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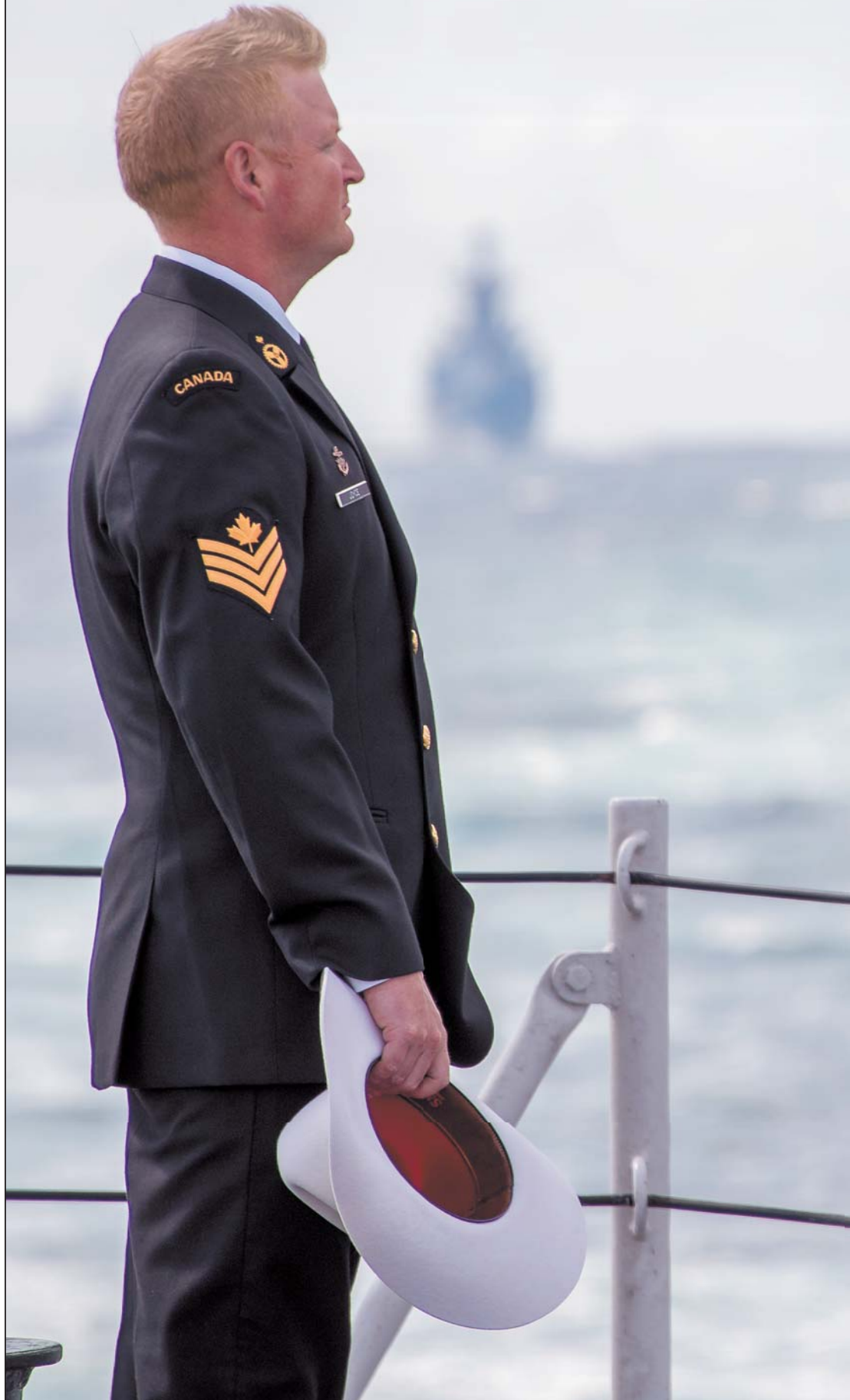
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OPERATION PROJECTION

Photo by LS Zachariah Stopa, Canadian Forces Combat Camera

Petty Officer Second Class Chris Joyce prepares to "man the side" of HMCS Calgary for the International Fleet Review off the coast of Jeju, Republic of Korea during Operation Projection. Read the full story on page 7.



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Leadership, respect and honour – training sailors for the future

SLt M.X. Déry
MARPAc PA

Leadership, Respect and Honour (LRH) are lead principles for the Royal Canadian Navy; they are not only part of its culture but instilled via training throughout a sailor's career.

