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Volume 63 Number 39 | October 1, 2018

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Photo by Leading Seaman Shaun Martin, MARPAC Imaging Services

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Grey Cup touches down in Esquimalt

Peter Mallett
Staff Writer

One of Canada's most famous sports trophies is making a two-day port call at CFB Esquimalt this week.

The Grey Cup, the championship trophy of the Canadian Football League (CFL), will be on display at various locations Oct. 2 and 3.

The cup's visit is sponsored by the CFL, the Canadian Football League Hall of Fame and Canada Company, a national non-profit that provides post secondary scholarships to the children of military members that died on duty or by suicide attributed to military service.

After making a brief stop at the Base Commander's Office, the 109-year-old trophy will be available for viewing between 9:30 and 11:30 a.m. and 1:30 and 3 p.m. at the Naden Drill Shed on Oct. 2. On Oct. 3 the trophy will be on display at the Dockyard Gym between 8:30 and 10:30 a.m. Then it will cross Esquimalt Harbour to Colwood to the Fleet Diving Unit (Pacific) Mess for a noon to 1:30 p.m. showing. Then after another appearance at 443 Maritime Helicopter Squadron, the Cup will be transferred to CFB Comox.

The Grey Cup was commissioned in 1909 by Canada's Governor General Earl Gray and donated as a championship trophy

contested between four regional Rugby Football Union leagues. It has the names of all 105 champions engraved on its base, with the University of Toronto Varsity Blues as the first and the Toronto Argonauts as the latest.

This year's Grey Cup will take place Nov. 25 at Edmonton's Commonwealth Stadium.

The last time the Grey Cup visited CFB Esquimalt it was in celebration of the B.C. Lions' 2011 Grey Cup victory over the Winnipeg Blue Bombers. Vancouver businessman and Canada Company member Daniel Whittle, a former Clearance Diver with the Naval Reserves during the 1980s, helped organize this year's visit.

Whittle is owner of the Sealord Capital Corporation and is a member of The Waterboys, a volunteer group of B.C. businessmen that help promote the Lions in the community. He says the Cup's latest stop at Vancouver Island military installations is meant to coincide with the B.C. Lions Military Valour Halftime show at their Oct. 19 game versus the Edmonton Eskimos.

"The CFL and the Football Hall of Fame wanted to show its appreciation for the men and women of the Canadian Armed Forces by bringing the Cup to CFB Esquimalt and CFB Comox," said Whittle. "I also wanted to make

sure the sailors of the diving unit weren't forgotten when we came, and the Cup made it across the harbour to Colwood."

Handle With Care

Fans are encouraged to come out and view the Grey Cup and have their pictures taken with it, but there will be absolutely no touching of the trophy's cherished sterling silver chalice.

Protecting the Cup is a serious responsibility for the football hall of fame and for Jeff McWhinney, a Delta Airlines employee based out of Winnipeg. He is one of two volunteers known as "Keeper of The Cup" that wears white gloves whenever handling it.

McWhinney, whose father Glenn 'Keeper' McWhinney helped the Edmonton Eskimos win a Grey Cup in 1954, spends his spare time travelling with the Grey Cup keeping it from harm's way at promotional events across the country, and has attended several Grey Cups.

That's for good reason because the cherished mug has been dented, dropped, stolen and crushed, with most of the acts of abuse coming from the players and not the fans. The Edmonton Eskimos broke the trophy on two separate occasions with one player sitting on the trophy in 1987 and another delivering a damaging head butt in 1993. In 2006 a B.C. Lions Offensive Linesman

The last time the Grey Cup visited CFB Esquimalt it was in celebration of the B.C. Lions' 2011 Grey Cup victory over the Winnipeg Blue Bombers.

raised the trophy over his head in celebration of winning the championship game and the Grey Cup fell into two pieces.

Football for the Fleet

McWhinney is excited to pay a visit to the military bases this week because he knows how much of a debt Canadians owe to Canada's military.

"Bringing the Cup to Vancouver Island is our way of honouring today's men and women in the Canadian Armed Forces and letting them know that the freedoms we enjoy in our country today are due to the sacrifices made by their brothers and sisters, many of whom are former players and lost their lives as members of Canada's military."

Several CFL cities are the namesakes of no fewer than six ships of the Pacific Fleet, with *HMCS Vancouver*, *HMCS Regina*, *HMCS Calgary*, *HMCS Winnipeg*, *HMCS Ottawa* and *HMCS Edmonton* all share a strong sense of pride and connection to their respective professional gridiron gladiators.

Regina Executive Officer, Lieutenant-Commander Brian

Henwood says his warship enjoys a robust connection to the City of Regina and the Saskatchewan Roughriders.

"There is high level of interest in the Roughriders which is reflected by the significant number of Riders items located throughout *HMCS Regina*," said LCdr Henwood.

Some of those items include a 2013 Taj Smith Grey Cup helmet and game ball, and a Riders flag donated to the team by a group of school children from Regina. Last year the Roughriders filmed a video on board *Regina* with team mascot Gainer the Gopher.

The crew also visits their namesake city in Saskatchewan each year and a big part of that tradition is to visit Taylor Field for a Roughriders game. Twelve crew members of *Regina* visited Regina Sept. 12 to 16 and attended the Riders game against the Ottawa Red Blacks.

In a sad twist of irony, *Regina* and its crew won't have an opportunity to get a visit with the cup this time as they will be busy performing trials in preparation for a future deployment.

