth - Philadelphia Phillies - 8.
- Paul Coffey - Edmonton Oilers - 28 games - 1985-86.
- Ralph Kiner - Pittsburgh Pirates - 7.
- Dave Christian - Winnipeg Jets - 7 seconds - February 29, 1980.
- Fred McGriff - Toronto Blue Jays - 1989 and San Diego Padres - 1992 and Mark McGwire - Oakland Athletics - 1987, 1996 and St Louis Cardinals - 1998-99.
- Martin Brodeur - 691.
- Alex Rodriguez - 25.
- Dave Schulttz - Philadelphia Flyers - 472 - 1974-75.
- Toronto Blue Jays - 10 - September 14, 1987.
- Tom Barroso - 48 - all assists.
- Tom Barroso - 48 - all assists.
- Cincinnati Reds - 9 - September 4, 1999.
- Bobby Orr - Boston Bruins - 139 - 1970-71.
- New York Yankees - 3 - August 2, 2011 vs Oakland.
- Doug Jarvis - 964 - October 8, 1975-October 10, 1987.

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Naden Band performs with Canadian icon Sarah McLachlan at Invictus Games

Peter Mallett
Staff Writer

Canadian music icon Sarah McLachlan teamed up with the official band of Canada's Pacific Fleet during the opening ceremony of the 2017 Invictus Games in Toronto.

Approximately 30 members of the Naden Band and 35 members of CFB Halifax's Stadacona Band backed the award-winning singer/songwriter on the main stage of the Air Canada Centre on Sept. 23. With a near-capacity crowd at the arena and a national television audience looking on, McLachlan and the two bands performed their rendition of McLachlan's popular song, "In Your Shoes".

"What a great honour for us to be asked to be part of such an amazing event that use sports to inspire recovery and rehabilitation of soldiers around the globe," said Naden Band Commanding Officer SLt Vincent Roy. "It was a great way for us to close the chapter on a very busy summer."

An international sport competition for ill and injured military members and veterans, the Invictus Games brought together athletes from 15 countries competing in 12 different adaptive sports.

McLachlan and the naval bands were part of a three-hour performance that followed the entrance of the athletes during the traditional Parade of Nations and opening remarks from Prince Harry, founder of the Invictus Games,

and Prime Minister Justin Trudeau.

Other performers during the show included French Canadian folk band La Bottine Souriante, pop singer Alessia Cara and the Tenors, and comedian Mike Myers. Four Canadian Armed Forces bands took part in the opening ceremonies with Ottawa's Central Band and La Musique du Royal 22e Regiment Quebec providing accompaniment for the athletes as they marched out onto the arena floor to open the ceremony.

Naden Band Production Supervisor and Oboist, Petty Officer Second Class (PO2) Katrina Bligh said the band's involvement in the Games was one of the biggest moments in her eight-year military career.

"Overall, I think the performance was a huge success and meeting Sarah [McLachlan] was an awesome experience," said PO2 Bligh.

Band members were first informed they had been invited to the Games back in June. They recorded the song "In Your Shoes" in Esquimalt and sent the recording on to McLachlan so she could practice performing to the arrangement.

The original plan for the Invictus performance was to have the band members on stage but to have a pre-recorded version of their performance accompany McLachlan's singing. But during sound check, event producers informed the band that they would need to play live due to the acoustics in the building.

Fortunately, the band had everything they needed, having

flown to Toronto with all their equipment packed into a Royal Canadian Air Force (RCAF) Hercules cargo plane.

"There really wasn't too much pressure because we had rehearsed the song, knew we could do it and a big part of our job is being flexible and prepared for the unexpected," said PO2 Bligh. "It worked really well live."

Even though band members spent the majority of the Opening Ceremony backstage in the Green Room, the uniqueness of the event wasn't lost on them. PO2 Bligh said she and the other band members still got to experience the spirit of goodwill and the magic of the Games up close.

