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OTTAWA WELCOMES CHARITY CHALLENGE

Nothing raises money for charity like a good shave! HMCS Ottawa's Coxswain CPO1 David Lowther challenged the ship to raise \$1,500 for the ship's charity, the Perley and Rideau Veteran's Health Centre Foundation. He allowed the top donating members to shave his head and his 30-year-old mustache. The crew responded enthusiastically and bypassed the goal by raising almost \$1,900.

Photo by LS Victoria loganov

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Salvaging marine life from dry dock

Ashley Evans
FMF CB

Have you ever wondered what collects, grows and lives in the drydock each time the caisson is open?

It essentially becomes part of the ocean floor for extended periods of time between dockings and a potential home for numerous life forms.

Prior to docking a Royal Canadian Navy warship or submarine, and in accordance with the DFO Fisheries Act, Fleet Maintenance Facility (FMF) Cape Breton and Formation Safety and Environment (FSE) work together to salvage marine life that has taken up residence in the dry dock, and ensure that any creatures they find are released back into Esquimalt Harbour.

When the dry dock is opened

for any period of time it gives aquatic species time to enter, and when it is time to move a warship in for maintenance, the dry dock must close by moving the caisson in, the water drained, and the walls and dock bottom cleaned.

Salvaging the oceanic critters requires many branches and units to work closely over three full days with weeks of advanced planning.

"There are a lot of moving parts to complete a salvage and we're on a tight timeline to get the species out of the drydock and back into the ocean as quickly as possible," said Patricia Swan, an FSE environment officer who often works with FMF to ensure the navy and DND meet all environmental regulations. "FMF environment does a great job coordinating all those involved and making

it happen behind the scenes."

Because of the potential for thousands of marine animals to be found, the evolution of the salvage is strategically planned to ensure all life forms are placed in fresh sea water immediately, correctly identified and documented, then brought to various drop points around Esquimalt Harbour.

"It's challenging yet rewarding work. The diversity and number of species we relocate is pretty amazing," said Swan. "A marine salvage is a unique thing. Salvages are often conducted in freshwater creeks or streams, but the nature of the ocean makes it difficult to isolate and capture species."

During the most recent marine salvage, Swan worked alongside FMF's three environmental technologists and one co-op student, including envi-

ronmental technologist Brad Noren. Noren describes their positions in FMF as unique because they work to ensure FMF complies with environmental regulations and directives, while managing programs to help FMF demonstrate due diligence in meeting environmental obligations.

"The best part of my position is working with the environment team. We each bring different skills and backgrounds, and it is a great feeling to work together to accomplish environmental goals. As well, we are fortunate to have such a diverse and beautiful marine environment in Greater Victoria, so it is important that we do our part to maintain it," said Noren.

There is quite a diverse range of species that come out of the dry dock salvage and each event can produce different species.

"We had a large school of opalescent squid this round which was pretty cool," said Swan. "We also caught some bay pipefish, which look like a horizontal, skinny seahorse. Pipefish and seahorse are from the same taxonomic family where the male carries the eggs in a pouch and cares for the young, which is uncommon in the animal world. We also captured multiple species of gunnel fish that look like eels but are taxonomically different."

For FMF environmental technologist Dale Hilbrant, his favourite find was the Lion's Mane jellyfish.

Preliminary numbers have shown that over 7,000 organisms were released back into the harbour during this recent marine salvage, with more than 50 different species observed.



Nate Duffus, Shiya Janzen and another DND employee are set to clean up the dry dock and capture any marine critters for relocation in to the Esquimalt Harbour.



CPO2 Chris Fraser enjoys a moment with his son Andriy and wife Natalia after completing the Goodlife Fitness Marathon in full firefighter gear. Photo credit: MFRC

Sailor prevails in marathon feat

Peter Mallett
Staff Writer

Running the Victoria Goodlife Fitness Marathon in full firefighter gear with the heavy breathing apparatus had a "surreal feel to it" admits Chief Petty Officer Second Class Chris Fraser.

The 49-year-old Weapons Engineering Technician who works for Canadian Fleet Pacific, battled muscle fatigue and exhaustion, but was greeted with cheers of support from co-workers and friends after completing the 42.2 kilometre course in 5:55:06 on Oct. 13.

