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AN INTRODUCTION

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LOOKOUT

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Mindfulness
Presentation and
Guided Meditation

with Dr. Chris Goto-Jones

Wednesday, October 16, 2019

6:30-8:30pm

Colwood Pacific Activity Centre

Turn to page 5 for details.



Photo by SLt M.X. Déry

HMCS Regina gets new paint

HMCS Regina's new paint job is nearing completion. When done it will pay homage to the Battle of the Atlantic 75th anniversary, which takes place in 2020. Read the full story on page 2.

Inset: One ship being honoured by the current Regina is HMCS Regina (K234), a Royal Canadian Navy revised Flower-class corvette that took part in convoy escort duties during the Second World War. The ship fought primarily in the Battle of the Atlantic. On Aug. 8, 1944, Regina was torpedoed and sunk by U-667 eight nautical miles north of Trevoze Head on the coast of Cornwall while rescuing survivors of the American merchant Liberty ship Ezra Weston. The warship sank in 28 seconds. Thirty of the ship's crew were killed.

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Warships bedazzle in Second World War paint pattern

SLt M.X. Déry
MARPAF PA Office

For the next year it will be easy to distinguish *HMCS Regina* from the other West Coast frigates as it has a new paint job.

The Royal Canadian Navy (RCN) decided to paint *Regina* in a Second World War Admiralty commemorative paint scheme to honour the 75th anniversary of the end of the Battle of the Atlantic, which occurs in 2020.

In the Second World War, the paint scheme was a form of ship camouflage with one or more colours to obscure or confuse the enemy's visual observation during the Atlantic battles, particularly enemy submarines.

Historically, River-class frigates were painted in the Disruptive Admiralty scheme. Tribal-class destroyers and C-class destroyers were painted in the Dazzle scheme. Flower-class corvettes were painted in both schemes during their service.

Regina is painted in white and blue shades in a geometric pattern. The new look will be showcased at Rim of the Pacific Exercise 2020.

The task of painting the ship fell to the deck department, augmented by other members of the ship's company, as well as Fleet Maintenance Facility Cape Breton. For Chief Petty Officer Second Class Joe Dagenais, the Chief Boatswain, this is a chance to show off the ship and the teamwork required to make it look grand.

"This is a key piece to show how FMF and DND can collaborate to achieve an important and common goal," he said.

On the East Coast, *HMCS Moncton* has a similar paint job.

Commemorating the Battle of the Atlantic with these historical paint schemes provides an opportunity to honour the sailors of the past, embrace the sailors of the present, and look ahead to the future.

The Battle of the Atlantic was the longest battle of the Second World War and one in which Canada played a central role. It ended with Germany's surrender in May 1945. The cost of winning the Atlantic war was high. Most of the 2,000 members of the Royal Canadian Navy who died during the war lost their lives in the battle.



HMCS Moncton returns to its homeport of Halifax after a refit that includes a Second World War Admiralty commemorative paint scheme to honour the 75th Anniversary of the end of the Battle of the Atlantic. The pattern is a form of ship camouflage from the Second World War era.

Photo by Mona Ghiz, MARLANT PA



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Top: A massive contingent of police officers from across B.C. paraded down Government Street to the B.C. Legislature for the annual B.C. Law Enforcement Memorial.

Above: Thirty military police took part in the parade for the Sept. 29 event that honoured fallen officers.

Photos by Leading Seaman Mike Goluboff, MARPAC Imaging Services

Military Police honour fallen officers

Peter Mallett
Staff Writer

A contingent of 30 Military Police from across British Columbia, led by Major Roland Russell, paid tribute to fallen colleagues in the annual B.C. Law Enforcement Memorial on Sept. 29 in Victoria.

The annual ceremony honours the lives and contributions of every law enforcement member in the province who died in the line of duty.

This year's memorial ceremony was held simultaneously with ceremonies in Canada's provincial capitals and with the Canadian Police and Peace Officer Annual Memorial Service held in Ottawa. The memorial was attended by officers representing 24 municipal, provincial and federal law enforcement agencies.

For Sub-Lieutenant Garret Cross, Operations Officer with Esquimalt's Military Police Unit, this was his first B.C. Law Enforcement Memorial. He assisted in the organization for this year's event and described the experience as "bitter sweet" as the ceremony honours the lives of members who pursued a common goal of making B.C. communities a safer place and ultimately died in that pursuit.

"I believe the experience is a therapeutic one for everyone involved," said SLt Cross. "You could see by the expressions of everyone who attended that these deaths have deeply impacted all of us. This ceremony highlighted the unbreakable bond that exists between Military Police personnel and all first responders."

The ceremony commenced with the

parade marching from Government Street to the B.C. Legislature. There was a crowd gathered to hear the names of 125 fallen police officers. A moment of silence was followed by the playing of The Last Post, three volleys fired from a rifle, and the laying of wreaths for the fallen. The ceremony concluded with a march past and salute of the B.C. Premier and honoured guests.

Military Police Unit Esquimalt was well represented with Corporal Jonathan Brisbane-Babin - Canadian flag bearer, Cpl Adam Comeau - MP flag bearer, Cpl Adrian Anter - rifle member, and Cpl Kaylen Roy - Fallen Nominal Roll reader.