The Grey Cup

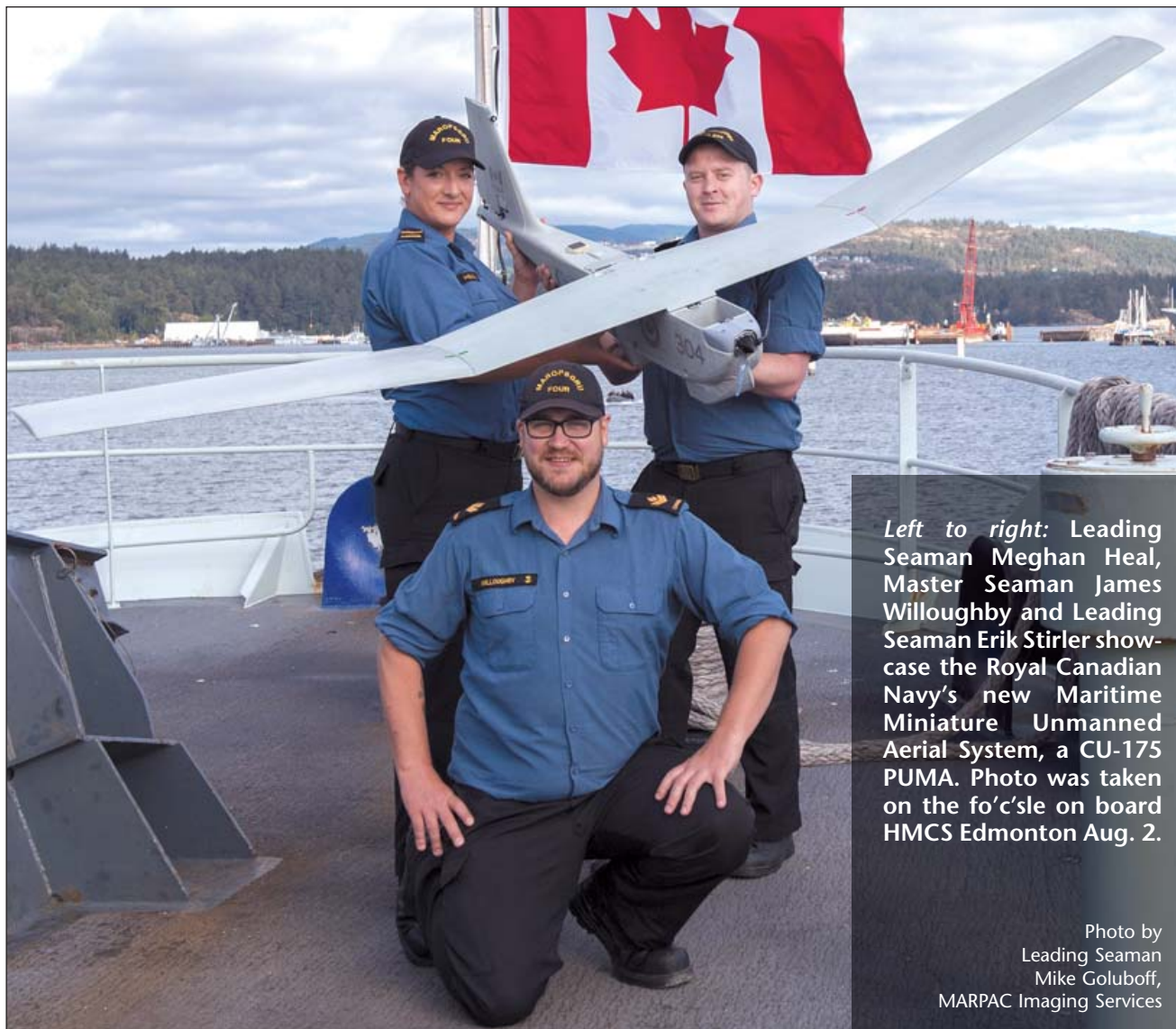
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Left to right: Leading Seaman Meghan Heal, Master Seaman James Willoughby and Leading Seaman Erik Stirler showcase the Royal Canadian Navy's new Maritime Miniature Unmanned Aerial System, a CU-175 PUMA. Photo was taken on the fo'c'sle on board HMCS Edmonton Aug. 2.

Photo by
Leading Seaman
Mike Goluboff,
MARPAK Imaging Services

Navy enhances aerial capability

MS James Willoughby
MMUAS Detachment

The Royal Canadian Navy recently acquired a new capability in the form of a Maritime Miniature Unmanned Aircraft System - the CU175 Puma.

The all-environment Puma is intended to provide a beyond-visual-line-of-sight intelligence, surveillance, target acquisition and reconnaissance capability to Kingston-class vessels.

It has a flight endurance of approximately three hours, can operate to an altitude of up to 10,500 feet, and carries a payload of enhanced optical and IR cameras that can capture still and video imagery.

The system and its impressive imagery capability were initially observed onboard *HMCS Edmonton* during sea acceptance trials in August. The Kingston class do not carry a maritime helicopter, so the addition of the Puma's capability to search and moni-

tor from the air, providing razor-sharp imagery, is expected to greatly enhance operational effectiveness.

The Puma will be operated by two new Maritime Miniature Unmanned Aircraft System Detachments, one at Maritime Operations Group Five in Maritime Forces Atlantic and one at Coastal Forces in Maritime Forces Pacific.

The newly-minted Detachments, comprised of select personnel from the Naval Combat Information Operator and Weapons Engineering Technician trades, recently completed their initial training with Canadian Special Operations Forces Command personnel at 4th Division Canadian Support Base Petawawa.

The east and west coast Detachment members were put through their paces by their instructors. The three-week course included theory of flight, mission planning, launch and recovery procedures, and basic and advanced

flight manoeuvres. Although most of the training was land-based, the theory and principles learned on course will translate over to the Puma's intended shipborne operations.

"The training and experience gained on the course was unique and specialized," said LS Meghan Heal, of the west coast Detachment. "I'm enthusiastic about the extent and capability that MMUAS will now bring to Maritime Coastal Defence Vessels, and how we can employ these systems for intelligence, surveillance, and reconnaissance locally and abroad. Overall, the PUMA course was exceptional."

The RCN MMUAS Detachments and the supporting project staff at Director Naval Requirements, New Capability Introduction, and Naval Pacific Training Group are pushing forward to achieve full airworthiness certification, with an eventual goal of deploying embarked teams to Operation Caribbe and other missions.

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WHAT SAY YOU

SPORTS trivia Sports Song Lyrics

By Stephen Stone and Tom Thomson, Contributors

The following quiz features song lyrics that are associated with sports.

Questions

1. I used to be a rolling stone you know, if a cause was right.
2. Risin' up, back on the street, did my time, took my chances
3. They storm the crease, like bumblebees, they travel like a burning flame
4. Oh put me in coach; I'm ready to play today
5. I knew 'em all, from Boston to Dubuque, especially Willie, Mickey and the Duke
6. I am just a poor boy though my story's seldom told
7. Season's end, and the stands come down, one less heart in one more town
8. Well, it's Monday night and we're ready to strike!
9. Saw him the other night at this road side

10. I can relate to kids going straight to the league / When they recognize that you got what it takes to succeed
11. Not many ways out of the cold northern town; you work in the mill and get laid in the ground
12. Can you move in a whirl like a hummingbird's wing if you need to (ooh that's fast)
13. If I don't make a hit with him, My heart will break in two
14. But homie this is my day / Class started two hours ago, oh am I late?
15. I'm rockin' my peers, makin' the tears rain down like a monsoon
16. Stop right there! I gotta know right now! Before we go any further!

- Answers**
1. Philadelphia Freedom - Elton John - Tennis
 2. Eye of the Tiger - Survivor - Boxing (theme of Rocky II)
 3. The Hockey Song - Stompin' Tom Connors
 4. Centerfield - John Fogerty - baseball
 5. Talkin' Baseball - Terry Cashman
 6. The Boxer - Simon and Garfunkel - Boxing
 7. Football Song - Chumbawamba - English soccer
 8. All my Rowdy Friends Are Coming Over - Hank Williams, Jr. - Football (NFL)
 9. Glory Days - Bruce Springsteen - Baseball
 10. Thank Me Now - Drake - Basketball (NBA)
 11. Big League - Tom Cochrane - hockey
 12. So You Want To Be A Boxer - Buggy Malone
 13. I Love Mickey - Teresa Brewer - Baseball
 14. Can't Tell Me Nothin' - Jay Z - Basketball
 15. Mama Said Knock You Out - LL Cool J - Boxing
 16. Paradise By The Dashboard Light - Meatloaf

WHAT SAY WE

The spirit of giving - icing on the cake

2Lt Chelsea Howard NDWCC Representative

Give until it feels good, and remember, there are more ways to give than just dollars and cents. Your precious time is as much of a gift as your hard-earned money.

This is the theme of your 2018 National Defence Workplace Charitable Campaign (NDWCC), which is why it launched with the first-ever Volunteer Expo on Sept. 20.

The Expo provided a unique

opportunity for attendees to engage with over 20 non-profit agencies; it was a chance to ask questions, to understand more about what they do in our community, and to sign up as a volunteer for those agencies that were meaningful to them.

The feedback from the organizations present has been overwhelmingly positive, with many, many members of the defence team signing up to volunteer their time.