As part of Operation Honour, these principles have been reinvigorated with updates to training in leadership, administration, bystander intervention and the divisional system.

The Royal Canadian Navy (RCN) Leadership Respect and Honour Professional Development Program provides a baseline understanding of the conduct requirements for all personnel in the RCN, providing guidance and procedures for reporting incidents of improper behavior.

Junior non-commissioned sailors and naval officers will continue to receive an introduction to military values and ethics at Canadian

Forces Leadership and Recruit School, and as they progress through their training on either coast they will encounter the first of several levels of LRH training recently approved for implementation at both fleet schools.

This foundational shift in training equips sailors with bystander intervention techniques, and leaders with the knowledge of how to handle the complex realities of inappropriate sexual behaviour within the divisional system.

As every sailor earns their occupation and rank qualifications, seamlessly integrated into that training will be small group facilitated discussions on those concepts meant to build on what has been instilled previously.

As personnel progress in rank, the program focus shifts from simple understanding and individual actions to identifying the actions and expectations to be taken by supervisors at each level

to resolve incidents and prevent future occurrences.

"Some of the topics may be covered, from level to level, but the conversation around the topics will evolve with increasing levels of complexity while not repeating the training," said LCdr Angus Fedoruk, leadership manager at Naval Training Development Centre (Pacific) command and leadership division.

Fleet school core instructional staff, Lieutenants and Petty Officers, underwent the higher levels of training themselves recently in order to be able to teach their trainees.

"The instructor knows the class, they are the ones that are most integrated with them," said LCdr Fedoruk, adding that the topics of leadership, respect or Operation Honour can be taught by a guest lecturer, but the goal is to have the topics discussed seamlessly during training.


In the coming months, all

seven planned levels, from Ordinary Seaman/Naval Cadet to Chief Petty Officer First Class/Commander will be completed and implemented throughout the RCN.

This will provide not only specific administrative and leadership guidance on Operation Honour, but a reinforcement of general leadership and understanding of the RCN Code of Conduct, the Divisional System and one's role within the Chain of Command.

This foundational shift in training equips sailors with bystander intervention techniques, and leaders with the knowledge of how to handle the complex realities of inappropriate sexual behaviour within the divisional system.

Leadership, honour, and Respect			An evolving discussion on:
1	Orientation	Rank – Duties OS – NCdt	<ul style="list-style-type: none">• Discipline• Divisional System• Defence Ethics / Military Ethos• Operation HONOUR• Code of Conduct• Role within Chain of Command• History / Culture• Role of Supervisors• Administration / Business tools• Communication in Leadership• Teams (Supervisory)• Succession Planning
2	Junior member – Duty watch	Rank – Duties AB – LS; Brow WK, MCR WK	
3	Junior supervisor	Rank – Duties MS – A/SLt	
4	Supervisor – Sr Duty Watch	Rank – Duties PO2 – SLt; OOD, DCoxn, Dtech	
5	Assistant Head of Department	Rank – Duties PO1 – Lt(N)	
6	Head of Department	Rank – Duties CPO2 – Lt(N)	
7	Command	Rank – Duties Coxn – XO/CO	



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Naden Band heads to Chile

Peter Mallett
Staff Writer

The Naden Band of the Royal Canadian Navy is off to Chile in December to perform in bicentennial anniversary celebrations for the Chilean Navy.

The Band will perform in a musical tattoo on Dec. 2 in Vina del Mar as part of Armada de Chile's 200th anniversary celebrations. The concert will also feature the United Kingdom's Royal Marine Band and bands from other militaries around the world.

Chief Petty Officer Second Class Brayden Wise will lead the band as Naden Band Commanding Officer, replacing Lieutenant (Navy) Catherine Norris who will be on maternity leave.

"It's an honour to be invited to participate in such an important event for the Chilean Navy," said Lt(N) Norris. "We are excited and thankful for the opportunity to contribute and work together with our hosts and the other military bands attending these celebrations."

The Band's visit to Chile comes during a busy late-year schedule for the 35 full-time professional musicians.

Last Friday they travelled to Vancouver for the Canadian Football League Tribute to the Canadian Armed Forces at B.C. Place, taking part in the halftime show as the B.C. Lions took on the Edmonton Eskimos. The Band is also in rehearsals to prepare for performances in Victoria and support to base events leading up to Remembrance Day.