"It was truly inspirational to see several of the athletes, all from different countries and who are complete strangers, identify with each other and encourage each other for success in their events," said PO2 Bligh. "For me, I could truly see that these Games were really all about helping people to get well through sport and inspiring others to overcome their problems and that was a powerful moment to be part of."

The band's performance marked one of many success stories for CFB Esquimalt at the Games. In Issue 39, *Lookout* reported on Lieutenant (Navy) Krista Seguin's Gold-Medal victory in weightlifting and retired Master Corporal Sandy Bate's Bronze Medal in Golf. To find out more about the Invictus Games and see how Canada's athletes fared, visit www.invictusgamesfoundation.org/games/toronto-2017.



Photo by Cpl Jean-Roch Chabot, CFJIC

Sarah McLachlan performs with the Naden Band of the Royal Canadian Navy during the Invictus Games opening ceremony.



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HMCS St. John's brings humanitarian relief

Captain Matt Zalot
Public Affairs

One of the roles of the Canadian Armed Forces (CAF) is to help people in the wake of disasters. Whether these disasters are caused by humans or nature, alleviating suffering is an important military function that can bring about stability, save lives, and prevent further misery.

That is why it's unsurprising that the Government of Canada sent *HMCS St. John's* to respond to the devastation wrought by Hurricane Irma when it passed through the Caribbean in early September.

The tropical cyclone, which affected many of the Leeward Islands and the United States, was the strongest Atlantic hurricane since Hurricane Wilma in 2005. The crew of *St. John's* had its work cut out, and quickly stepped up the pace of their training in order to meet the required benchmarks before transiting south to the

Turks and Caicos.

The ship arrived in South Caicos on Sept. 15 and the crew quickly began performing important humanitarian aid and disaster relief. The main lines of effort were directed at clearing debris, providing fresh water to the island, and providing work parties with the technical expertise to re-establish power and otherwise help out as needed.

The leadership of *St. John's* liaised with United Kingdom military representatives, disaster response personnel, and local South Caicos officials to determine how best to coordinate disaster response efforts.

St. John's served as a valuable command centre, permitting calls to higher command, producing lifesaving water, and providing a home for work parties after they returned from labouring in the hot and humid Caribbean climate. Every day, approximately 80 sailors transferred via small boat back and forth to shore in order to conduct the

humanitarian tasks assigned to them.

Operation Renaissance Irma Maria efforts in South Caicos were not confined to the navy. Members of 423 Maritime Helicopter Squadron, based out of 12 Wing Shearwater, Nova Scotia, played an invaluable role in ensuring that the island was adequately supplied using the ship's CH-124 Sea King helicopter. Along with scouting the area and transporting officials across the region, the RCAF personnel on board were responsible for slinging thousands of litres of potable water to shore to provide emergency relief while the distribution system could be repaired. Once the water situation improved, the Sea King continued to play an important role, making sure that the work parties' equipment was where it needed to be to maximize their effectiveness.

Following Hurricane Maria, *St. John's* transited from the Turks and Caicos to Dominica to help with relief work on the island.



Crew from HMCS St. John's and a British Royal Marine Commando load supplies into a truck for the people of South Caicos Island.



Photos by MCpl Chris Ringius, Formation Imaging Services Halifax

Crew members from HMCS St. John's receive supplies at Norfolk Naval Base in West Virginia before departing on Operation Renaissance.