Thank you to all who came out to help launch this year's cam-

paign, and of course, to the many organizations who were on hand:

- United Way Greater Victoria
- HealthPartners
- Esquimalt MFRC
- Wounded Warrior
- Oak Bay Volunteer Services
- Umbrella Society
- Victoria Rainbow Kitchen Society
- Big Brother Big Sister of Victoria
- LifeCycles Project Society
- Inter-Cultural Association
- Anawim House
- Saanich Volunteer Services Society
- Learning through Loss
- Victoria Cool Aid Society
- South Island Centre for Counselling
- Volunteer Victoria
- Dialogue and Resolution Services

- The Arthritis Society
- ALS Society
- The Alzheimer's Society
- Canadian Cancer Society
- Cystic Fibrosis Canada
- Diabetes Canada

Also a big thank you to our fabulous sponsors who helped provide items for the barbecue:

- Fairway Market on the Gorge
- Thrifty Foods on Admirals

Making the decision about where to volunteer is as personal as deciding where to designate donations on your pledge form. With over 85,000 registered charities in Canada, the options are endless; this is why it is so important to give where – and how – it feels good.

For more campaign information, please talk to your unit rep and visit <http://esquimalt.mil.ca/bcomd/ndwcc/index.htm>.



The 2018 NDWCC kick-off was celebrated with a cake-cutting ceremony in the Venture gymnasium following speeches and a short video. *Left to right:* Efrain Andia Rodriguez, Union Representative; Kelly Binette of United Way Greater Victoria; Base Commander Capt(N) Jason Boyd; Jacqueline Carlé, Executive Director Esquimalt MFRC; and Julie Mills of HealthPartners.

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Torch Award **FINALIST**





Heidi Leach-Lackenby and Scooter's crew receive their award as overall title winner.

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Peter Mallett
Staff Writer

Heidi Leach-Lackenby won the overall title at this year's edition of the Canadian Forces Sailing Association (CFSA) Regatta.

Leach-Lackenby and her crew in Scooter won four of five races in the sailing competition involving 18 racing teams held in Esquimalt Harbour Sept 22 and 23. Following her win, she was awarded the Frank Heaton Memorial Trophy.

This year's regatta was the

penultimate event in the Vancouver Island Racing Series (VIRS) that features 13 regattas with recreational sailors competing on weekends between April and October at yacht clubs around Vancouver Island.

CFSA Fleet Skipper Colin Nichols and his team in Jack Rabbit won last year's CFSA Regatta, while CFSA's LCdr (Retired) Graham Heath claimed the VIRS overall title.

Heath is again in the running for this year's VIRS title and at press time was in a two-way

tie for first-place in the series standing heading into the final race, the Thermopylae Regatta, held over the weekend at the Royal Victoria Yacht Club.

The CFSA was established in 1946 and operates from Esquimalt Harbour, located at the foot of Maplebank Road. The club's mandate is to provide recreational sailing opportunities for military members, their families, DND employees and veterans. For more information about the CFSA visit their website www.cfsaesq.ca



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Local business owners send
java overseas
Peter Mallett
Staff Writer

Photo by Peter Mallett, Lookout
Helen Edley of Sharkz Coins and Greg Sherwell of the Esquimalt Roasting Company toast to their success in sending six bags of specialty coffee to Canadian troops deployed to Mali.

Peter Mallett
Staff Writer

A pair of Esquimalt business owners are making sure Canadian soldiers and air crew deployed to Mali can enjoy a hot cup of gourmet coffee to start their day.

Helen Edley, co-owner of Sharkz Coins on Esquimalt Road, is fully aware how much comfort a morning cup of coffee can be to military men and women stationed in far-away places as her spouse served in the Royal Canadian Navy, and they have sons in the Royal Canadian Air Force and Canadian Army.

While the Canadian Armed Forces troops in Mali are well-supported and are re-supplied with their materiel and food requirements (including coffee) on a regularly basis, she wanted to add a personal "gourmet" touch to their morning cup of java.

While on a short fresh-air walk

from her store, she passed by the newly opened Esquimalt Roasting Company, and an idea was brewed.

After a quick chat with the coffee business owner Greg Sherwell, an agreement was made to ship large bags of specialty coffee to the military camp in Mali.

Sherwell, who opened his new coffee shop last June and grinds fresh coffee on site with a massive industrial-sized coffee grinder, was more than willing to assist when Edley approached him with the idea.

"I want my business to be part of the community and the military is a big part of the Esquimalt community, so it made sense for me to be involved in this and other opportunities where I can support community-minded initiatives," said Sherwell. "It's nice to think that when someone is far away from home they can enjoy a beverage that might make them feel a little closer to their home."

Last week he prepared the shipment and then Edley shipped the bags of coffee over to Mali through Canadian Forces Base Trenton.

"We appreciate the support of our friends in the community. Their kind gestures of remembering our deployed troops, through care packages, helps boost their morale," said Captain Christopher Daniel of the gesture.

The Canadian Armed Forces (CAF) is supporting the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA). This is part of the Government of Canada's overall efforts to help set conditions for durable peace, development, and prosperity in Mali. The core mission is to provide MINUSMA with the 24/7 capability to medically evacuate UN forces by air. CAF members are also supporting MINUSMA headquarters.



98.5 OCEAN
Robin & AJ
Good morning. Good times.



Photo by SLt M.X. Déry MARPAC Public Affairs

BSAH Rhone visits CFB Esquimalt

France's BSAH Rhone is the Marine National's newest warship. It has been touring the Pacific and visiting multiple ports, including Victoria. HMCS Regina was their host ship while it was alongside at CFB Esquimalt. On Sept. 27 it conducted a passing exercise with the Canadian Coast Guard. Rhone departed Oct. 1.

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MARPAAC Public Affairs

Naden Band bassoonist, composer and honorary member of the Submariners Association of Canada, PO2 Robyn Jutras received a Commander Royal Canadian Navy Commendation last week. It was presented to her by Captain(N) Christopher Robinson, Commander Canadian Submarine Force.

The award is in recognition of her outstanding services to the Royal Canadian Navy by composing the Dolphin March, the first submariner military march.

The commendation reads: "Through this composition, she showcased her exceptional dedication, technical expertise and musical innovation. It both honours the service of submariners and represents their spirit."

PO2 Jutras was humble in speaking about her second major composing success, the first being the Centennial March for Princess Patricia's Canadian Light Infantry.

"I am honoured, obviously, this is far and beyond anything I expected for

what I consider to be doing my job and a more enjoyable part of my job," said PO2 Jutras, adding that she exalts in the positive response from submariners. "Making people happy is the best part about writing music."

Capt(N) Robinson thanked PO2 Jutras and the band for their efforts in bringing this musical piece to life.

"Marches provide a unifying function, more than just at formal dinners, like mess dinners, but it is something that everyone can identify with and particularly this march has the tie into the sound of the klaxon," said Capt(N) Robinson. "The dive klaxon, in the olden days, is how everyone throughout the submarine was made aware that the submarine was proceeding to dive into the water. It is something that resonates anywhere you go in the world; submariners recognize the klaxon. So, it is really thrilling, not only to have a march, but to have one that incorporates such a substantial part of our heritage."



Photos by SLt M.X. Déry
PO2 Robyn Jutras receives a RCN Commendation presented by Capt(N) Christopher Robinson.