Plus, five members of the Naden Band will augment the Stadacona Band of the Royal Canadian Navy in Belgium for Operation Distinction, the 100th anniversary of the Battle of the Somme.

Then there is one of the biggest events on their calendar, the 40th Annual Christmas Concerts in support of The Salvation Army on Dec. 10, 11 and 12 at the Royal Theatre. That occurs just three days after they return from Chile.

These are both exciting and demanding times for the Band, says PO2 Katrina Bligh, oboist, and PO2 Winston Hind, who plays tuba. When they aren't busy rehearsing for the tattoo they will also be hard at work practising for their Christmas concerts.

"It's going to be an extremely busy

end-of-year for the Naden Band but a challenge we are looking forward to," said PO2 Bligh. "We will be rehearsing any chance we get."

PO2 Hind says the invite to perform in Vina del Mar reflects the strengthening partnership between the Canadian and Chilean navies. The Chilean supply ship Almirante Montt made multiple port visits to Esquimalt between 2015 and 2017 where Royal Canadian Navy sailors conducted replenishment at sea and force generation training with multiple Halifax-class frigates of the Pacific Fleet as part of a short-term mutual logistic support agreement.

The Chilean Navy can trace its roots back to the Chilean War of Independence and the efforts of General Bernardo O'Higgins who worked to establish a force at sea after its emancipation from Spain. Chile's present-day navy boasts approximately 25,000 personnel and includes a fleet of 71 vessels, four submarines, eight frigates and four corvettes.

For more information about the Naden Band and its upcoming concerts please visit their website: www.navy-marine.forces.gc.ca/en/about/structure-marpac-naden-home.page

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WHAT SAY YOU

Former Protecteur sailors reunite with USS Michael Murphy

PO1 Nicolas Major
NRU Asterix

After a catastrophic engine room fire on board HMCS Protecteur left it adrift and without power on Feb. 27, 2014, USS Michael Murphy was first on the scene.

When they arrived the day after the fire, it gave those on board Protecteur, including me, a sense of relief. Help had arrived.

After six days of towing by USS Michael Murphy, USS Chosin and USNS Sioux, Protecteur was brought alongside Pearl Harbor. The efforts of Michael Murphy earned them a CAF Unit Commendation for their immediate response to Protecteur and the family members embarked.

Four years later, during Exercise Kakadu 2018 off the coast of Australia, five former crewmembers from Protecteur supported replenishment at sea (RAS) operations to refuel USS Michael Murphy from Protecteur's replacement, MV Asterix.

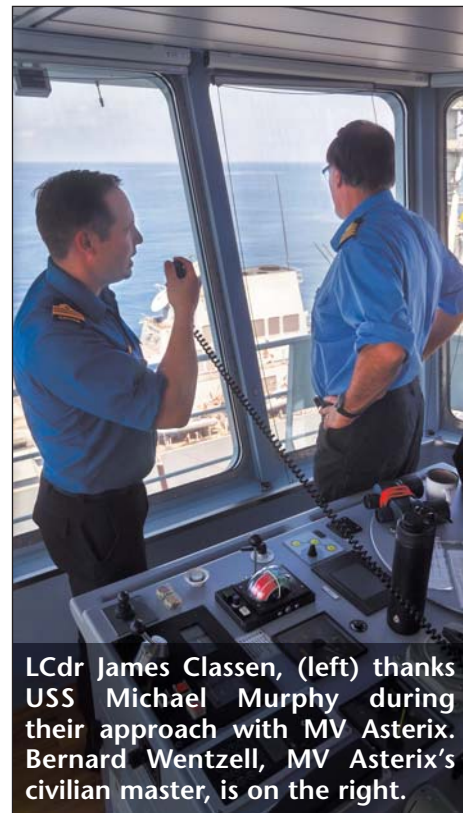
When I was told we would be transferring fuel to USS Michael Murphy during Ex Kakadu 2018, fond memories came back of the amazing support the American destroyer provided to us after the fire. Without hesitation, they sent over water, Gatorade and medical support. They even took care of our loved ones as they received 17 civilian family members that had embarked as part of a morale and outreach building tiger cruise. They expressed later that they were treated like family on board the American destroyer.