He ran the race as a fundraiser for the Esquimalt Military Family Resource Centre (MFRC) and also believes the feat set a Guinness World Record under the category of Fastest Runner Wearing a Firefighter's Uniform and Breathing Apparatus.

He is still waiting for confirmation on the world record.

"This was a very hard endeavour both physically and mentally," said CPO2 Fraser. "Physically I was exhausted earlier than anticipated, which compounded the mental aspect of the run. From the 24 kilometre mark it was just pure determination that made the difference."

While friends, family and co-workers came out to support him and cheer him on, there were others who scoffed and told him flatly "You're crazy for doing this," said CPO2 Fraser.

He also contemplated quitting his run on multiple occasions during the race. By the half-way point of the marathon he was struggling to run or even move his legs and slowed to a walk to take multiple pre-planned breaks.

"From 24 km to the 38-km marker I was debating with myself whether or not to give up," said CPO2 Fraser. "As much as one side of myself was shouting to quit, the whispers of taking one step closer to the finish line were stronger."

He almost didn't make it to the finish line inside the six hour time limit required by marathon regulations to officially record his marathon time. But when the finish line came into sight, he noticed the clock was counting down perilously close to the time limit. With his muscles cramping and blisters beginning to grind on his feet, he gave one final push and crossed the finish line with just four minutes and 54 seconds to spare.

His wife Natalia Lebedynsky and son Andriy were wearing t-shirts that read 'Go CPO2 Fraser Go' and cheered wildly as he crossed the finish line. They were joined by his friends and co-workers that included Captain (Navy) Scott Robinson, Deputy Commander of CANFLTPAC.

Inspirational or not, CPO2 Fraser admits he will never attempt to run another marathon in firefighter's gear, but says the overwhelming exhaustion was well worth it.

"Not too many people can say they have attempted to set a Guinness World Record, and each dollar raised is that little bit extra to support the MFRC, their cause and the families they support," said CPO2 Fraser.

To support the MFRC fundraiser visit the web page: <https://bit.ly/35KZ7Cn>

in gruelling conditions is truly remarkable," said Capt (Navy) Robinson. "I was awestruck by his resilience and he is truly an inspiration to sailors everywhere."

Two days ahead of the race the MFRC presented CPO2 Fraser with an MFRC vest and baseball hat to show their appreciation, and were there to cheer him on during the race.

"It takes a kind heart, passion and commitment to walk in the same footsteps as CPO2 Fraser," said Lisa Church, Esquimalt MFRC Community Engagement Manager.

His wife Natalia Lebedynsky and son Andriy were wearing t-shirts that read 'Go CPO2 Fraser Go' and cheered wildly as he crossed the finish line. They were joined by his friends and co-workers that included Captain (Navy) Scott Robinson, Deputy Commander of CANFLTPAC.

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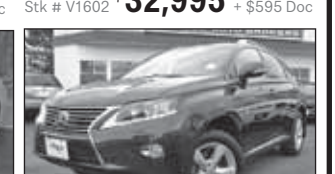
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Physically I was exhausted earlier than anticipated, which compounded the mental aspect of the run. From the 24 kilometre mark it was just pure determination that made the difference."

Chief Petty Officer Second Class Chris Fraser

matters of OPINION

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WHAT SAY YOU

What grinds my gears - the weather

SLt M.X. Déry
Contributor

I don my gloves, hop on the bike, and leave the driveway, and as I shift gears to accelerate, my cold, dry bike chain seizes, skips a few gears and jumps off the rear derailleur; not the best start to my cold, dark ride to work.

Rain or shine, I have to ride. My wife has the car to drop off our son at daycare, and to get to work, and I refuse to buy a second vehicle, so I bike. I'm not one of those fair weather riders.

I was corrected recently on my use of the term, since there is no such thing as fair or foul weather, just good or bad clothing. Rain pants, boot covers, skullcap, and leather gloves allow me to ride no matter the weather.

I've had to turn on my front and rear lights for a week now in the morning and once the time falls back on Nov. 3 I'll need the lights to

get home as well. For added safety, I bought some reflective and glow-in-the-dark tape last year to add to my bike frame.

I'm not so paranoid that I wear a full high-visibility vest with strobing forward and rear lights. While I find those lights obnoxious, I can't fault them for wanting to be seen by drivers and dog walkers.

Along with the shift in weather and clothing also comes the maintenance. Like a car needing winter tires, bike tires need to have their pressure checked as the temperature drops, and bike chains need different lubricant in cold wet weather versus dry summer conditions.