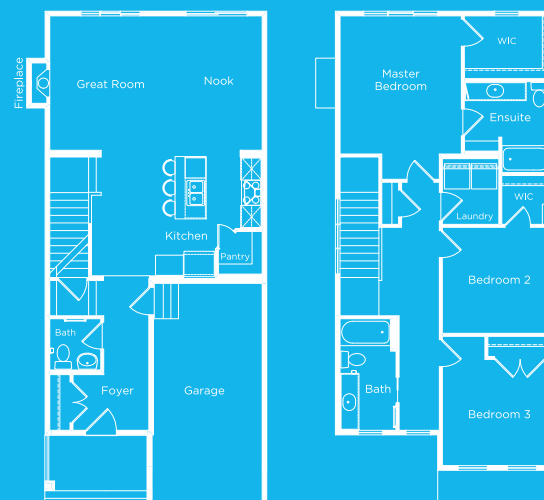


PO2 Robyn Jutras plays the bassoon for the Dolphin March that she composed.



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Photo by Matt Rutherford, Tour de Rock
Tour de Rock riders (left) Matt Arnsdorf of CFB Esquimalt Fire and Rescue and SLt Antoine LeBlanc of the Military Police Unit Esquimalt pose for a photo during a stop in Comox, Sept. 26.

Welcome home Tour de Rock riders at the Esquimalt firehall

Peter Mallett
Staff Writer

Cyclists riding in the Tour de Rock will make a 20-minute pit stop at CFB Esquimalt Fire and Rescue this Friday on the final day of their two-week journey.

Guided by a police motorcycle escort, the riders will ride through the bay doors at 9:45 a.m. and into the rear parking lot to a hero's welcome.

Esquimalt-based riders Matt Arnsdorf, of CFB Esquimalt Fire and Rescue, and Sub-Lieutenant Antoine LeBlanc, of Military Police Unit, are part of

the 22-member team of police and first responders that are currently in the midst of a 1,100-kilometre journey across Vancouver Island in support of Cops for Cancer and pediatric cancer research and support programs.

Last week, Deputy Fire Chief of Operations Geordie Douglas was kept busy organizing the event and said he is encouraging the entire defence community to turn up and cheer on the team.

"The whole department is really excited to see the riders coming to our station house," he said.

Throughout their journey riders have been getting logistical support from 2017 Tour de Rock Rider Chris Day who is taking part in this year's ride as a member of the team's support crew.

On Oct. 3 the riders will traverse the Malahat Pass before attending events in Sooke, West Shore, Oak Bay, Esquimalt and Saanich and finishing off with their Grand Finale in downtown Victoria at Centennial Square on Oct. 5.

For more information about the Tour de Rock visit their Facebook Page or website at www.tourderock.ca



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October is Canada's

healthyworkplacemonth

The importance of a healthy workplace

MARPAC participates in Canada's Healthy Workplace Month to highlight the importance of workplace health for the short and long-term success of organizations and for the well-being of their employees. Throughout the month of October, the MARPAC Health and Wellness Strategy will feature a "WELLth" of resources from all areas of holistic health. workplaces

more time to plan, promote and execute programs and activities for their employees.

Canada's Healthy Workplace Month is a year round resource that encourages workplaces to promote healthy workplace practices throughout the year. Its website serves as a central hub where organizations of all sizes are enabled to showcase their

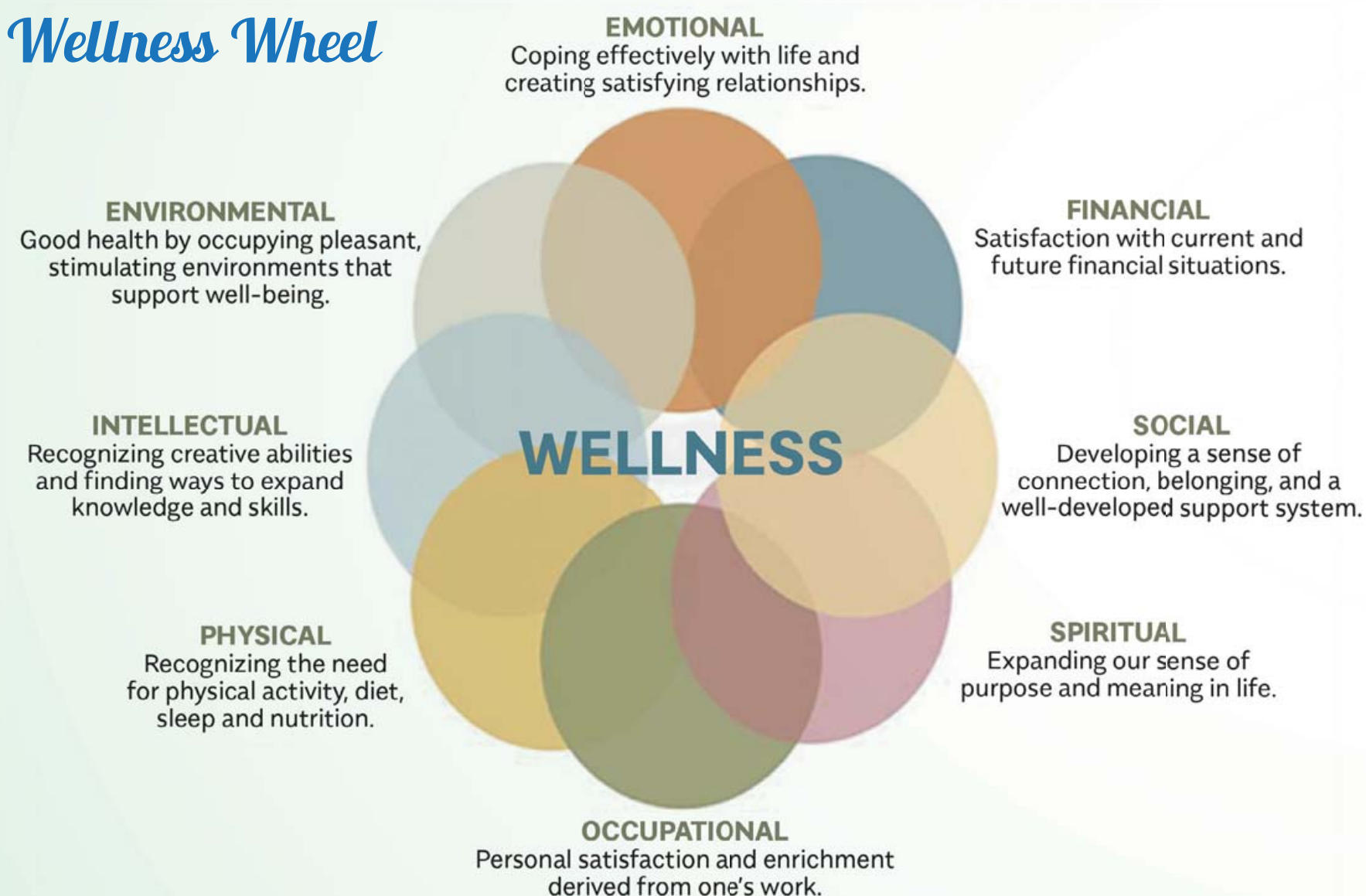
successes and share with others.

The Standard for Psychological Health and Safety (PH&S) in the Workplace, was developed by Mental Health Commission of Canada, and reviewed and published by The Canadian Standards Association (CSA) in 2013. It is widely adopted by workplaces globally. MARPAC has created an easy to use card outlining these 13 Points to define

Organizational Wellness. This tool is meant to give individuals and units a sense of how they can work together to build a workplace we all want to come to every day.

Watch for the next four weekly editions of The Lookout in the month of October. Make yourself aware of all the healthy resources that are available and contribute to your healthy workplace.

The Wellness Wheel



Holistic health, what is it?