The five members of Naval Replenishment Unit Asterix - MS Bertrand Robillard, MS Andrew Clark, LS Robert Lalonde, LS Iain Gozzola, and I - were all at our stations during the Sept. 8 RAS. It was now our turn to provide a service to USS Michael Murphy.

LCdr James Classen, Commanding Officer NRU Asterix, was the first to welcome Michael Murphy. He passed words of appreciation to the U.S. crew over the radio while providing instructions to bring the ship into the RAS station.

After over 200 cubic metres of fuel were transferred, all five former Protecteur crew members felt a sense of gratitude to ship that shared with them a page in Royal Canadian Navy history.

On behalf of the former crew of Protecteur and the crew of MV Asterix, thank you again USS Michael Murphy for the service and support you provided to the sailors of the Royal Canadian Navy. We strongly believe your motto "Lead the Fight" suits you well.



LCdr James Classen, (left) thanks USS Michael Murphy during their approach with MV Asterix. Bernard Wentzell, MV Asterix's civilian master, is on the right.

Photo submitted

WHAT SAY WE

SPORTS trivia

WORLD SERIES HOME RUNS AND
GRAND SLAMS AND NHL PENALTY SHOTS

By Stephen Stone and Tom Thomson, Contributors

Questions

1. What do Pablo Sandoval in 2012, Albert Pujols in 2011, and Reggie Jackson in 1978 have in common?
2. Who hit the Cubs' grand slam in 2016 when they finally won another World Series?
3. Who hit the Braves' grand slam off Jack Morris of the Blue Jays during the 1992 World Series?
4. Who gave up Oakland's Jose Conseco's grand slam in game one of the 1988 World Series?
5. Who hit the Yankees' grand slam off Cardinal pitch Gordie Richardson in the eighth inning of game six of the 1964 World Series?
6. Who hit the first grand slam in World Series history?
7. Which team has hit the most grand slams in World Series history?
8. Who hit the Yankees' first World Series grand slam?
9. Who is the only pitcher to hit a World Series grand slam?
10. Which Boyer brother hit a grand slam for the Cardinals in game four of the 1964 World Series?
11. Who was the first player to attempt two penalty shots in one game?
12. Who are the only players to have taken a penalty shot in consecutive NHL games?
13. Who scored the first goal off a penalty shot in the Stanley Cup Final?

1. All three hit three consecutive home runs in a World Series Game. Sandoval for the Giants against Detroit in game one, Pujols for the Cardinals against Texas in game three, and Jackson for the Yankees against Los Angeles.
2. Addison Russell during the third inning of game six against Cleveland.
3. Lonn Smith in game five.
4. Tim Belcher in the second inning with two out.
5. Joe Pepitone.
6. Elmer Smith for Cleveland against Brooklyn in game five.
7. The New York Yankees with seven.
8. Tony Lazzeri against the Giants in game two.
9. Dave McNally for the Orioles against the Reds in game three of the 1970 series off Wayne Granger in the sixth.
10. Ken Boyer hit the grand slam off Al Downing in the sixth. Both he and his brother Cleve (with the Yankees) played third base.
11. Erik Cole of Carolina was awarded them against Buffalo on Nov. 9, 2005 - he scored on one.
12. Erik Cole and Esa Pirnes on Oct. 10 and 12, 2003.
13. Edmonton's Chris Pronger beat Carolina's Cam Ward on June 5, 2006.

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

✦ HISTORY EXTRAVAGANZA - FORT RODD HILL 100 YEARS OF REMEMBRANCE ✦

Peter Mallett
Staff Writer

Victoria's rich military history will be commemorated this weekend with a special event at national historic site Fort Rodd Hill.

Historians and museum staff from across the region will gather at the Parks Canada site in Colwood for its 100 Years of Remembrance event, Nov. 4, between 10 a.m. and 3 p.m.

"Victoria has a long and proud history of military service, wartime industry and home-front activism," said Kate Humble, Curator with Fort Rodd Hill. "This event is a truly unique opportunity to experience all the aspects of Victoria's military heritage, represented by these wonderful, varied museums and archives, in one place for the first time. The people of this community have made many important contributions and sacrifices, and their stories are exciting and emotional. It's vital that we remember them and continue to share those stories amongst current generations."

Exhibits include military vehicles from the Ashton Armoury; a shipbuilding display



Photo by Fritz Mueller, Parks Canada
Fort Rodd Hill and Fisgard Lighthouse National Historic Sites interpreters in a 1942 Willys Jeep, in front of Fisgard Lighthouse.

by the Maritime Museum of B.C.; and tales of wartime flight from the B.C. Aviation Museum.