For more information about the BCLEM and Canadian National ceremonies visit their websites at www.BCLEM.ca and www.cpa-acp.ca

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WHAT SAY YOU



Career Highlight: Tough to pick only one experience in my career as I've been fortunate to be part of many great things while in the RCN. I did travel to Chile on two separate occasions to teach Chilean sailors the long range radar system as part of an exchange program. I spent a week teaching at their academy and the second week on their ships while staying in a cabana next to a beach.

Deployment must have: Golf clubs, cellphone and MS "Cabo"taje.

"To my wife and kids, I miss you so much and can't wait to be home for Christmas!"

PO2 Chris Newby,
Senior Radar Maintainer
Regular Force, 13 years



Career Highlight: Supporting a Sub Commander's Course on HMCS Ottawa by putting everything I learned on my Qualification Level 3 course into real world training. That's only so far and it's been very rewarding!

Deployment must have: One of my husband's t-shirts and my TY stuffed animal "Rescue".

"Sending all my love to my human Alec, my two fur babies, and my incredibly supportive family!"

AB Nichelle Collett,
Sonar Operator
Regular Force, 2.5 years



Career Highlight: Participating in multiple deployments: Operations Attention, Artemis, Reassurance, Neon, and Exercise Poseidon Cutlass. Seeing the world with my friends!

Deployment must have: Golf clubs and a Hawaiian shirt.

"Big shout out to my girlfriend back in Victoria. Love you and miss you lots!"

LS Mario Vignola,
Naval Communicator
Regular Force, 14 years



Career Highlight: Two Operation Regulus opportunities in Columbia and Antarctica; had an amazing experience and learned a lot about other countries and navies.

Deployment must have: Gold Bond and Dr Scholl's foot spray.

"Bok Bok J Miss you Dom, be home soon!! Love you!!"

SLT Riley Perrior,
Bridge Watchkeeper
Regular Force, 8 years

WHAT SAY WE

SUBMARINER ORGANIZES

Charity drive for sick kids

Janice Lee
MARPA PA Office

Master Seamen Scott Ferron from HMCS Chicoutimi has the well-being of sick children in mind this fall.

The submariner is holding a charity drive to collect non-perishable foods, toys, and candy from now to Oct. 27 at the D85 loading bay.

All items collected will go to Jenece Place, a residential building for the pediatric unit in the Victoria General Hospital. Children and families live there while their loved ones

undergo treatment.

Donations are not the only way MS Ferron is bringing smiles to children and their families. On Oct. 27, before the donations are dropped off, there will be a block party on Government Street where people can enjoy activities, food, and more.

Once the block party is over, MS Ferron and the Helmet Heads Group, a group of motorcyclists who wear fuzzy helmets, will ride their motorcycles to the hospital wearing Halloween costumes to hand out goodies to the sick kids.



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Met Tech keeps one eye on the weather, the other on the horizon



Meteorologist MCpl Dan Jacklin monitors special equipment to help him prepare a weather forecast on board HMCS Ottawa.

Photo by Leading Seaman Victoria Loganov, MARPAC Imaging Services

Captain Jenn Jackson HMCS Ottawa PAO

Most meteorologists have the luxury of forecasting the weather in the vicinity of an airport or city where they live. The weather patterns come to the location, do their business, and move on to the next location.

Such is not the case for Master Corporal Dan Jacklin, one of two meteorologist technicians deployed in *HMCS Ottawa*. Unlike Met Techs ashore, MCpl Jacklin must keep an eye on the weather currently around the ship and must look ahead to where the ship will be when doing his forecasting.

"Sailing is a unique challenge for a Met Tech," says MCpl Jacklin. "I am responsible for putting together a weather brief for the Commanding Officer (CO) daily. My report can have a direct impact on operations – for example if a major weather system will occur along our voyage, the CO may decide to delay to avoid the storm, or direct the Navigating Officer to adjust our route to avoid it."

To assist the Met Techs on board *Ottawa* are several weather forecasting devices. There are two anemometers located on the mast to measure wind speed and direction, wet and dry bulb thermometers, portable barometers, and a barograph to monitor pressure trends.

"A trend on the barograph that is heading down is an indication that inclement weather is on the way. If the ship can't

avoid it completely, the Commanding Officer may order preparations to safely weather the storm," explains MCpl Jacklin.

Unlike shore postings, serving on a ship does have some advantages for Met Techs, especially those at the Master Corporal rank.

"What I enjoy about serving on a ship is that I am still able to do forecasting as a Master Corporal, whereas ashore I would manage a section, leaving the nuts and bolts of the trade to my subordinates."

Originally from Kitchener, Ontario, MCpl Jacklin joined the Royal Highland Fusiliers as a Reserve Infantry Soldier in 1987 to fulfill his desire to serve, experience adventure, and see the world. As a young soldier, he began to achieve that dream during a UN tour to Namibia in 1989-1990.

"My UN tour was one of the main highlights and rewarding experiences of my career. I was employed as a driver and I drove all over southern Africa supplying other UN contingents and setting up polling stations for the country's election. It seemed like the country was a better place when we left it."