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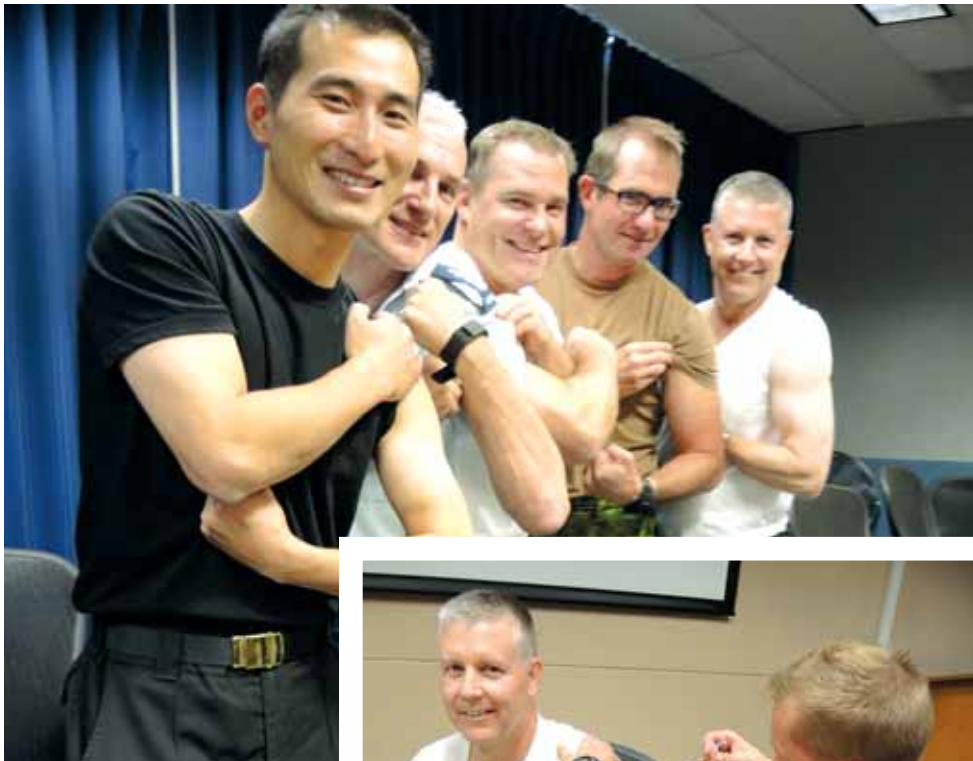
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LCol (Ret) Chris Linford,
author of *Warrior Rising:
A Soldiers Journey to PTSD
and Back*, speaks at Toastmasters

Chris Linford has over 33 years service in the Canadian Armed Forces, much of it as a Nursing officer. He is a veteran of missions to the Gulf War, Rwanda and Afghanistan, but it was his Rwanda experiences that would lead to his eventual Post-Traumatic Stress Disorder (PTSD). His story is about the invisible scars of having served in those war zones, but he brings a message of hope. Question and answer session to follow.

**THIS IS AN OPEN MEETING!
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Thursday, October 19, 2017
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Flu shot campaign

Canadian Forces Health Services Centre (Pacific) kicked off their annual Flu Shot Campaign for military personnel at the base by hosting a flu shot clinic at Maritime Forces Pacific (MARFAC) headquarters in Dockyard on Oct. 4. Flu shots are not mandatory but highly encouraged for all members of the military. For more information about future clinics and drop-in appointments at the base immunization clinic follow CFB Esquimalt's base intranet splash pages or call 250-363-4140.



HMCS Charlottetown supports NATO operations in the Baltic Sea

Lt(N) Meghan Jacques
Public Affairs

In August 2017, *HMCS Charlottetown* deployed to the Baltic Sea on Operation Reassurance, joining the Standing NATO Maritime Group One (SNMG1).

The SNMG1 is a naval force made up of ships from NATO countries that are working together to reassure allies in the region of NATO's ability to support stability and security in the region.

"As part of routine SNMG1 operations, *HMCS Charlottetown* conducts patrols to improve awareness, which is used to monitor patterns of maritime and air traffic in the area of operations," said Commander Nathan Decicco, Commanding Officer of *Charlottetown*.

Part of the routine work of maintaining awareness is monitoring routine foreign naval and air activities.

In early September, during Russia's preparations for ZAPAD 17,

Charlottetown and the embarked CH-124 Sea King Helicopter observed routine Russian air and naval activity while sailing in the Baltic.

Charlottetown's professional posture while observing Russian warships and aircraft was integral to maintaining situational awareness, maritime security, and stability in the Baltic region.