Holistic Health and Wellness looks at an individual's well-being from many perspectives, not just the physical realm. Although Physical Health is really important, and typically what most of us are familiar with, we need to give attention to the whole person.

For example when one is fulfilled in their job we might say they have good

occupational health. When one has their money in order, we might say they have good Financial Health. When someone is well connected to friends and family, we might say they have good Social Health.

Looking at health holistically is an approach to life that can bring a sense of wellbeing. As an organization

MARPAC is working hard to support our community in taking care of their health and wellbeing. Join us as we highlight the WELLth of Resources that MARPAC has to offer to help you take care of yourself, and those you work and live with. Each week we will focus on different areas of holistic Health.



healthyworkplacemonth.ca

engage empower evaluate



MARPAC Supports a Healthy Workplace

Each week in October, MARPAC Health and Wellness Strategy will focus on different aspects of the Wellness Wheel providing information and resources for you to explore a better sense of well being. Watch the Lookout for more information or visit the CAF website.

Week 1
OCT 1-6

- 13 points of Psychological Safety in the Workplace
- Positive space
- Communication



Understanding Psychological Safety

How can you contribute to a good work environment, consider the following 13 points...

- Coworkers and supervisors are supportive of employees' psychological and mental health concerns.
- The work environment is characterized by trust, honesty and fairness.
- There is clear, effective leadership and expectations.
- Employees are respectful and considerate in their interactions.

- There is a good fit between employees' interpersonal and emotional competencies, their job skills and the positions they hold.
- There are opportunities and encouragement for growth and development.
- The work environment appropriately acknowledges and celebrates employee efforts in a fair and timely manner.
- Employees are included in discussions about how their work is done and how decisions are made.

- Tasks and responsibilities can be accomplished within the time available.
- Employees enjoy and feel connected to their work and feel motivated to do their job well.
- There is recognition of the need and promotion of work/life balance.
- Employees' psychological safety is ensured.
- Employees' physical safety is ensured.

➤ <https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>

Week 2
OCT 7-13

- Organizational Wellness
- Diversity, employment equity groups
- Individual mental and social wellness tips/resources (including suicide)
- Promote Chaplains and Spiritual Wellness.



Week 3
OCT 14-20

- Conflict resolution
- Family violence awareness
- Financial wellness
- EAP
- Resources available
- Myth busters



Week 4
OCT 21-27

- Physical wellness – nutrition
- Active living including Bike to Work Week
- Addiction free living - cannabis



Week 5
OCT 28-31

- Wrap up week – reinforcement of resources
- Use of OHWM Website for feedback



For more information visit www.cafconnection.ca

[https://www.cafconnection.ca/Esqumalt/Adults/2018-PSP-Health-Promotion/October-is-Healthy-Workplace-Month-\(OHWM\)-2018.aspx](https://www.cafconnection.ca/Esqumalt/Adults/2018-PSP-Health-Promotion/October-is-Healthy-Workplace-Month-(OHWM)-2018.aspx)



Peter Mallett
Staff Writer

ROYAL ROADS REUNION HAS ROADANTS *reminiscing*

Today's students at Royal Roads University in Colwood should be thankful their graduation doesn't hinge on completing a perilous obstacle course designed for "Roadants."

Retired Naval Lieutenant Douglas Cope remembers having to complete the trial-by-fire, make-it-or-break-it, Recruits Obstacle Course. The Roadants ran their treacherous task through the steep forested ravines and waterways during a time when the scenic West Shore campus served as a military academy.

The obstacle course was designed as the ultimate test of physical endurance for first-year cadets of the 1950s and 60s who were nicknamed the Roadants.

Cope and other young Roadants attended Royal Roads long before it became a university. At that time, it was known as Canadian Services College Royal Roads, one of the nation's three military colleges.

Royal Roads became a public degree-granting university in 1995 when the military college closed its doors and was absorbed by Royal Military College (RMC) in Kingston, Ont.

Cope, 76, was among a group of 20 former soldiers, sailors and air men alumni who were part of Royal Roads 1963 Graduating Class and attended Homecoming Weekend at the Colwood campus, Sept. 7 to 9. The semi-retired engineer and author said returning to the campus and seeing familiar faces gave him an extreme "memory jolt" recalling many of

the experiences as torturous but also indelible.

"Once you were a Roadant you were always Roadant; the military college experience is very different from what it was when I attended Royal Roads," said Cope. "The Recruits Obstacle Course was one of the toughest things that we had to do, and I have ever done since, and it left a lasting impression as did all of my experiences during my first year at Royal Roads."

The 'Roadants' Return

Like most university homecoming events, Cope and the rest of the alumni gathered on campus to reconnect with old friends, swap stories, have a laugh and tell jokes. It didn't take long for the discussion to focus on that unsavoury but memorable day in the fall of 1961.

"There was nothing about that obstacle course that was fun, but it was fun to re-live the event and be glad that we survived," he said. "We [cadets] bonded that year and remain friends to this day."

Cope has written extensively about life at Royal Roads in his book *The Roadants*, of Canadian

Services College Royal Roads describing his love-hate experiences from his first and second years at the school through a series of vignettes following the cadets from their arrival to graduation. He also dedicated a lengthy chapter to the day when he and the rest of the recruits successfully completed the obstacle course.

In the cold, damp morning of Oct. 20, 1961, Cope and approximately 100 other first-year cadets, divided into 20-person teams, took to the sprawling ravine, located at the east end of the 650-acre property, to begin the dreaded obstacle race. The intention of the race wasn't to determine a best time but instead was all about each member of the team crossing the finish line.

The obstacle course ran mostly uphill through densely forested ravine with old growth giants and thick brush that made for treacherous footing at best, says Cope. The recruits were required to traverse several physical and man-made obstacles.

Recruits had to traverse both sides of the steep ravine and wade through giants pools of cold water located in the ravine's bottom; scale a 10-foot high wooden wall with an intentionally foul-smell-

ing open pit of mud behind it; scramble over a net strung across a set of rapids, hike up a five-metre pole painted with axle grease suspended over yet another mud pit, walk a large rope net tied between Douglas Fir trees where the cadets were sprayed with fire hoses; and crawl through a 10-metre culvert built into one of the hillsides that ended with a small waterfall into a causeway.

If that wasn't enough, then there was the penultimate 'commando-style' obstacle course located above the ravine on the campus' sports fields. It required recruits to navigate swinging tires, box horses, 60cm drainpipes, an 18-metre long, steep-inclined greased ramp. The final obstacle - traverse a large pond on a suspended rope ladder.

Making the Grade

Living life as a young military cadet over a half-century ago in post Second World War Canada was a world away from today, says Cope, and specifically in terms of physical demands placed on young recruits.