An exhibit from CFB Esquimalt Naval and Military Museum will focus on the convalescent hospital operated at Naden by the Military Hospitals Commission during the First

World War and, subsequently, the Department of Soldiers' Civil Reestablishment.

Other participants include the Oak Bay, Esquimalt, Saanich, and St. Michael's University School Archives, the Victoria Genealogical Society, Craigdarroch Castle, the

Canadian Scottish Regiment Museum, the Princess Patricia's Canadian Light Infantry cadets, and the Colwood Women's Institute.

Clare Sharpe, Exhibit Designer with CFB Esquimalt Naval and Military Museum, says her exhibit will focus on

rehabilitation efforts at the hospital during the First World War and post-war era. It includes photographs of patients in their workshops learning new skills and trades, and nursing staff on the grounds of the pavilion-style hospital originally constructed by the Royal Navy in 1894.

"The hospital was required to treat wounded servicemen and fit them for return to civilian life," said Sharpe.

Fort Rodd Hill staff will unveil their 100 Years of Remembrance exhibit in the Casemates Barracks. Through the exhibit Parks Canada staff will share family wartime stories and personal tales of love and loss with visitors. Fort Rodd Hill served as a coastal artillery fort of the Royal Navy and was built in the late 1890s to defend Victoria and the Esquimalt Naval Base.

The park also includes Fisgard Lighthouse, which was constructed in 1860 as the first permanent lighthouse on Canada's West Coast.

Admission is \$3.90 for adults, \$3.40 for seniors, and free for children under 18. For more information about Fort Rodd Hill visit Parks Canada's webpage at: www.pc.gc.ca/en/lhn-nhs/bc/fortroddhill

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HMCS Calgary members are welcomed to Jeju, South Korea, as part of the country's International Fleet Review.



Calgary joins Korea's Fleet Review

SLt Alexandra LaPlante
HMCS Calgary

Three months into Operation Projection, HMCS Calgary took part in an International Fleet Review in the Asia-Pacific region.

It was hosted by the Republic of Korea Navy and staged out of Jeju Civil-Military Complex Port, located on the south side of Jeju Island, South Korea.

Sailors from participating ships were also welcomed at a variety of activities ashore throughout the International Fleet Review week held Oct. 9 to 15.

On hand for the event was Vice-Admiral Ron Lloyd, Commander Royal Canadian Navy. He presented members of Calgary and NRU

Asterix's ship's companies with the Special Service Medal, earned after 45 days on operations. VAdm Lloyd also hosted a series of town halls for Calgary's crew.

Fourteen navies participated in a day-long pass-in-review at sea on Oct. 11.

Calgary joined the column of vessels manoeuvring themselves into position for the Pass-in-Review in front of the South Korean flagship - the helicopter carrier ROKS Dokdo.

While manning the rails on the approach to Dokdo, Calgary sailors were treated to a fly-past and parachute display, and were able to watch a large portion of the Republic of Korea Navy fleet sail past in an impressive column.

Calgary, positioned between Bruneian offshore patrol vessel KDB Daruttagwa and Indian destroyer INS Rana, was the third ship to salute the dignitaries and the massive crowd assembled aboard Dokdo. Despite risky wind conditions, Calgary's crew sported their ever-popular Smithbilt hats, which elicited applause and cheers from the passing spectators.

Calgary was welcomed back alongside the following morning. Over the next three days, members of the ship's company participated in a sports day and international friendship night, which included exposure to some very popular "K-pop". Calgary sailors also put forward their best attempts at the Korean language during a volunteer event and soccer game at a local school.

HMCS Calgary sailors conduct a Pass-in-Review in front of the South Korean flagship ROKS Dokdo.



Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services

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Port inspection divers train at Exercise Ardent Defender

Lt (N) Éliane Trahan
Public Affairs Officer

Eleven Port Inspection Divers from various Naval Reserve Divisions across Canada recently participated in Exercise Ardent Defender, held Oct. 1 to 19 at the 4th Canadian Division Training Centre, Meaford, ON.

This was a joint, multi-

national and inter-agency annual exercise hosted by the Canadian Armed Forces that tested joint Counter Explosive Threat capabilities.