"*HMCS Charlottetown* also participates in regular training serials with SNMG1 consorts, improving overall interoperability and is integrated in larger coordinated national and NATO exercises including Exercise Northern Coast in the Baltic Sea and Exercise Brilliant Mariner in the Mediterranean Sea," said Cdr Decicco.

Charlottetown excels at maintaining accurate real-time awareness while participating in concurrent advanced training serials. The concurrent tasks requires *Charlottetown's* Operations Team to manage multiple simultaneous scenarios and maintain succinct and accurate tactical communications.



Photos by Corporal J.W.S. Houck - Formation Imaging Services

Allied ships under Standing NATO Maritime Group One (SNMG1) move into formation during Operation Reassurance.

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Tour de Rock riders are introduced during a tour stop at CFB Esquimalt Fire Services headquarters.

Cops for Cancer

Photos by Peter Mallett, Lookout Newspaper



Tour de Rock cyclist Chris Day gets his head shaved by Angela Smith of Fusion Hair Works as part of a fundraising initiative.

Peter Mallett
Staff Writer

Cyclists from the Tour de Rock Cops For Cancer charity rolled into Fire Services headquarters on Esquimalt Road on Oct. 4.

The tour stop at the base was in the final two days of their Vancouver-Island-wide bike tour that began Sept. 23 in Port Hardy and concluded at Victoria's Centennial Square on Oct. 6.

By the end of the tour, the riders travelled approximately 1,000 kilometres on their journey.

The annual Canadian Cancer Society fundraiser is now in its 20th year and raises money for pediatric cancer research and support programs for children with a history of cancer.

Traditionally, the fundraiser involved members of Police Services from across Vancouver Island with one media rider. For the first time, this year's ride saw other emergency services workers welcomed onto the team. From the base, Tour de Rock rider Corporal Matthew Best of Esquimalt's Military Police Unit and the National Investigation Service and Chris Day of CFB Esquimalt Fire Services were cheered on by dozens of well-wishers who had gathered at the fire hall on a bright and sunny fall afternoon.



Three-year-old Theodore tries on a toy fireman's helmet as his mother Lt(N) Pamela Hogan reacts during a ceremony celebrating the Tour de Rock.



Tour de Rock cyclists Chris Day (left) and Cpl Matthew Best accept a cheque for \$2,000 from Master Seaman Michele Schnob, Chief Petty Officer First Class Gordon Gibbons and Commander Jeanne Lessard of Base Administration. The money was from fundraising initiatives conducted at the Pacific Fleet Club, The Wardroom and the Chief and Petty Officers Mess.



Tour de Rock media rider Arnold Lim from Black Press departs the fire hall with the rest of the team.

new GOVERNOR GENERAL

On Oct. 2, former astronaut Julie Payette became the 29th Governor General of Canada. Payette has many accolades to her credit including a school in her name and 27 honorary degrees. She is also an Extraordinary Companion of the Order of Canada, Extraordinary Commander of the Order of Military Merit, Commander of the Order of Merit for Police Forces, head of the Canadian Heraldic Authority and a Knight of the Ordre national du Québec. Governor General Payette replaced David Johnston, who had been Canada's Commander-in-Chief since 2010.



Photos by Corporal Lisa Fenton, CF Support Unit (Ottawa) Imaging Services
Governor General Julie Payette inspects military members during her installation parade on Parliament Hill in Ottawa on Oct. 2.



Governor General Julie Payette waves to the audience.



Outgoing Governor General David Johnston receives a salute from members on parade.