There will be a bike repair workshop during this week's Bike to Work Week (Oct. 21-27), so if you haven't winterized your bicycle, be sure to drop by Oct. 23 6:30-8:30 a.m. at the MP Entrance and have an expert guide you through the process.

For those of you with E-bikes, and I've been seeing more and more of them around, be sure to remove your battery during the day and bring it into work. Batteries aren't meant to be kept in cold temperatures for long periods of time.

And lastly, a not so subtle reminder from me, E-bikes must comply with the same rules as cars and bikes.

I stopped at a crosswalk stop sign to let pedestrians cross one morning and someone atop an electric fat bike passed me, burning through the stop sign and cutting off the two pedestrians that had the right of way.

He drove in the street, not peddling all the way to the New Wave café, but had parked his E-bike and vanished by the time I caught up with him. A final reminder, all bikes, electric or not, must be locked up on base, and cannot be left like a motorcycle near the bike racks.

WHAT SAY WE



The facts about vaping

Courtesy of the Maple Leaf

This past summer, news media began reporting on a series of acute and severe lung illnesses in the United States linked to the use of vaping products, and more recently vaping-related illnesses have been reported in Canada.

While public health authorities are examining possible risk factors for these illnesses, the exact cause is still under investigation.

Vaping devices come in many shapes and sizes and can have attractive flavours that appeal to youth. Some devices resemble small everyday items like USB sticks and pens. Vaping devices are known under a variety of names such as mods, vapes, sub-ohms, vape pens, e-hookahs, tank systems,

electronic cigarettes / e-cigarettes, and electronic nicotine delivery systems (ENDS).

E-cigarettes and vaping products are not harmless. By heating a liquid they produce an aerosol that may contain substances such as nicotine, cannabis, heavy metals, volatile organic compounds and some cancer-causing agents which have negative effects on your health. Nicotine is a highly addictive substance, and while not all vaping products contain nicotine, the majority of them do and the levels of nicotine can vary widely.

Youth are especially vulnerable to its negative effects, as nicotine can alter their brain development, memory and concentration and lead to nicotine addiction. Moreover, vaping can affect the respiratory and cardiovascular systems.

Studies have shown increasing rates of vaping among youth, which is a major public health concern as it is linked to initiation of smoking in this population. Health Canada acknowledges that vaping is a less harmful option than smoking when vaping products are used to quit smoking tobacco. However, the effectiveness of vaping prod-

ucts as a smoking cessation aid is still being researched.

People should keep in mind:

- Vaping is not without risk.
- Non-smokers, people who are pregnant and young people should not vape.
- People who vape should seek support to quit.
- People who use vaping products are advised to avoid any products from illegal or unregulated sources and should never modify vaping products or add any substances to these products that are not intended by the manufacturer.
- While the cause of severe pulmonary illnesses related to vaping is still under investigation, legal products are not considered risk free.
- Individuals who use vaping products should monitor themselves for signs of respiratory illness and seek medical attention if they develop symptoms such as cough, shortness of breath and chest pain.

For further information on vaping, please visit: www.canada.ca/vaping



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NDWCC THE IMPACT OF GIVING

Rebekah's Story

I am Corporal Sylvia Guirguis, and Rebekah (Becca) is my daughter. Without the support provided by the Canadian Armed Forces (CAF) and several registered charities, the past three years would have been considerably more challenging.

About me

I have been a cook with the Regular Force since May 2015. After obtaining my Culinary Management diploma from Georgian College in Barrie, I completed my Red Seal, before joining the CAF a few years later. At graduation of Basic Military Qualification, I was awarded top female athlete, and also received advance promotion due to my culinary training and experience.

Serving in Petawawa with 2 Service Battalion from 2015 -2018, I cooked primarily at Normandy Court Kitchen, and spent some time tasked to the unit to perform general duties. I have a passion for food and find it an honour to serve our troops doing something I love.

Rebekah's arrival

During my time in Petawawa I became pregnant with our third child, Rebekah. While on course in Borden, I received a phone call from my obstetrician that the 20 week ultrasound showed abnormalities in Rebekah's heart, and that I needed to head to the Children's Hospital of Eastern Ontario (CHEO) in Ottawa for further investigation.

I was able to complete my course in Borden before heading to Ottawa to receive the news that would change our lives forever.