Reservist divers were involved in underwater searches, inspections and surveys to detect explosive devices. They worked jointly with Clearance Divers from the Experimental Diving Unit

Group in Toronto. Although it was an exercise, divers found unexploded ordnance from decades past in an isolated area; the Clearance Divers safely detonated them.

Compared to last year's participation, Port Inspection Divers doubled in numbers.

"We are thrilled to see the participation climb, it allows us to be one team and work

together, Port Inspection Divers and Clearance Divers," said Petty Officer Second Class Dan Larche, Clearance Diver supervisor.

Port Inspection Divers usually serve part-time with their home unit for scheduled evenings and weekends, although they may also serve in full-time positions at some units for fixed terms, depending on

the type of work that they do.

They are called to do tasks to ensure the maritime security of the nation. They often work with naval port security teams to provide underwater skill sets in support of the sovereignty and safety of Canada's numerous ports, harbours and waterways, and may also be deployed outside Canada for operations or exercises.



PO2 Bishop diving.



LS Jeff Haskins.

Photo by CPL Boudrias

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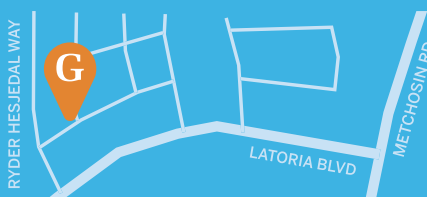
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Photo by Mona Ghiz, MARLANT PA

Cdr Nancy Setchell,
Commanding Officer HMCS Charlottetown.

Living the dream

With files from MARLANT PA

Commander Nancy Setchell has ensured the glass ceiling is a thing of the past in the Royal Canadian Navy (RCN).

In September she became the second woman to command a frigate when she took the captain's chair of *HMCS Charlottetown*. Cmdre Josée Kurtz was the first, commanding *HMCS Halifax* in 2009.

Born and raised in Midland, Ontario, Cdr Nancy Setchell's journey in the RCN began in 1995 when she attended the Royal Military College of Canada in Kingston, Ontario, graduating with Honours in 1999 and receiving a Bachelor of Arts in English. She then embarked on her career as a Naval Warfare Officer, a career that has taken her to both coasts, the mainland and overseas on Operation Apollo.

"I joined because I wanted to attend the Royal Military College of Canada, and to become a ship's captain," said Cdr Setchell. "I grew up sailing on tall ships in Georgian Bay."

Cdr Setchell went on to complete a Masters in Defence Studies before she served as Executive Officer of *HMCS Montréal* from 2014 to 2016. She was then promoted to the rank of Commander and became the Chief of Staff (Administration) to the Commander of Canadian Fleet Atlantic for one year. This path prepared her for the appointment of *Charlottetown's* Commanding Officer.

"Commanding *Charlottetown* means so much. As a person, it's the summit of my professional goals. As a mom, it feels great to serve as an example of what women can do. As a proud Canadian, I am humbled by the responsibility and opportunity to serve my country."

Charlottetown is currently preparing for an upcoming deployment and Cdr Setchell is looking forward to further experiences and adventures as she continues to live the dream in the Royal Canadian Navy.



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Vote in the 2018 Referendum on Electoral Reform October 22 to November 30, 2018

B.C. is having a referendum on what voting system to use for provincial elections. This is a big decision so make sure to vote.

WHAT ARE WE VOTING ON?

You are being asked:

- should we keep the current First Past the Post voting system or move to a system of proportional representation?
- if proportional representation is adopted, which proportional system do you prefer?
 - Dual Member Proportional (DMP)
 - Mixed Member Proportional (MMP)
 - Rural-Urban Proportional (RUP)

You can answer both questions or just one and your ballot will still count. Find out more about all four voting systems by calling us or visiting our website.

Refer to information from all sides in the debate, make an informed choice, and remember to vote by November 30, 2018.

HOW CAN I VOTE?

Voting packages are being mailed to registered voters until November 2. If you don't receive one, contact Elections BC. Your voting package includes a ballot and instructions on how to complete your voting package and return it to Elections BC.

Visit elections.bc.ca/referendum for short videos on all four voting systems on the referendum ballot.