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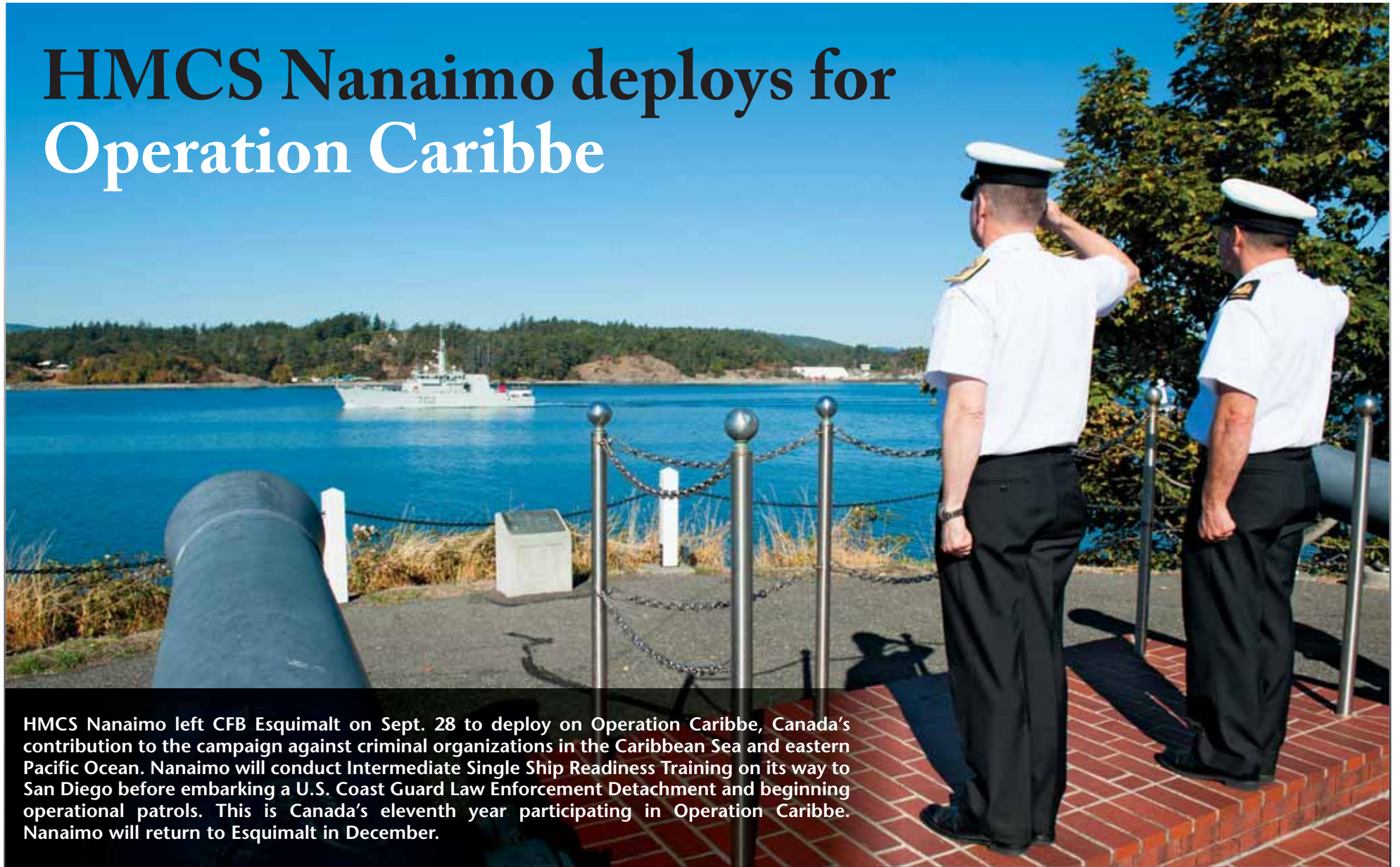


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HMCS Nanaimo deploys for Operation Caribe



HMCS Nanaimo left CFB Esquimalt on Sept. 28 to deploy on Operation Caribe, Canada's contribution to the campaign against criminal organizations in the Caribbean Sea and eastern Pacific Ocean. Nanaimo will conduct Intermediate Single Ship Readiness Training on its way to San Diego before embarking a U.S. Coast Guard Law Enforcement Detachment and beginning operational patrols. This is Canada's eleventh year participating in Operation Caribe. Nanaimo will return to Esquimalt in December.