Rebekah was born with Heterotaxy Syndrome. Basically, her heart was formed quite differ-

ently than a normal heart, as well as having atrial and septal defects (holes where they shouldn't be). She also was born with gut malrotation, and was in liver failure due to a condition called Biliary Atresia.

Within the first two weeks of her life, she received a surgery known as a Kasai Procedure. This was a temporary attempt to aid the flow of bile from her liver to her intestines in order to give her a better chance of survival – or at least to grow strong enough to receive heart surgery, and eventually a liver transplant.

During this surgery her intestines were also corrected. Rebekah had a complicated journey, with months spent in the Neo-natal Intensive Care Unit and Pediatric Intensive Care Unit at CHEO where she received life-saving care, including treatment for septic shock at three months of age, with open heart surgery two weeks later.

In February 2018, at just four months of age, Rebekah was airlifted to SickKids Hospital in Toronto. She received her life-saving liver transplant at seven months old. I was blessed with the opportunity to be able to be her donor.

Her recovery

Rebekah has recovered exceptionally well despite what seemed like ongoing setbacks. All throughout my pregnancy, and during the months while Rebekah was hospitalized, the military stood firmly beside us and behind us, as they carried us through the hardest time of our lives. They not only showed my spouse (also a military member) and I incredible moral support throughout the chain of

command, they also ensured that we were provided for with their various financial support services (such as Support our Troops). We were also able to stay at a PMQ (emergency housing) at Uplands in Ottawa (our permanent residence was still in Petawawa) to keep our children/family together during this hard time.

Military support

My husband, Corporal Nathan Guirguis, is now posted in the nation's capital as a medic, and I am posted at Connaught Range in Ottawa, on Compassionate Status. I help in rations at the kitchen. I love my job, and appreciate all the support my current chain of command has given me during Rebekah's recovery. She still has a number of medical appointments, and a couple hospitalizations where I have needed to be by her side. I can't explain how much my husband and I appreciate the assistance we have been receiving from the CAF. When you are going through a medical crisis, more so when it impacts a child, the pressures on your family increase immeasurably.

Through various fundraising initiatives, many people have come to our aid, enabling us to pay extra childcare expenses, rent for two residences, and travel and food expenses. Other organizations were there to provide additional support to our family, including Ronald McDonald House. We lived in their beautiful Toronto location

for four months while Rebekah received care at Sickkids. This charity does amazing work to help families in need.

The David Foster Foundation helped support organ donors with some of the financial expenses related to the donation process.

All of the support we have been given, and continue to receive, is invaluable and makes more of an impact that you could ever know.



Rebekah today.

All throughout my pregnancy, and during the months while Rebekah was hospitalized, the military stood firmly beside us and behind us, as they carried us through the hardest time of our lives.