1-800-661-8683 | elections.bc.ca

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CHILEAN ADMIRAL VISITS BASE

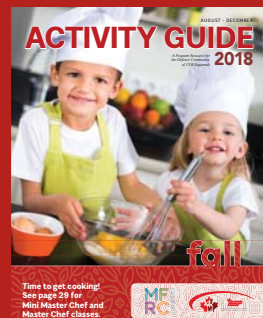
Admiral Julio Leiva, Chief of Naval Operations in the Chilean Navy, visited Maritime Forces Pacific on Friday Oct. 19. Vice-Admiral Ron Lloyd, Commander of the Royal Canadian Navy, received Admiral Leiva with a Guard of Honour at Duntze Head, before exchanging gifts ahead of bilateral talks.

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A cook in HMCS Nanaimo works to splint the arm of a crew member with a mock injury. Casualty clearing is a secondary responsibility for the cooks.

Photo by
Capt Jennifer Jackson



Cooks AT SEA

THE FULL PICTURE

Capt Jenn Jackson Operation Caribbe PAO

When we think of a cook, we think of preparing and serving food. However, when it comes to cooks in a Royal Canadian Navy warship, meal preparation is only part of their work.

They also have the grim job of casualty clearing during an emergency, the brawns of line handling when needed on deck, and even the compassion to aid a sea sick sailor.

These roles are part of basic training but are enhanced through mentorship, coaching and experience during a career at sea.

"The senior cook is the primary casualty clearer in an emergency," explains the chief cook in

HMCS Nanaimo, which is currently deployed with HMCS Edmonton on Operation Caribbe, an illicit drug interdiction operation off the coast of Central America in the eastern Pacific Ocean. For security reasons members of the crew cannot be named. "I learned a lot of skills throughout my career thanks to the coaching and mentoring of the various Physician's Assistants I have sailed with, and in turn, I pass on that knowledge to the junior cooks."

It is a similar experience for learning how to handle lines on deck. Cooks become more proficient from the guidance received from Boatswains the longer they sail.

In a Kingston-class ship, there are only three cooks

to feed the 44 other crew members.

It's a long day for a cook at sea as they rise at 5 a.m. to prepare breakfast and typically work until 7 p.m. after supper clean-up.

During day-time emergencies, it is necessary for one cook to monitor the cooking food while the others respond.

For the Chief Cook, there are other duties to ensure the crew is properly fed.

"As the Senior Cook, I am responsible for liaising with the Executive Officer on budget matters, planning the menus and placing the food orders," adds *Nanaimo's* Chief Cook. "I also have to keep track of whether any crew member has dietary restrictions, such as being vegetarian or allergies, and ensure there

is food aboard they can eat. This is especially important for an extended operation like Caribbe."

Good food is critical to the morale and health of the crew as they complete drills such as fire and flood damage control, engineering exercises, and boat work to fully prepare for the operational phase of Caribbe.

Nothing brings a smile to the faces of the crew than seeing a good hot meal between bouts of hard work, or even the occasional Freezie after a sweaty, sustained fire exercise. They are well taken care of in *Nanaimo* – whether a sailor is hungry, injured, in need of an extra hand on deck or suffering from sea sickness, they have great cooks for all of that.

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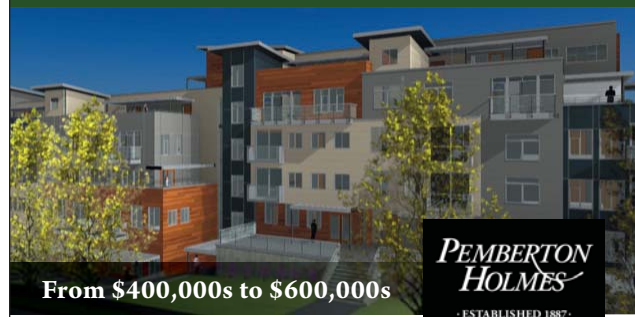
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Robin&AJ
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Naval Technical SEMINAR



ATTENTION

*All personnel serving
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- Coffee and snacks
- Guest Speakers
- Mess Dinner
Nov. 8th @ 1800hrs
at the Wardroom

This annual event showcases new technologies in the Royal Canadian Navy and provides a platform to bring the engineering community together. This year's theme is *'Mentorship'*.

NOVEMBER 7-8 @ 0800 HRS

At Nixon Building Gym, Work Point

For Event Details contact P02 Brian Hill 363-5405

For Mess Dinner Reservation contact Lt(N) Nicolas Denutte 363-5012



Bravo ZULU

Naval Training School (Pacific) Ceremonial Divisions

Commander Julian Elbourne, Commanding Officer of Naval Training School (Pacific) (NFS(P)), presented awards and promotions during the NFS(P) Ceremonial Divisions Oct. 4.