"Being a new cadet was torture for about the first year and was all about strenuous physical activity including relentless running and mandatory sports participation

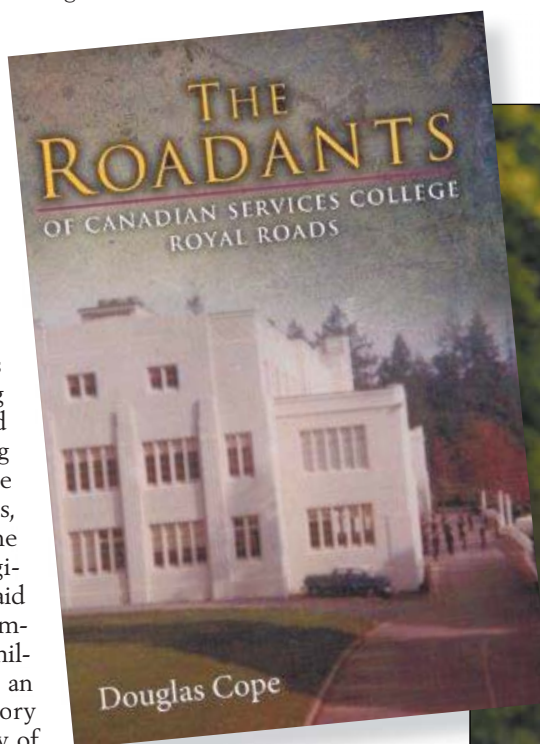
combined with an incredibly heavy course load," says Cope. "Out of the 126 new recruits that year only 80 completed their degrees and graduated. Many of the voluntary resignations occurred after the first six weeks at Royal Roads."

Cope graduated from Royal Roads in 1963, was transferred to RMC in Kingston where he earned his qualification as an electrical engineer. After graduating he would spend just three years in the Royal Canadian Navy (RCN) before recurring seasickness eventually forced him to seek out a new path in life.

On Sept. 8 Cope and his fellow former cadets made their way to that pond and the spot of the last obstacle on the course for a quick photograph. When a photographer from the University asked Cope if he would ever consider trying to complete the course again he quickly refuted that notion.

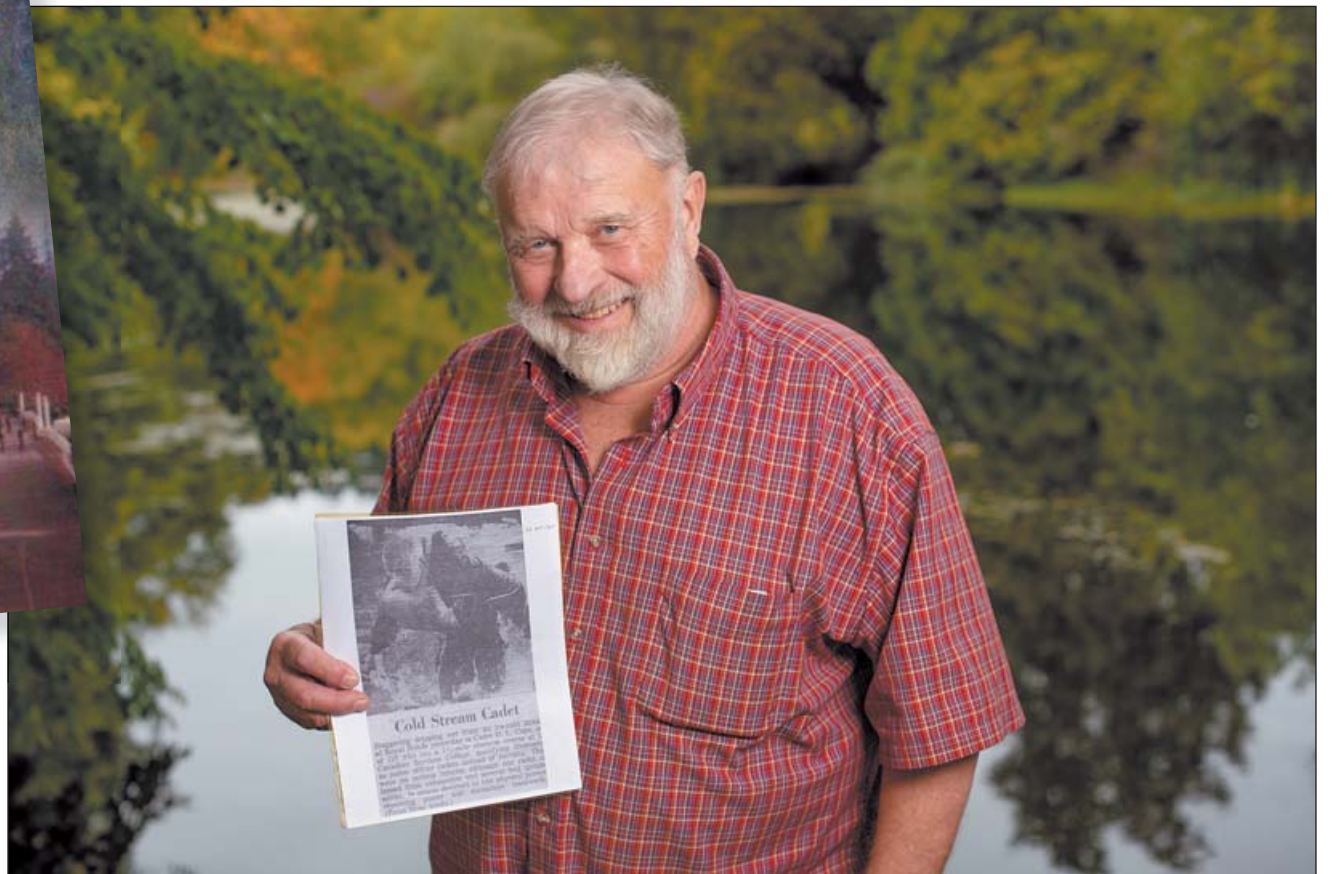
"Trust me at my age of 76 I do not intend to repeat the obstacle course because I would likely be dead within the first 20 metres," he said

For more information about Cope's and his book visit: <https://store.rmclub.ca/products/the-roadants-of-canadian-services-college-royal-roads>



Right: Doug Cope displays a photo of the Roadants obstacle course he endured during his time at Royal Roads. A portion of the obstacle course was originally located in the area pictured behind him. **Inset:** Cope's book on the Roadants at Royal Roads.

Photo credits: Royal Roads University



HMCS Regina strengthens bond with namesake city

SLt Siobhan Gilbert
HMCS Regina

Once a year, HMC ships visit their namesake city to participate in local events and further enrich the ties between the ship and their city.

On Sept.12, 11 members of *HMCS Regina's* crew travelled to Regina, Saskatchewan, led by the ship's Commanding Officer, Commander Jacob French.

The team began their journey with a visit to the RCMP Depot where RCMP recruits are trained. They participated in the high-speed collision avoidance traffic course led by members of the RCMP, followed by a tour of the Depot facilities. This tour, led by RCMP officer Daryl Chernoff, allowed the crew members to see the training facilities for the recruits and the many historic buildings on site.

The Commanding Officer also inspected one of the troops under going training for their falling out parade (graduation).

Later that afternoon, the crew stopped by Ecole St. Elizabeth to visit Club de Souvenir. Club de Souvenir is a school-based organization for kids interested in military history that helps veterans and charities obtain much-needed funding for various undertakings.

In 2013, the club funded the commission of the World's Largest Saskatchewan Rough Riders flag that the ship proudly displayed upon receipt. The children asked intuitive questions relating to the crew's responsibilities onboard the ship which were well received by the crew.

That evening, the entire crew visited *HMCS Queen*, the local Naval Reserve Division in Regina. This visit involved a presentation to the local Sea and Navy League Cadets, which included insight into the crew's roles on the ship; further solidifying their desire to be in the Royal Canadian Navy.

To finish off the first day, *Regina* crewmembers provided an additional \$1,000 to their local charity, the Chris Knox Foundation, which works with children fighting Cancer.

In total, *Regina* has raised \$25,000 this year for the charity.