Corporal Sylvia Guirguis



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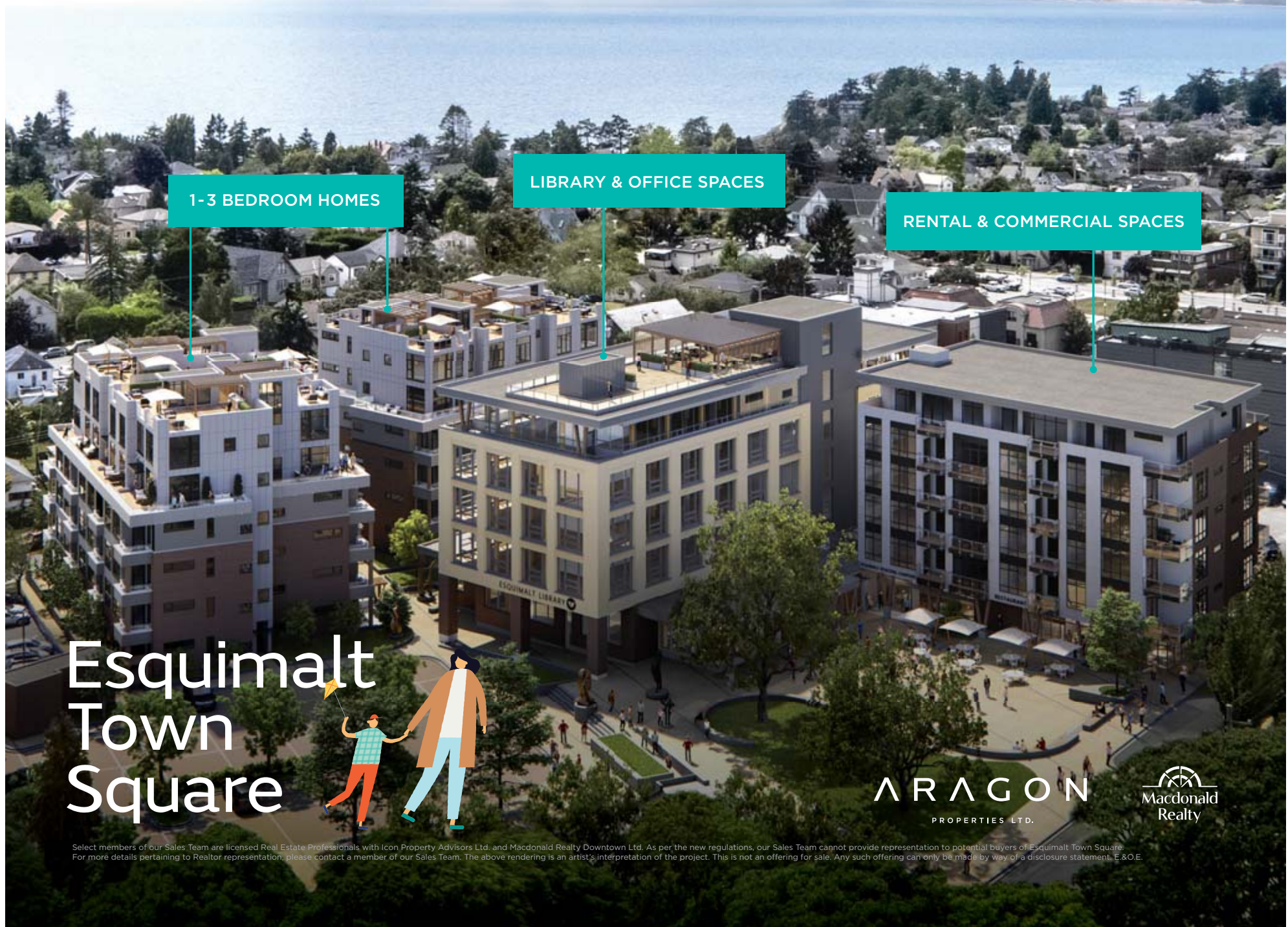
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Vancouver crewmembers support Honour House

SLt Jacob Tamman
HMCS Vancouver

Crew members of *HMCS Vancouver* attended the official opening of the Honour Ranch in appreciation of the contribution they and members of *HMCS Winnipeg* have made in facilitating its opening.

The newly-opened Honour Ranch, a 120-acre property 12 kilometers south of Ashcroft, B.C., provides clinical psychologists, psychiatrists, and a variety of other professional services to those who require treatment for operational stress injuries. The main lodge for residents is now complete, with plans to open another 10 cottages and begin treatment in early 2020.

It is part of the Honour House Society, founded in September 2011, provides a temporary home, free of charge, to members of the Canadian Armed Forces (CAF), Veterans, emergency services personnel, and their families while they or their families receive medical care and/or treatment in the metro Vancouver area.

Honour House has provided many families the resources they need during medical treatment, saving them hundreds of thousands of dollars. Honour House receives no direct funding; their operational costs are covered by donations and fundraising events. It is a predominantly volunteer-run organization, with only one paid staff position.

Honour House is the official charity of *HMCS Vancouver*. Since the charity was founded, many ships across the Fleet have offered their assistance in maintaining the residence and grounds in appreciation of the efforts put in by Honour House staff.



Members from HMCS Vancouver took part in the official opening of Honour Ranch, part of the Honour House Society. Photo courtesy of (civilian) Megan Rownd



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Photo courtesy of The Guard

The interior of Carling Campus, the new National Defence Headquarters on the west end of Ottawa. The modernized facility is expected to increase organizational efficiency and generate cost savings as it consolidates over 9,000 people from over 40 locations across the National Capital Region.

OTTAWA NAVAL STAFF MOVE TO New Modernized Headquarters

DND

In line with other departments in the National Capital Region (NCR), Naval Staff in Ottawa is moving out of the downtown Major-General George R. Pearkes Building and into Building 6 of the new National Defence Headquarters (NDHQ) at Carling Campus in the city's west end.