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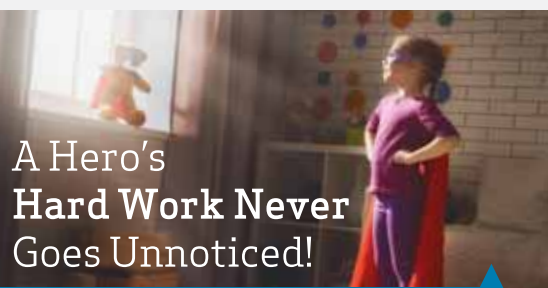
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Fashionable fundraising

To kick off the 2017 National Defence Workplace Charitable Campaign, a special pair of United Way Converse runners were raffled off. Danny Branchflower of Personnel Support Programs was the lucky winner. Keep watching the *Lookout* for updates on campaign events over the coming weeks.



Charges laid against two soldiers

DND

On October 5, 2017, the Canadian Forces National Investigation Service charged two members of the Canadian Armed Forces (CAF) with sexual assault under the Criminal Code.

Master Corporal Maxime Demers, a member of Canadian Forces Health Services at CFB Borden, faces one count of Sexual Assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act.

The charge relates to a reported incident at a private residence in Halifax in June 2014, when the

accused was posted to HMCS Charlottetown. The reported victim was also a member of the CAF.

Corporal George MacLeod, a member of 36 Combat Engineer Regiment, a Primary Reserve unit in Sydney, Nova Scotia, also faces one count of Sexual Assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act.

The charge relates to a reported incident involving another member of the Canadian Armed Forces during training at 5th Canadian Division Support Base Gagetown in August 2017.

"Harmful and inappro-

priate sexual behaviour has no place in the Canadian Armed Forces – be it in the Reserve or Regular Force," said Lieutenant-Colonel Kevin Cadman, Commanding Officer, Canadian Forces National Investigation Service. "These charges reflect our steadfast commitment to respect victims, thoroughly investigate all allegations, and bring those responsible for criminal sexual offences to justice."

These matters are now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

Public Service Announcement for Bentinck Island Range

The land-based demolition range at Bentinck Island will be in use from 8 a.m. to 3:30 p.m. daily from Oct. 9 to 13.

Bentinck Island is located near Race Rocks in the Strait of Juan de Fuca. Used as a terrestrial demolition range by the Canadian Armed Forces, local residents will likely be unaware of the activities except on days when environmental conditions such as temperature, humidity and wind direction affect how far the sound will travel.

Numerous studies have been conducted on the potential environmental effects of Bentinck Island demolitions. Specifically, blast noise in the marine environment during land-based demolitions is almost undetectable by acoustic equipment above that of other underwater background sounds such as waves and marine life.

The public is reminded that no unauthorized person may enter this area and trespassing is prohibited.

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- 27th Dance to The Cliffs 7-11 PM
- 28th Halloween Dance to Twelve O'Clock Rock 7-11 PM
- 29th Bingo 2-5 PM

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CONTROLLED BURN AT ROCKY POINT



Photos by MCpl Brent Kenny, MARPAC Imaging Services

Above: A member of the B.C. Wildfire Service “wets down” the grass to hinder the unwanted spread of the fire.

Right: Members of the B.C. Wildfire Service prepare equipment prior to starting the “wet down” process.

Left: A B.C. Wildfire Service member lights the grass on fire as the crew burns the designated area.





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AT CFB ESQUIMALT - NADEN

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Bravo ZULU

Primary Leadership Qualification Course graduation

The Primary Leadership Qualification Course graduation ceremony was held at the Work Point Barracks Parade Square on Sept. 28.

Photos by LS Ogle Henry, MARPAC Imaging Services



MS Diana Holton was promoted to her current rank by the Reviewing Officer, Cdr Blair Saltel.



Don Cook, a representative of the Chiefs and Petty Officers Association, presented the Top Student award to MCpl Shawn James.



CPO1 Gilles Gregoire, Formation Chief Petty Officer, presented the Formation Chief Petty Officer's Award to MCpl Shawn James.