The following day Cdr French met with the Minister of Trade and Export Development, the Honourable Jeremy Harrison; the Mayor of Regina, his Worship Michael Fougere; and the Lieutenant Governor of Saskatchewan, His Honour, W. Thomas Molloy. All visits were well received and further strengthened the ties between the City of Regina, Province of Saskatchewan, and the ship that proudly rep-



HMCS Regina crew with Club de Souvenir.

resents them. Concurrently, the remainder of the crew had a fantastic visit with Silverscreen warehouse in Regina where the Rough Rider's flag was manufactured in 2013.


Friday evening turned out to be a treat as the crew headed to a pre-season WHL game between the Saskatchewan PATS and the Prince

Albert Raiders. The game had nail-biting suspense throughout. It was a fantastic show of Saskatchewan hockey skills.

Saturday was an especially interesting day, after a group lunch the crew attended a CFL game between the Saskatchewan Rough Rider's and the Ottawa Redblacks. During the pre-game ceremonies,

Regina crew were on the field for the playing of the national anthem accompanied by members of the legion, local cadet squadrons and members of the RCMP.

The crew headed back to Victoria on Sunday morning with a new appreciation of Regina, its culture and most importantly, its people.




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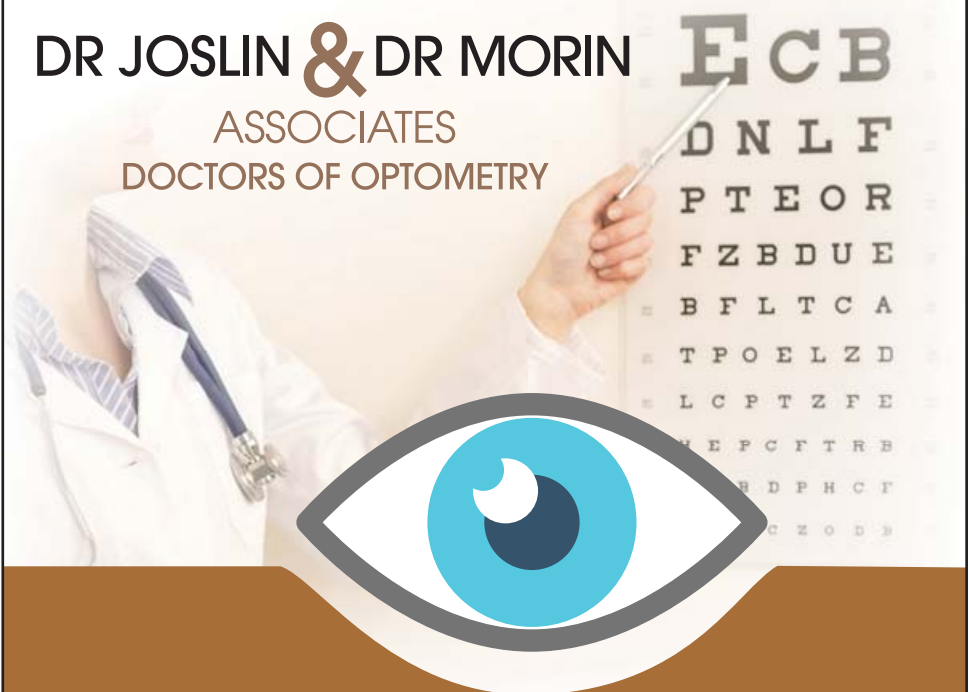
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Royal Military College celebrated past, present and future

Maple Leaf

The Royal Military College of Canada (RMC) honoured its past and looked to its future during its annual reunion weekend, Sept. 14 to 16, as roughly 400 ex-cadets returned to Kingston to see the 238-strong Class of 2022 begin their journey as future leaders in the Canadian Armed Forces.

Guests saw first year officer cadets work as teams to overcome the infamous RMC obstacle course, then watched those same mud-died officer cadets march onto the College's historic Parade Square in pressed and polished RMC uniforms

for the badging parade.

The parade is one of the most significant events of the weekend, as each officer cadet receives their RMC cap badge from members of the Old Brigade—ex-cadets who joined the Canadian Military Colleges (CMC) 50 or more years ago.

"As today's officer cadets accept these badges from members of the Old Brigade, they also accept the responsibility that comes with being part of this historic institution, and the personal challenge to build a foundation of academic achievement, fitness, leadership and bilingualism," said Brigadier-General Sébastien Bouchard,

Commandant of RMC.

Many RMC graduates have distinguished themselves as leaders, including Senator Joe Day, astronauts Mark Garneau and Chris Hadfield, and Senator Romeo Dallaire.

Today, the majority of Canadian General Officers and Flag Officers are graduates from CMC.

"I have every faith this fine group of young Canadians who joined the College today will live up to the ideals and the example of all those who have marched on this Parade Square before them," said BGen Bouchard.

During the reunion weekend, a new plaque was added to the RMC Wall of Honour,

which recognizes former RMC cadets and associates who have made significant contributions to Canada.

This year's honoree was the late Lieutenant-Colonel Norman Bruce "Ike" Buchanan, who attended RMC from 1934 to 1939 and was awarded the Military Cross with two bars for his actions as an artillery officer during the Second World War. He went on to be elected mayor of St. Stephen, N.B., and later to the province's legislative assembly.

The reunion weekend culminated with a ceremony at RMC's iconic Memorial Arch to honour members of the CMC community

who lost their lives in service to Canada. This was followed by the unveiling of the Vimy Oak, a new monument to honour RMC graduates who served during the First World War, including those who were part of the Canadian Corps at the time of Battle of Vimy Ridge in April 1917.

More than 200 new officer cadets join RMC each year in one of 19 undergraduate programs as part of the Regular Officer Training Program.

The College first opened its doors to officer cadets in 1876, and has since become a bilingual, world-class military university acknowledged as a leader in defence research.

Photos from top of page:

Officer cadets participate in Obstacle 10, Ammo Can Carry, during the Royal Military College obstacle course on Sept. 14 in Kingston, Ontario.

Photo by OCdt Bradley Roy

An officer cadet participates in Obstacle 1, rope bridge, during the Royal Military College obstacle course.

Photo by Steven McQuaid

A first year officer cadet is presented with their Royal Military College cap badge by a member of the Old Brigade during the annual Badging Parade.

Photo by OCdt Bradley Roy

Members of the Royal Military College (RMC) Old Brigade and Ex-Cadets march from the RMC parade square through a line of RMC Officer Cadets to the Memorial Arch for a remembrance ceremony.

Photo by Steven McQuaid



Farewell to the King!

Col (Retired) Ian Lightbody
Sea King Retirement Committee Chair

This year will see the retirement of the longest-serving Canadian combat aircraft - the Sea King. Originally delivered in August 1963 to then HMCS Shearwater, just outside of Halifax, NS, it will finish its service to Canada at the end of this year in Patricia Bay, just outside of Victoria, B.C.

Over its 55 years of employment in Canada, the Sea King has served with multiple services and has changed significantly from its initial 1963 configuration.

Originally procured by the Royal Canadian Navy (RCN) to operate from the aircraft carrier HMCS Bonaventure for Anti-Submarine Warfare (ASW) roles, it was on the leading edge of rotary wing technology at the time with two turbine engines and the then revolutionary capability to automatically transition to a hover with the push of a button. This allowed a great leap in night and all-weather operations permitting anti-submarine searches with an active dipping sonar. Additionally, the automatic

transition equipment permitted search and rescue operations in bad weather.

The Sea King initially flew from the aircraft carrier. At the same time, work had begun on a highly innovative marriage of a medium-sized helicopter with an escort-sized warship.