Seeking more travel and adventure, MCpl Jacklin transferred to the Regular Force in 2007, initially as a Naval Warfare Officer before discovering the Meteorological Technician (Met Tech) trade in 2013. Following training and on-the-job experience, his previous naval experience made him a natural fit for sailing with the fleet.

AN INTRODUCTION

Mindfulness Presentation and Guided Meditation

with Dr. Chris Goto-Jones
Professor in Philosophy at the University of Victoria

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Heidi Maier, Canadian Forces Sailing Association (CFSA) Junior Sailor, competes during the Canadian Optimist Championship in Ottawa.

Photo by Christian Bonin/TSGphoto.com



JUNIOR SAILOR PLOTS COURSE FOR SUCCESS

Peter Mallett
Staff Writer

Heidi Maier, 13, says she has been swept away by the power of sailing.

The Grade 8 student has found competitive success harnessing the wind, and a healthy activity, during her eight years with the Canadian Forces Sailing Association (CFSA) Junior Program.

"When I first tried the sport I was in Kindergarten; I thought it was really cool," said Maier. "It was so appealing to me simply because you harness the wind and the waves and make a large object move in the water without a motor or expending your own energy."

She began competing three years ago in single-handed sailing dinghies called Optimist Class. Strong finishes at weekend regattas have become the new normal for her.

She has first place finishes at the Royal Victoria Yacht Club's Frozen Assets Regatta in February, and more recently the Maple Bay Regatta on Sept. 1. She also had a noteworthy 10th place performance at the Kitten Cup in Vancouver, in a much larger field that included provincial and national team members. In August, she had an 11th place finish in a field of 65 sailors at the Canadian Optimist Championship in Ottawa.

"The fun part isn't just the competition, its meeting people from across the country and around the world, making new friends, and getting to go to post-regatta dinners."

Getting her feet wet

Maier learned to sail with CFSA's Opti Wet Feet at age five, around the same time her father, Lieutenant-Commander Christopher Maier began his first sailing experiences. He is the current CFSA Commodore, and says his daughter has advanced so far she gives him pointers and advice about sailing techniques.

"I always saw the potential in her because she is an amazing young girl," said LCdr Maier. "The coaches at our regattas all saw something special in her and encouraged her to get

involved in competition."

In preparation for this year's competitions, the 13-year-old attended four training camps and committed to three training sessions per week. Over the summer months she volunteered with the CFSA's Learn to Sail programs.

Her coaches are also impressed by her efforts. CFSA Senior Instructor Ryan Kaye has spent several years coaching Maier and says that she not only has a great attitude about the sport but also the right qualities to be successful.

"She has a stubbornness and wants to push herself, but at the same time is willing to listen to a coach's advice and spends time working on the fundamental skills that she needs to," said Kaye. "She is also amazing and very proactive

when it comes to helping out some of the less-experienced [youth] sailors."

Maier is now looking forward to sailing faster and larger classes of boats.

This month she began practising in the laser-class sailboats, which is the gold standard for Olympic and international sailing competitions. She also hopes to one day move from solo sailing and crew a two-person 29er high performance skiff boat used by competitors in the World Sailing Youth Championships.

"If it's a fast boat, it's very beautiful to me. I want to go for speed and power; the bigger the boat and the faster is all the better for me."

About CFSA Junior Programs

After joining the CFSA as junior members, the club provides the sail boats and the knowledge and expertise in the form of coaching and instruction. Membership in the CFSA youth sailing program is inclusive to everyone in the community under the age of 19. Costs can range between \$85 to \$250, while children of military members receive discounted membership rates from as low as \$25 per year.

For more information about the CFSA and how to get involved in its sailing programs or to volunteer visit their website: <https://www.cfsaesc.ca/>



Heidi Maier gets ready to compete in the Frozen Assets Regatta at the Royal Victoria Yacht Club. Maier finished in first place in the Optimist Fleet competition of the regatta.

Photo credit CFSA

Keep fit and sail on a fitness instructor's deployment

Photos by Leading Seaman Victoria Loganov, MARPAC Imaging Services

Captain Jenn Jackson
HMCS Ottawa PAO

When Tianna Smith applied for a job as a Personnel Support Programs (PSP) Fitness Instructor at CFB Esquimalt two years ago, she had no idea where that would take her.

"I had just finished my kinesiology degree at the University of Victoria and saw the job listing. I thought it would be a great opportunity to work with a differ-

ent segment of the population and a diverse group of people," says Smith. "It's definitely been that, but so much more."

Fast-forward two years, and "so much more" translates to her second deployment with the Royal Canadian Navy providing fitness programs to the crew.

Her first deployment was in MV Asterix in support of HMCS Calgary during Operation Projection. Her second is with HMCS Ottawa's current deployment for Operations

Projection and Neon.

To deploy, she had to complete an intense one-week course in Halifax that included an introduction to life on ship, sea survival training, recreation ideas and activities, a tour of a Halifax-class frigate and chemical biological radiological and nuclear training. All of that was aimed at fitting the right instructor with the right deployment.

"Even though the course was only one week, it was one of the most intense weeks of my career,"

she says. "Most days were 12-plus hours and there was a lot of information covered to make sure all of us were prepared for any Canadian Armed Forces deployment – whether in support of the navy, air force or army. Since I am employed in Esquimalt, deploying on ship made the most sense for me."