Photos by David Gariepy, MARPAC Imaging Services



LS Aaron Cantadato is promoted to his current rank.



PO2 Edmund House receives the Operational Service Medal – Expedition, and the Special Service Medal.



PO2 Steven Newton receives the Operational Service Medal.



Lt(N) Andre Bard receives the Special Service Medal.



PO1 Peter Fraser receives the Special Service Medal.



PO2 Robert Davies receives the Special Service Medal.



MS Drew Coutts receives the Special Service Medal.



MS Matthew Johnson receives the Special Service Medal.



MS Daniel Graham receives the Special Service Medal.



MS Harrison Baycroft receives the Canadian Forces' Decoration.

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Bravo Zulu

NFS(P) Ceremonial Divisions



MS Diana Holton receives the Canadian Forces' Decoration.



MS Nicholas MacLean receives the Commander Royal Canadian Navy Commendation award.



PO2 Brett Spelliscy (left), MS Duane Earle (second from right), and OS Hussein Farah (right) receive NFS(P) Bravo Zulu awards.



A/SLt Kimberley McHale-Hall (left), MS Kerri Pearce (second from right), and MS Matthew Childs (right) receive NFS(P) Bravo Zulu awards.



Lt(N) William Corbett (left), PO2 Robert Wile (second from right), and MS Duane Earle (right) receive NFS(P) Bravo Zulu awards.



Rodger Anderson (second from left), Karen Brady (second from right), and PO2 Kanwar Nijjer (right), receive NFS(P) Bravo Zulu awards.



Cpl Coral Newport (centre) is promoted to her current rank.

Bravo Zulu

Base Administration Promotions

Cdr Cory Foreman and CPO2 Pam Salter presented promotions to recipients, pictured with their families.



LS April Davis (second from right) is promoted to her current rank.



Bravo Zulu

RCSU

Captain Cheryl Major was presented with an ADM (PA) Communications Award for Innovation by LCol Neville, Head of Regional Cadet Support Unit.



Bravo Zulu

MV Asterix

Sgt Racheal Macpherson is promoted to her current rank by LCdr James Classen, Commanding Officer Naval Replenishment Unit (NRU) Asterix (left) and Capt Chris Dare (right).



Bravo Zulu

CAF Sports Day

Photo courtesy of Madeleine Epple

Members of the Canadian Detachment at the Naval Ocean Processing Facility, Whidbey Island, participated in a five kilometre run for CAF Sports Day.

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ANNOUNCEMENTS

VETERANS TRAP MIX EM-UP
Shoot fundraiser Victoria Fish & Game Protective Association 700 Holker Place, Malahat. Sunday Nov. 4. Registration 8 a.m. Practice 9 a.m. Shoot 10 a.m. Cost \$40 per shooter - 120 clay targets thrown as singles, doubles, wobble at various yardages. Eye and ear protection required. Limited number of shotguns available for loan and ammunition can be purchased for \$10 per box of 25 shells. Proceeds go to the Malahat District Branch 134 of The Royal Canadian Legion Poppy Fund. Info: trap@vfga.org; md-king@shaw.ca or call (250) 213-5827

WANTED: A FEW GOOD MEN.
Vicwest Soccer association is looking for players for their MENS 48+ team. Assorted positions available. Clubhouse located at Tennyson Ave. Great home turf field at Finlayson Park. Approx 25 games from Sept 2018 to March. Contact Ken McColl (250)858-0667. kmccoll@islandbmw.ca

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.

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- PLATO*

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QUALIFICATIONS: Some high school AND some food service or related experience. OR An acceptable combination for education, training and experience will also be considered. AND Current CPR and Basic First Aid qualifications an asset

EXPERIENCE REQUIREMENTS: Serving food and beverages, providing customer service, In food services or similar environment

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CONDITIONS OF EMPLOYMENT: Successful candidates will be available to work evenings and weekends. And be able to perform moderate lifting, carrying, pulling and/or pushing (i.e. more than 10 lbs/4.5 kg but less than 50 lbs/23kg).

START DATE: As soon as possible

APPLICATION DEADLINE: 23:59 hrs Pacific Time on 1 November 2018

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or online:

www.cfmws.com



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