This move has already begun and the Naval Staff team expects to be fully reformed at Carling Campus on Oct. 28.

Naval Staff's move is part of a multi-year NCR-wide consolidation of multiple departments from more than 40 locations that is scheduled to be completed in 2020.

Situated on a 360-acre site, Carling Campus consists of 10 newly renovated buildings inter-connected by tunnels and passageways. It includes fitness facilities, recreational spaces, support facilities, and

modernized offices equipped with the latest technology.

The buildings throughout this new complex are unlike anything else in the military. With plenty of natural light, plants, and water — both indoors and out — the Defence Team will have a healthy and inviting work environment.

Staff will benefit from having sit-stand desks, personal storage lockers, improved air circulation, and collaborative spaces for both planned and impromptu discussions. Enhanced security is a key feature at the new location, and access to the complex is strictly controlled.

The move to Carling Campus will generate long-term cost-savings for the Defence Team and will increase effectiveness and efficiency by bringing together over 9,000 members into a modern and collaborative environment.

Wanted: youth reporter

CFMWS

Canadian Forces newspapers are looking for youth reporters from military families between the ages of 13 and 18 who want to write a story about an issue that is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight that has not been widely reported, and reflects the life of the contributor or their friends and family.



Youth interested in this endeavor should submit an application with their story pitch between Oct. 6 and Dec. 31. The application can be found at CAFconnection.ca/YouthReporter.

Then, Canadian Forces newspaper managers will meet in January to choose the five most unique and powerful story pitches — and have the winning entrants write their story.

The stories will be published online and in CF newspapers.

Up for grabs is a grand prize package and scholarship for the best story, determined by readership votes.

Deadline: December 31, 2019

CAFconnection.ca/YouthReporter



Trio summit TRIPLE PEAK

for adventure training



MCpl Jonathan Lateigne points out the 1,525-metre summit of Vancouver Island's Triple Peak Mountain. MCpl Lateigne was part of a three-person team from the Canadian Forces Maritime and Experimental Test Ranges who traversed the mountain as part of their adventure training.

Photo Credit: Sgt. Jeff Hurni

Peter Mallett
Staff Writer

Adventure, training, and esprit de corps were in every step of three mountaineering men as they climbed Vancouver Island's Triple Peak Mountain.

Sergeant Jeff Hurni, Master Corporal Jonathan Lateigne, and Lieutenant (Navy) Aaron Remisch scaled the steep rocky slopes, cliffs, and pitches over a 14-hour period on Sept. 30.

They left their Canadian Forces Maritime Experimental and Test Range offices for two days as part of the Canadian Armed Forces (CAF) Adventure Training program.

"Climbing the mountain was not only a good physical challenge for all three of us but the perfect way for myself and MCpl Lateigne to brush up on our technical rope and Light Urban Search and Rescue

[LUSAR] skills as firefighters," said Sgt Hurni, team leader. "It's optional, but encouraged for CAF units to do adventure training. It can cover a broad range of outdoor activities from mountaineering, kayaking and ocean sailing to hiking."

Adventure training enhances physical fitness, endurance and morale, inspires leadership, and tests individuals and group abilities under challenging conditions.

At a height of 1,525 metres, Triple Peak Mountain is located on the western side of Vancouver Island between Port Alberni and Ucluelet, B.C. It presented the perfect challenge for his team, says Sgt Hurni, because it enabled them to test their climbing and rappelling skills on a mountain that offers climbers varying degrees of difficulty.

"It is a steep craggy mountain

with several prominent rocky summits but on a smaller scale than the larger mountains of the interior. It is favoured by climbers for training and it's small enough that you don't need to spend a night on the crag to complete the climbing tasks," he said.

Lugging backpacks weighing approximately 60 lbs, containing ropes, harnesses, slings, tents and basic camping and safety supplies, the team began their eight-and-a-half hour ascent from the Effingham River Valley to the summit. They started by hiking the steep trail, climbing upwards from the valley before arriving at the alpine lake beneath the mountain.

The trio made a cache and stored most of their non-climbing gear such as their sleeping bags, food and tents at the lake before continuing their ascent up some of the mountain's

steeper terrain of rocky inclines and sharp boulders. Once they reached the base of the crags, the climbing gear was deployed, the team harnessed up, and safety checks were overseen by Sgt Hurni.