Wanting to experience the Royal Canadian Navy firsthand and see for herself what sailors do played a big role in her decision to volunteer for deployments.

"When working ashore in Esquimalt, I would work with sailors every day, but my understanding of what they do was limited. On ship, I not only see what they do, but I can connect with them on a personal level to learn more about them. I also have to plan my classes within the watch rotations to help them achieve a balance while living where they work – the same place I live too."

One challenge she faces is motivating tired sailors with limited time off and reminding them fitness is not only easily achievable, it also relieves stress and increases energy. It can be easy for sailors to adopt a mind-set of barriers such as fatigue, limited equipment and rocky seas.

"I work to vary the classes I run on board to keep the sailors engaged at sea. The days can start

to feel monotonous, but having something different to look forward to that usually involves some time in fresh air on the flight deck helps break that up."

As much as she enjoys the time at sea and working with sailors directly, she cannot deny deployments are more than professional development.

"Some of the most rewarding experiences I have while deployed are not directly related to fitness. The ship's company does a lot of community relations and interacting with other navies. That has provided me with the opportunity to see how others live, while also giving and helping various organizations around the world. Seeing everyone come together regardless of language or background is one of the most amazing parts of deployments."

When not at sea, Smith is a fitness instructor at the Naden Athletic Centre at CFB Esquimalt. She keeps busy by weightlifting, playing lacrosse, baking, and playing Dungeons & Dragons and board games with her friends.

"While any experience has its ups, downs, challenges and victories, the opportunity to learn so much while deployed makes every day at sea worth it. I never imagined that what started as a casual job opportunity could lead to seeing the world with so many amazing people."



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Lancaster bomber pilot awarded Legion of Honour

Peter Mallett
Staff Writer

A

Second World War veteran who piloted a Lancaster bomber on multiple missions in western Europe has been awarded France's highest military decoration.

Victoria's Edward Vaughan, 96, was inducted into the French Legion of Honour by Phillipe Sutter, France's Consul General for western Canada in a ceremony at Veterans Memorial Lodge at Broadmead on Sept. 29. The award recognizes allied soldiers for their contributions to the liberation of France during the Second World War and to date has approximately 92,000 recipients.

Vaughan, a Broadmead resident and long-time Victoria resident, was grinning ear to ear upon receiving France's highest military medal. He then gave Sutter a firm handshake and was presented the customary red ribbon and medal, a Maltese asterisk hung on an oak and laurel wreath, and a commemorative certificate.

"It was just me, an ordinary pilot doing this," said Vaughan in accept-

ing the award. "I am very pleased, thank you so much."

The former Royal Canadian Air Force (RCAF) flying officer successfully completed 36 missions in his Lancaster bomber nicknamed 'Old Faithful' in support of the liberation of France between June and August of 1944. Born in Swansea but raised in Cumberland, B.C., Vaughan did his pilot training in Alberta, Scotland, and England.

During the war, he was stationed in north Yorkshire with the RCAF's Goose Squadron whose main task was to weaken German defences in preparation for the Allied invasion of southern France in August 1944.

During one bombing mission to Germany, Vaughan recalled how a bomb fell through the wing of his Lancaster and started a fire on board. He then directed his crew to fight the fire and was able to return the plane to England while flying on three engines.

His quick thinking prevented himself and the crew from having to bail out over Germany or the English Channel, and he was awarded the Distinguished Flying Cross. In presenting his latest decoration, Sutter told Vaughan and his family members that France will never forget those who assisted in

the liberation of his country.

"We are here to pay tribute to your exemplary dedication," said Sutter. "You are an inspiration to your children, grandchildren and great grandchildren and for all of us. We look at you with pride and with emotion."

After the war Vaughan attended the University of British Columbia and became a professional forester for the rest of his career. He married his wife Janet and raised five children in Victoria. He has eight grandchildren and nine great-grandchildren who, he says, pay him regular visits.

For more information about the French Legion of Honour visit their web page: <https://www.legiond'honneur.fr/en/page/legion-honor-10-questions/406>



Victoria's Edward Vaughan receives his French Legion of Honour Medal from France's Consul General for western Canada Phillipe Sutter at Veterans Memorial Lodge at Broadmead on Sept. 29.

Photo courtesy Shannon Donnelly, Broadmead Care



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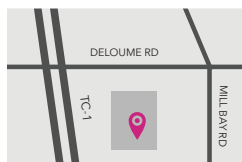
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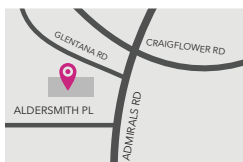
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OCTOBER IS WOMEN'S HISTORY MONTH

Wren trail blazer

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Lieutenant-Commander Isabel Macneill, right, poses with two Wrens during the Second World War.

DND

LCdr Isabel Macneill was the first woman to command a ship in the British Commonwealth. She was captain of His Majesty's Canadian Ship (HMCS) Conestoga in Galt, Ont., during the Second World War.

She was also the only woman outside the British Royal Family to rate being piped aboard a warship, an honour usually reserved for flag officers or special guests.

But although Macneill commanded a ship, she was a long way from the sea.