Senior Instructor CPO2 Ken Simoneau presented the Primary Leadership Academy Drill Trophy to MS James Poirier.



HMCS Regina awards and presentations

Left: MS Jackson was promoted to his current rank on Sept 29 by Cdr Matthews, Commanding Officer of HMCS Regina.

Right: PO1 Riley was awarded his Sea Service Insignia - Gold, by Cdr Matthews.



SLt Mullin-Lamarche was awarded his CSE Phase VI Certificate by Cdr Matthews.



PO1 Cournoyer was awarded his CD1 by Cdr Matthews.



LCdr Graham, Executive Officer of HMCS Regina, was awarded his CD1 by Cdr Matthews.



MS Dennis was awarded his CD1 by Cdr Matthews.



PO2 Durham was awarded his Sea Service Insignia - Gun Medal by Cdr Matthews.



AB Turner was promoted to his current rank by Cdr Matthews.



Lt(N) Hill was awarded his CSE HOD Certificate by Cdr Matthews.



MS Yancoff was awarded his Sea Service Insignia - Gun Medal by Cdr Matthews.

Bravo Zulu

HMCS Calgary awards and presentations

An awards and presentations ceremony was held in HMCS Calgary on Sept. 15 with Commander Ryan Saltel, Commanding Officer, presenting.

Photos by LS Ogle Henry, MARPAC Imaging Services



PO2 Johnston was promoted to his current rank by Lt(N) Joiner and Cdr Saltel.



MS Poddoubtchenko was promoted to his current rank by Lt(N) Joiner and Cdr Saltel.



LS Girouard was promoted to his current rank by Lt(N) Smirnov and Cdr Saltel.



AB Lefebvre was promoted to her current rank by CPO2 Sheffar and Cdr Saltel.



PO2 Larsen received his Operational Service Medal from Cdr Saltel.



PO2 Quin received his CD1 from Cdr Saltel.



MS Blais received his CD1 from Cdr Saltel.



WO Elliott received a MARPAC BZ from Cdr Saltel.



WO Michel received a CO BZ from Cdr Saltel.



Pte Vissers received a CO BZ from Cdr Saltel.



MS Hamilton received his Cert 3 Certificate from CPO2 Macmillan and Cdr Saltel.



LS Lindsay received his BIS Certificate of Appreciation from Cdr Saltel.



AB Lussier was promoted to his current rank and received his Machinery Watchkeeping Certificate from CPO2 Macmillan and Cdr Saltel.



LS Muraca received his BIS Certificate of Appreciation from Cdr Saltel.



AB Hall was promoted to his current rank and received his Machinery Watchkeeping Certificate from CPO2 Macmillan and Cdr Saltel.

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ANNOUNCEMENTS

THE 42ND ANNUAL CHRISTMAS Craft Sale of the Juan de Fuca Arts & Crafts Guild and friends. Free admission, door prize, wheelchair accessible, free parking, on bus route. New vendors as well as traditional favourites. Saturday, November 11, 2017 from 9 a.m. to 4 p.m.; Sunday, November 12, 2017 from Noon to 4 p.m. St. Joseph's School Gym, 757 Burnside Road West, Victoria, BC Facebook page is: https://www.facebook.com/Juan-de-Fuca-Arts-and-Crafts-Guild-138506396236300/

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1. **How often should you practice your home fire escape plan?**
 - A. Once a month
 - B. Once a year
 - C. Twice a year
2. **Once you are safely outside the home, you should do what?**
 - A. Call the fire department.
 - B. stay at your meeting place.
 - C. Wait for the fire department to arrive.
 - D. All.
3. **You could have less than two minutes to escape a home fire from the time a smoke alarm sounds.**
True or False?
4. **During a fire in a typical building, you need to:**
 - A. React immediately, get outside, stay outside.
 - B. Investigate the problem, get outside.
 - C. Wait for someone to tell you what to do.
 - D. Take care of yourself, run and hide.



Answers
1. C
2. D
3. True
4. A

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