The development of the Helicopter Haul-down and Rapid Securing Device, otherwise known as the Beartrap, allowed the Sea King to continue work on the front lines of the Cold War as one of the principal Canadian contributions to alliance Anti-Submarine Warfare efforts at sea following the retirement of Bonaventure.

Following the end of the Cold War, the Sea King changed with the times. After the invasion of Kuwait by Iraq in 1990, the Sea King was modified from an obsolescent ASW platform to a multi-mission helicopter with an emphasis on surface surveillance and control. The addition of a Forward Looking Infra-Red sensor, a door mounted machine-gun and infra-red anti-missile defences opened the door

to expanding its presence in roles that weren't emphasized during the Cold War.

A decade later, the Sea King reached a new peak of deployed operational activity after the attacks on the United States on Sept. 11, 2001. For example, in 2010-2011 the Sea King was deployed in combat operations off Libya, humanitarian relief operations in Newfoundland and after the Haiti earthquake and domestic security operations in the Olympics and the Toronto G7/G20 where the Sea King performed air intercept operations.

Through its life of service to Canada, the common thread has been the highly professional people who know and love the Sea King and kept it flying in some of the harshest environments in the world - at sea, on small ships, far away from any support. That an aircraft which was so maligned in the press could elicit such fierce loyalty was puzzling to many. Part of it may be that, in spite of its limitations, the Sea King remained operationally relevant up to and

through 2018, the year of its retirement. As we enter the last half of 2018, the Sea King is sprinting to the finish with a final NATO deployment completed in July and support to the BC government's response to its second year of devastating wildfires.

While there is no doubt that the Sea King's retirement is long overdue, it will be a bittersweet moment for many.

The east coast ceased Sea King operations early in 2018 and in August the Shearwater Aviation Museum inducted two Sea Kings into its inventory - one in the original RCN configuration and one in the final configuration.

On Dec. 1 at Patricia Bay, a parade, fly past and gala dinner will take place to honour the aircraft and the people that have served Canada for 55 years.

For those who wish to help celebrate its service and retirement, please go to www.skr18.ca for details.

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SEA KING RETIREMENT

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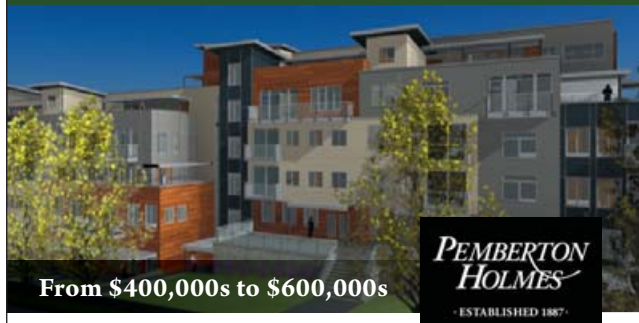
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Bravo Zulu

Prior Learning Assessment and Recognition Promotions

Presented by Cdr D.F. Turetski, Commanding Officer at Personnel Coordination Centre (PCC) Pacific.

CPO2/PM2 Stephen Eadie
 MARTECH Coastal Occupational
 Advisor

Prior Learning Assessment and Recognition (PLAR) is a program conducted to save the Canadian Armed Forces (CAF) time and training resources in order to recognize members joining the CAF with previous education and experiences. PLARs are

usually initiated at the recruiting centers for the members who would like to have careers in the Forces.

Cdr D.F. Turetski, Commanding Officer at Personnel Coordination Centre Pacific, promoted these new Marine Technicians (MARTECHs) in recognition of the PLAR program so these trained sailors can more rapidly join the Fleet and bring their previous education experiences to the CAF.

As a result of this program, these

members were promoted to their effective rank and will now be intergraded as MARTECHs into the Royal Canadian Navy.

The MARTECHs shown here have had extensive electrical backgrounds before joining the CAF, and the navy has recognized these equivalencies by awarding them time and accreditation towards their rank and position based on their years of education and experience prior to joining the CAF.



OS Poot is promoted to his current rank of AB.



OS Bennett is promoted to his current rank of LS.



AB Smith is promoted to his current rank of LS.



OS Doll is promoted to his current rank of LS.



OS Bilodeau is promoted to his current rank of AB.



OS Mang is promoted to his to his current rank of AB.



OS Fung is promoted to his current rank of AB.



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Bravo Zulu



PO1 Devaney was promoted to CPO2 by his wife Aiyana and LCdr MacDonald, Detachment Commander of Naval Ocean Processing Facility Whidbey Island (NOPFWI).



SLt Deason received his Bridge Watchkeeping Ticket from Cdr R.B. Saltel on board HMCS Calgary.



JOIN THE SKYHAWKS

MCpl Antoine Collette SkyHawks

As a busy 2018 season winds down for the Canadian Armed Forces (CAF) Parachute Team, the team is now recruiting for next year.

The SkyHawks travel from coast to coast each summer to put on thrilling parachute performances and meet with Canadians as ambassadors of the CAF.

The team is open to any trade across the CAF: all elements, Reserve Force or Regular Force. Applicants must be either a Second Lieutenant or a trade-qualified Non-Commissioned Member.

To apply for the team, one must have skydiving experience. Candidates

must be qualified as a military freefall parachutist or have a U.S./Canadian Sport Parachuting Association A license with a minimum of 50 freefall jumps.

Finally, each applicant must be recommended by his or her unit's Commanding Officer. As SkyHawks members are representatives of the CAF, it is expected they uphold a high standard of dress, deportment, physical fitness, and personal conduct.

Those interested in joining this tight-knit team for the 2019 season should apply before Nov. 30.

For more details visit www.army-armee.forces.gc.ca/en/skyhawks/index.page or contact the SkyHawks via email skyhawks@forces.gc.ca or on social media @SkyHawksCanada.

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*Sign up for the Bosley's VIP Plus program and when you purchase 12 bags of either Performatrin, Performatrin Ultra or Performatrin Ultra Limited Dry Dog or Cat Food (in the same size category and within 24 months of your initial purchase) and you will receive the 13th bag free. Free bags will be in the same size category as all 12 previously purchased bags. Ask our Pet Experts for more details.
†Buy 6 dog washes at regular price and receive one FREE.





HMCS Charlottetown wins Admiral's Cup

RAdm Craig Baines presents the Admiral's Cup to the Command Team and ship's company of HMCS Charlottetown on Tuesday, Sept. 18. The Admiral awards the trophy each year to the ship or shore unit that has an outstanding performance of its duties. In January 2017, HMCS Charlottetown returned from Operation Reassurance then deployed there again in August of that year. The ship returned in January 2018.

Photo by AB John Iglesias, FIS

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ANNOUNCEMENTS

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.

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 3041 Langford Lake Rd, Belmont Secondary. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690

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MISCELLANEOUS

INTERESTED IN JOINING A coffee/social group for military veterans and military in Cowichan Valley? For info contact Bob Hedley on Facebook. The intention of the group is to meet-up with other veterans and present serving members to exchange stories and facilitate fun get-togethers. FB Group: cowichan valley coffee.

KIDS MEGA SALE Sat, October 6th from 9:30am to 12:30pm, Pearkes Rec Centre, 3100 Tillicum Rd. Gently used baby and children's clothing, toys, equipment, and maternity. If interested in selling, please email: kidsmega-sale@gmail.com Facebook: <https://www.facebook.com/KidsMegaSale>

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- Bloating/gas/swollen stomach

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