Conestoga was a "stone frigate", which in naval terms refers to a commissioned shore establishment of the Royal Canadian Navy (RCN) with the HMCS designation.

It was established in the fall of 1942 to train members of the Women's Royal Canadian Naval Service (WRCNS), commonly known as Wrens. Intended to provide an introduction to military life, courses included physical training and drills, as well as instruction in naval customs and traditions.

Born in Halifax in 1908, Macneill was educated at the Halifax Ladies' College, Mount Saint Vincent Academy, the Nova Scotia College of Art and the Heatherley School of Art, London, England. From the beginning of the Second World War, she was associated with volunteer work, and when the naval service in Canada was opened to women in August 1942, she immediately joined up.

One of the first class of Wrens, she trained initially in Ottawa, was commissioned as an officer, graduated from the first course at Conestoga, and was appointed commanding officer the following year.

By all accounts Macneill was a popular commanding officer, well respected for her vision and leadership.

This is from an article written in the Wren's newspaper, The Tiddley Times, in the summer of 1944:

"When she is speaking to a group of probationary Wrens of the tradition behind the navy in which they are serving, or when she deals with captain's defaulters on the quarterdeck, she can be as stern and majestic as any 'old man' on board a flagship of the fleet!"

But according to the article, she also possessed a sensitive side, "an unceasing feeling of gentleness", that was best illustrated by her dog Trilby, the Dachshund that tagged along at her heels to divisions, lectures and rounds.

"Every Wren is familiar with the sight of the CO striding into the lecture hall, up to the platform, then standing for a moment, waiting. There is a silence. Then the ticking of nails on hardwood floors as Trilby comes hurrying up the aisle and scrambles up the steps. Then, and only then, does the lecture begin."

Macneill was a fervent supporter of the Wrens and their ability to perform an infinite variety of jobs, fulfilling many of the wartime needs of the RCN.

When she travelled on war business to Britain in February of 1944, her trainees in Conestoga were bereft.

"Goodness but we hated to see LCdr Macneill go! It was a bit like losing a precious part of Canada."

Upon returning from Britain, she wrote an editorial in The Tiddley Times, proclaiming the proud spirit, integrity and valuable contribution of the Wrens.

"In Canada, thousands of miles from the scene of action, it is difficult to assess our contribution. We must use our imaginations and appreciate that by working diligently we are helping the fighting efficiency of the navy and bringing closer that day when ships of all nations may sail the seas upon their lawful occasions."

In June 1944, Macneill was awarded the Order of the British Empire (OBE).

Her citation read:

"Lieutenant-Commander Macneill has served with the WRCNS since its inception. She is the first and only woman in the Canadian Navy to be in command of a ship. As commanding officer of HMCS Conestoga, she has been responsible for the basic training of almost every member of her service. Her wide knowledge, her profound sympathy and her unfailing and inspiring devotion to duty have made her contribution one without parallel in the service."

When Conestoga was closed at the end of the war, Macneill said, "Most of us came here as strangers. We leave with many happy associations which we shall remember all our lives."

Following her wartime service, Macneill continued to blaze trails.

She served as superintendent of the Ontario Training School for Girls in Cobourg, Ont., and in 1960 became the first female warden in Canada at the Federal Prison for Women in Kingston, Ont.

Along with the OBE, her awards included the Coronation Medal in 1953, the Order of Canada in 1971, and an honorary LLD, Queens University, 1977. She died on August 18, 1990.

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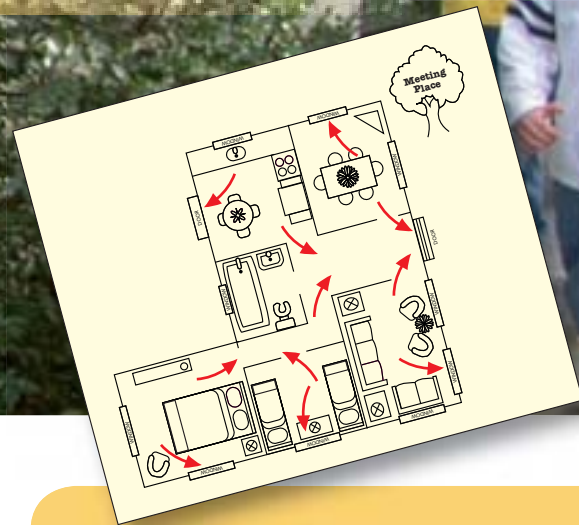
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Escape Planning

FIRE SAFETY WEEK OCT 6-12

Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



SAFETY TIPS

- » MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- » PRACTICE using different ways out.
- » TEACH children how to escape on their own in case you can't help them.
- » CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- » If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- » CALL the fire department from outside your home.

FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



Your Source for SAFETY Information

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Baghdad army run supports Soldier On and camaraderie

Peter Mallett
Staff Writer

A group of Canadian soldiers stationed at Union III military base in Baghdad have raised over \$1,000 from a five-kilometre charity run for the non-profit Soldier On.

The 12 Canadian Armed Forces (CAF) personnel were part of a larger group of 110 runners from 15 coalition nations who work at

the U.S. Army's Combined Joint Operations Centre and took part in the Army Run. The fundraiser was organized by CAF members.