By this time the group was beginning to feel the fatigue and tiredness in their legs, which required taking a rest and forced water intake to alleviate leg cramping. Once recharged, the climbing began as they led up the pitches rigging ropes and protection while on belay.

The payoff came when they finally reached the summit, despite the fatigue of a full day's climbing.

"The view at the top made it all worth it. We could see the mountains of Strathcona Park to the east and the Pacific Ocean and its islands to the west and as late afternoon set, the sky turned from bright blue to a

golden yellow," said Sgt Hurni.

With sunset imminent and daylight fading, it was time for the group to leave the summit. They set up their rappel station and made three rappels each down the cliffs to the base of the crags just before nightfall. Under a night sky, they navigated their way back down to the lake using headlamps and handheld GPS, reaching their gear cache a few hours later and making camp at the lake for the night.

Despite camping at a lower altitude halfway up the mountain, the cold overnight temperatures and lack of winter sleeping bags made for chilly sleeping conditions. Sgt Hurni said the team stayed in good spirits overnight enjoying an early morning breakfast the next day before breaking camp and hiking it out back down into the valley for the ride home.



MCpl Jonathan Lateigne, Sgt Jeff Hurni, and Lt(N) Aaron Remisch of Canadian Forces Maritime and Experimental Test Ranges reach the summit of Triple Peak Mountain.

Photo Credit: Sgt. Jeff Hurni

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MID-DEPLOYMENT MESSAGE FROM THE COMMANDING OFFICER

Hello friends and families of *HMCS Ottawa*! I am Cdr Alex Barlow, *Ottawa's* Commanding Officer. We've reached the halfway point of our deployment on Operations Projection and Neon, and while we are missing home, your continued support keeps us smiling as we conduct operations abroad in the Asia-Pacific region.

We have sailed 54 days, 17,000 nautical miles, avoided three typhoons, and visited four countries and seven ports. We have hosted receptions, played sports with sailors from different navies, participated in community outreach activities, celebrated the ship's birthday, completed a lot of training, and enjoyed sundaes every Sunday at sea. We are doing all of this while staying focused on our mission of enforcing UN sanctions against North Korea and strengthening our relationships with our regional allies.

The sail ahead looks smooth as we continue our mission and focus on exercising with other allied nations before we turn the ship east to head home for Christmas.

We can't wait to see you and you remain in our thoughts. Thank you for your support; we're halfway home!

Cdr Alex Barlow
Commanding Officer, *HMCS Ottawa*



Cdr Alex Barlow

Above: The Canadian Naval and Maritime Command Flag is flown on the Quarterdeck while alongside Busan, South Korea, with Chilean Ship Esmeralda in the background.

Photos by Leading Seaman Victoria Loganov



The forecastle cable party and part ship hands stand at attention while coming alongside Busan, South Korea, on Oct. 4.

OTTAWA SAILOR SNAPSHOTS



PO1 SHAWN MOSSON,
ASSISTANT CHIEF
BOATSWAIN MATE

Regular Force: 26 years

Career Highlight: Being posted to CFB Comox and serving on board *HMCS Ottawa*.

Deployment must have: The love and support of my family and friends.

"I love and miss you Angel, Devon, Rachel, Mason, and Mom and Dad. See you all at Christmas!"



PTE PATRICIA ABERBE,
HUMAN RESOURCES
ADMINISTRATOR

Regular Force: 1.5 years

Career Highlight: From my short time in the CAF, some of the highlights so far is getting posted to Esquimalt, which is a refreshing change being from Toronto. In addition, my deployment with *HMCS Ottawa* allows me to visit different countries in Asia such as Thailand, Korea, and Japan. I especially enjoyed volunteering with children and going to an elephant sanctuary in Thailand.

Deployment must have: Snacks and board games

"Ana, I hope our plants are still alive!"



SLT MATT MOONEY,
NAVAL WARFARE OFFICER

Regular Force: 7 years

Career Highlight: Working with the local communities through programs like Boomer's Legacy. Additionally, this year I have gotten to see some of the most amazing things including, watching dolphins play in the bio-luminescence at night. It looked like under water vapor trails!

Deployment must have: My Brazilian Jui-jitsu Gi and noise canceling headphones.

"A big shout out to all of my friends and family back home! I miss you guys a lot and I will be home soon!"