Operated by the Canadian Forces Transition Group, Soldier On provides year-round regional sports camps and activities for its participants and manages Canada's Warrior Games and Invictus Games teams.

Petty Officer Second Class Kanwar Nijjer, a finance supervisor at CFB Esquimalt's Naval Fleet School (Pacific), is currently deployed to Iraq and took part in the run.

"The run was also a great way to get to know other [military] members from around the world, and I made many friends that day," said PO2 Nijjer. "Having a good physical training routine is a great way to relieve stress, take care of your body, and is ultimately tied to the success of the deployment."

With average daytime high temperatures in the region reaching 40 Celsius, the run was held at 6:30 a.m. to avoid the scorching desert heat. Despite the early morning start time, PO2 Nijjer says the mercury climbed to 25 Celsius when the runners set off.

Run organizers raised a total \$800 (U.S.) through sales of Army Run registration, and participants received a hat, race patch and dog tag as keepsakes.

PO2 Nijjer is part of Operation Impact, which was established in 2016 and is Canada's contribution to the global coalition working to defeat Daesh (ISIS) in Iraq and Syria. The coalition's efforts are primarily focused on providing training for domestic security forces. There are approximately 250 Canadian military personnel deployed in Iraq and include advisors, trainers, headquarters staff and force protection personnel.



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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at 1-800-866-4546.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546.

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Get ready for FLU season

What is the flu?

The flu is an illness most commonly caused by the influenza virus types A and B. Some people get mildly ill, while others get very sick.

Flu symptoms usually include the sudden appearance of:

- high fever (39°C and above)
- cough
- muscle aches
- headache
- chills
- loss of appetite
- fatigue (tiredness)
- sore throat
- runny or stuffy nose

Some people, especially children, may also experience:

- a stomach ache
- diarrhea
- nausea and vomiting

It takes one to four days for flu symptoms to appear after exposure to the virus.

Most people recover from the flu in seven to 10 days. Others may develop serious complications, such as pneumonia (a lung infection), and may need hospital care.

Reference: Government of Canada, Prevention of flu via <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/prevention-eng.php>

How can I avoid getting the flu?

The best way to protect yourself and others from getting the flu is by getting vaccinated. You can also protect yourself by washing your hands frequently, eating a healthy diet and getting enough rest and exercise.

What vaccine is available to military personnel?

The flu vaccine available to military personnel for the 2019/20 flu season is FluLaval Tetra MDV, an inactivated vaccine containing different strains of the flu virus. The vaccine is available now to all military personnel at the immunization clinic or in your IHT.

Why should I get vaccinated?

Military personnel have dynamic jobs which can include national and international travel and living in close quarters with others. This can lead to increased exposure to viruses. We can all experience stress and overwork at times which can also weaken our immune systems. You can even get the flu virus and not have any symptoms but still spread it to others. Getting vaccinated means you are much less likely to get sick this winter which in turn means you remain an effective member of your team. It also protects others in our community who have weakened immune systems from getting the flu such as children and the elderly.

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NDWCC kicks off with a hearty Pancake Breakfast

From left to right: Chief Petty Officer First Class Tim Blonde, Formation Chief Petty Officer; Rear-Admiral Bob Auchterlonie, Commander of MARPAC; CPO1 Martin Cashin, Chief of Director Naval Personnel and Training; Commodore Angus Topshee, Commander of Canadian Fleet Pacific; Captain (Navy) Sam Sader, Commanding Officer CFB Esquimalt; Hazel Braithwaite, Director, Donor and Partner Relations, United Way of Greater Victoria; CPO1 Thomas Gregory, Base Chief CFB Halifax; Honorary Captain (Navy) Mandy Farmer, CEO of Accent Inns; CPO1 Sylvain Jaquemot, Pacific Fleet Chief Petty Officer; and CPO1 Ian Kelly, Base Chief Petty Officer, pose for a group photo in the galley during the National Defence Workplace Charitable Campaign Kickoff Breakfast, at the Chiefs' and Petty Officers' Mess, Oct. 1.

Inset: Petty Officer First Class Rodney Ferguson prepares pancakes for guests.



Photos by
Leading Seaman
Brendan Gibson,
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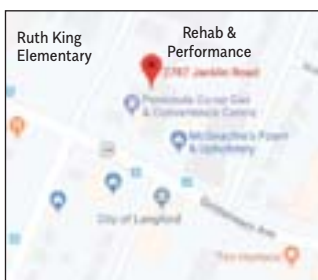
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CAF speakers needed for Veteran's Week

DND

The National Veterans' Week Speakers Program needs Canadian Armed Forces members to volunteer as speakers during Veterans' Week (Nov 5-11).

Since September, requests have been pouring in from schools and community organizations across the country for a Regular or Reserve Force member to take part in their Remembrance Day ceremonies as a speaker.

If you are interested in participating or have already agreed to give a presentation, please let us know by registering via the electronic registration form located on the Defence Team's Veterans' Week web page.

Your participation is key to the program's success

— help us put a face to service and remembrance.

The aim of the program is to bring awareness of Veterans' (past and present) service and for remembrance to Canadians. Last year, the program received an unprecedented number of requests — a little over 2,600 — and filled 2,322 of those requests, reaching 667,000 Canadians, and we are well on our way to surpassing that number this year.

We are currently experiencing shortfalls in Northern Ontario and in the National Capital Region and anticipate shortfalls in Alberta, Toronto and its surrounding areas.

If you have any questions, contact the National Veterans' Week Speakers Program coordinator at 1-833-223-8322 or DNDRemembrance.SouvenirMDN@forces.gc.ca.



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Bravo ZULU



Photo by SLt Chris Donaldson
WO Michael Bursey, accompanied by his wife Sheila and his sons Noah and Damien (not pictured), is promoted to Lt by Cdr Kouwenberg, Commanding Officer of HMCS Calgary.



A family affair

PO1 Kristiansen is promoted to his current rank by Cdr Fortin and PO1 Kristiansen's children.



Base Fire Hall

Battalion Chief Mark Crisp is promoted to Deputy Fire Chief by Fire Chief Geordie Douglas and POES Branch Chief CPO2 Rob Cook.



Capt David Lee receives his Canadian Forces' Decoration from Maj Jon Brotherton.



Tour de Rock Riders accept a combined donation from the messes during their tour stop at CFB Esquimalt Fire and Rescue Services on Oct. 4. From the left: Cdr Cory Foreman (Wardroom), CPO2 Lyne Edmondson (Chiefs' and Petty Officers' Mess), and MS William Percy (Pacific Fleet Club) present a cheque for \$2,000 to base riders Cpl Michael Smith, Military Police Unit Esquimalt, and Alexandria Marshall, CFB Esquimalt Fire and Rescue. In a separate donation, Josh Peterson and Jim Grant from CFB Esquimalt Fire and Rescue made a \$500 donation on behalf of the CFB Esquimalt Fire Firefighters Union. The 22-member team of first responders were in the final stages of a 1,000 kilometre journey across Vancouver Island in the annual Cops For Cancer fundraiser to benefit pediatric cancer research and Camp Good Times.

Photo by Peter Mallett, Lookout



MARPAC Headquarters Medal Presentations

Cdr Ellen Mariano, Commanding Officer MARPAC HQ, handed out medals to staff members.

Photos by SLt M.X. Déry



CPO1 Rene Tremblay is awarded the Operational Service Medal – Expedition for Operation Artemis.



SLt Jessica Lamshoeft receives her Sea Service Insignia Gun Metal.



LS Gordon Mosher, accompanied by his spouse Kristina Kral, is awarded the Special Service Medal-Expedition for Operation Poseidon Cutlass.



Lt(N) Andrew Cullum is awarded the Operational Service Medal – Expedition for Operation Artemis.



Lt(N) Gleb Makarenko is awarded the Special Service Medal-Expedition for Operation Poseidon Cutlass.



MS Jeffrey Mcconnell is awarded the Special Service Medal-Expedition for Operation Poseidon Cutlass.



HMCS Winnipeg Promotions and Medal Presentations



PO1 Reardon is promoted to his current rank by Cdr Mike Stefanson, HMCS Winnipeg's Commanding Officer (left), Lt(N) Presseau, Deputy Marine Systems Engineering Officer (right), and CPO2 Bickerstaffe, Chief Engineer (far right).



AB Tucker is promoted to her current rank by Cdr Stefanson and her husband PO1 Tucker (right).



AB Sauer is promoted to his current rank by Cdr Stefanson (left), and CPO2 Bickerstaffe, Chief Engineer (right).

Bravo Zulu

HMCS Winnipeg Promotions and Medal Presentations



AB Puszka is promoted to his current rank by Cdr Stefanson (left) and CPO2 Bickerstaffe, Chief Engineer (right).



AB Fehler is promoted to his current rank by Cdr Stefanson (left) and CPO2 Dawson, Operations Chief (right), with Lt(N) Mackay, Underwater Warfare Officer (far right).



AB Hawley is promoted to his current rank by Cdr Stefanson (left) and CPO2 Bickerstaffe, Chief Engineer (right).



Lt Ho is awarded his Sea Service Medal-Expedition for Operation Carribe by Cdr Stefanson.



MS Porter (left) and MS Wang (right) are awarded the Sea Service Medal-Expedition bar Poseidon Cutless by Cdr Stefanson.



PO2 Fors is awarded his Sea Service Insignia Silver by Cdr Stefanson.



Lt(N) Roberston is awarded his Sea Service Insignia Bronze by Cdr Stefanson.



LS Baxter is awarded his Sea Service Insignia Gunmetal by Cdr Stefanson.



LS Honeyman is awarded a certificate and reward for achieving Platinum on his last Fit Test by Cdr Stefanson.

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New one-bedroom suite for \$1,250 per month. The suite has nine-foot ceilings, new kitchen, laminate wood floors, new washer dryer, over 640 sq. ft. with access to sunny back yard. Just off Leigh Road for easy access in and out of town. Includes water and unlimited internet, electricity is extra. A credit check is required. Available Nov 1. Contact Scott at 250-208-5454.

\$1800/MONTH. ENLISTED MILITARY WILL RECEIVE A DISCOUNT OF 10% OFF THE LISTED RENTAL COST

This street level suite was built in June 2017 with custom kitchen cabinetry and sturdy laminate flooring. The suite has a spacious front room with a good sized bedroom (full closet) plus a den or child sized bedroom. There is a large shared backyard with multiple gardens surrounding the property. Additional features: Inclusive of high speed internet access, hydro, water, dishwasher, and in suite laundry. Minutes walk away from Esquimalt Recreation Center, Saxe Point park, and Esquimalt Plaza (grocery store, liquor store, pharmacy, bank, etc). Perfect for young professional or couple. Must provide references. No dogs, cats considered. Call 778-855-9405 by cell or 250-544-0200 ext. for work.

BRAND NEW EXECUTIVE LARGE 3-BEDROOM SUITE IN FOURPLEX IN SOOKE

Master bedroom, walk-in closet, and en suite; 2 large bedrooms with separate full bath; laundry on bedroom level. New appliances, open concept main floor living space and kitchen with powder room; 2 car drive, garage, ample storage, ocean views, fenced in yard, private road. Perfect for a family, \$2,700 a month plus all utilities. Call 250-858-1315 or email forgetconstruction@hotmail.com for an appointment.

SUITE FOR RENT

1 bedroom + den - \$1300 per month. Off of the Gorge waterway. Stainless steel appliances, including dishwasher, fridge, stove and microwave. Off street parking, own patio area. Located on a quiet dead-end street. No smoking. Security damage deposit, references and renters insurance required. Email - teallen@telus.net



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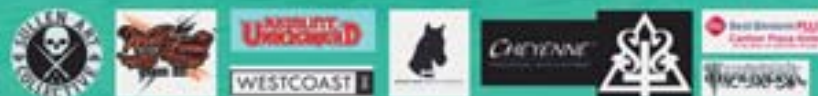
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Pearkes Recreation Centre 3100 Tillicum Rd., Victoria, BC

Attn: Career Transitioning Military

Peraton Canada Corp. (Peraton) is a leading provider of complete life cycle management and in-service support of complex electronic military systems. Our experienced team provides a broad range of services to the Department of National Defence including Engineering Services, Logistics Support Analysis, Electronic Systems Maintenance and Repair, and long-range planning for full fleet support. For more than 30 years, Peraton Canada has been a dedicated partner to the Canadian Armed Forces (CAF).

At Peraton Canada, the success of our sustainment model enables us to support our customer's mission and ensure the highest level of project performance and equipment availability every day. We are incredibly proud of the work we do, and we have a team of dedicated professionals who provide our customers daily with added value service.

We are currently recruiting for the following positions:

We are currently recruiting for a **West Coast Representative – Naval Combat Systems** to join our team in **Esquimalt/Victoria**. Reporting to the Senior Program Manager, you will be responsible for the day-to-day management and coordination of maintenance, scheduling and planning of repairs, materiel management of spares and consumables, and on-site liaison with Naval stakeholders. In addition to comprehensive past experience in Naval Combat Systems (ie. sensors/radars, and weapon systems), the successful candidate will have a thorough understanding of Project Management principles and demonstrated past experience in managing like-systems and equipment.

Mandatory Qualifications and Requirements:

- Possess 6 years' experience in the last 10 years performing systems engineering or maintenance of Canadian Naval combat systems
- Performing maintenance may include the management of; the organizing of; or the actual conduct of maintenance work

A **Senior Systems Engineer – Naval Combat Systems** to join our team in **Calgary**. Reporting to the Advanced Programs Manager, you will be responsible for oversight and coordination of Engineering Support Services, including; Engineering Changes, Engineering Investigations and Studies, Engineering Tests and Trials, and Maintenance Engineering Activities, for Naval Combat Systems. In addition to comprehensive past experience in Naval Combat Systems (ie. sensors/radars, and weapon systems), the successful candidate will have a thorough understanding of Project Management principles and demonstrated past experience in managing like-systems and equipment.

Mandatory Qualifications and Requirements:

- Registered to practice as a Professional Engineer in Canada
- Possess 8 years' experience in the last 10 years performing systems engineering work (ie. one or more of the following: systems integration, systems design, systems performance evaluation and testing, systems requirements analysis, development and implementation of engineering change) within the Defence Sector
- Possess a minimum of 4 years' combined experience in 2 or more of the following areas:
 - Naval radar systems integration
 - Naval radar systems design
 - Naval radar system performance evaluation and testing
 - Naval radar systems requirements analysis
 - Development and/or implementation of engineering changes for Naval radar systems
 - Naval radar post acquisition in-service support

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Please submit your resume stating your academic qualifications and describing your experience in past projects, including period of time (start and end dates – month and year) worked on each project. Demonstrate through specific references to your resume where, when and how your experience meets the mandatory criteria of the position.

All resumes should be submitted electronically by email to: Canada@peraton.com

All successful applicants must be ITAR/Controlled Goods compliant and capable of obtaining and maintaining an Industrial Security Clearance. (http://www.pmdt.state.gov/regulations_laws/itar.html), (<http://ssi-iss.tpsgc-pwgsc.gc.ca/dmc-cgd/index-eng.html>)

Peraton Canada is an Equal Opportunity Employer committed to the principles of employment equity and inclusion. We encourage all qualified candidates to apply.

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