LS ERIK SUKSTORF,
WEAPONS ENGINEERING
ARMAMENT

Regular Force: 10 years

Career Highlight: RIMPAC 2014. It was the first time I got to see so many different navies operating at one time. Truly awesome to see!

Deployment must have: My X-box and the latest version of FIFA

"I know you won't see this but Jessica and Adrien I look forward to meeting the new addition to your family!"



Commodore Angus Topshee, Commander Canadian Fleet Pacific, addresses the crew of *HMCS Ottawa* while alongside Yokosuka, Japan, on Oct. 15.

Photo by Capt Jenn Jackson, *HMCS Ottawa*



Ordinary Seaman Kathy Gamus trains as a scribe during Advance Casualty Trauma Team Training.



Master Seaman Jennifer Lawrence prepares a saline solution during Advance Casualty Trauma Team Training.



Private Ashley Smith attends to a simulated casualty during Advance Casualty Trauma Team Training.



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Together We Stand expands gift box offering

Peter Mallett
Staff Writer

This holiday season the non-profit Together We Stand Foundation is continuing their support for deployed Canadian Armed Forces personnel and their families.

Last year, it distributed 2,550 family gift boxes valued at approximately \$1.14 million to military families with a loved one deployed overseas.

This year that number is increasing to 3,000 gift boxes with the contents including cards and coupons from corporate and private donors with an estimated cash value of \$300 per package.

Any CAF personnel deployed outside of North America between Dec. 1, 2019, and Jan. 30, 2020, or immediate family members are eligible to apply for a gift box for their family back home.

This year's gift boxes are loaded with morale-boosting gift cards including a \$50 Scene Card from Scotiabank, a \$25 gift card from jeweler Brass & Unity, and gift cards to restaurants Harvey's, Swiss Chalet and Milestones from corporate owner Recipe.

Other gift box contributors include Adidas, Reebok, and Yogen Früz.

While corporate Canada has answered their call,

Together We Stand has also attracted several high-profile supporters to their corner. Its official patrons are former Canadian Prime Ministers Stephen Harper and Paul Martin, and Honorary Council members former astronaut Colonel (Retired) Chris Hadfield, women's hockey gold medalist Hayley Wickenheiser, Wayne Gretzky, and General (Retired) Alain J. Parent.

Together We Stand Vice President Stephanie Shapiro says the ongoing display of generosity by Canadian business leaders, politicians and celebrities is an effort to recognize military families and personnel for the often "underappreciated" and the largely unheralded work they do.

"Our organization is intended to honour Canadian military families for the sacrifices they make on behalf of Canadians while their loved ones are deployed overseas and in harm's way," said Shapiro.

Together We Stand was founded by Toronto philanthropist and entrepreneur Rick Ekstein, President and Chief Executive Officer of Phaze 3 Management Inc, and his wife Lillian in 2017.

To get the ball rolling, the Eksteins made a personal donation of \$50 pre-paid VISA gift cards to 1,500 families in 2017. Ekstein,

whose mother survived the Holocaust and whose father fled from Czechoslovakia after the Nazis sealed the border in 1938, says he founded the charity because he believes that after what his parents experienced, Canada is the safest country in the world, and we have our Canadian military to thank for that.

Ekstein's morale-boosting efforts don't just end at gift boxes. Earlier this year, he enlisted the help of Together We Stand's Laura Grosman and MLA Gen (Retired) Andrew Leslie for a Unanimous Consent Motion in the House of Commons to establish an annual Military Family Appreciation Day, which will take place on the third Friday of every September. The occasion was observed for the first time on Sept. 20 of this year.

"The Canadian Armed Forces provide protection for our community to pursue its goals and live out its values, whether in the forms of education, faith and dignity for others," said Ekstein. "It is now our turn to honour Canada's most precious resource, the military family."

For more information about Together We Stand, how to donate, or how to apply to become a recipient of a gift box visit their online registration page at www.twsfoundation.ca

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Sea Cadets

sailing towards national competition

Photos by Capt Tim Townley, UPAR

Capt Cheryl Major
RCSU (P)



Forty sea cadets from across B.C. gathered in Esquimalt Harbour Oct. 11 to 13 for the Provincial Qualifying Regatta, the first competition stage in a series that will culminate in a National Regatta in Kingston, ON, next summer.

Only 20 cadets from the weekend were selected to compete in the next stage, the National Qualifying Regatta (NQR), which will be held in April 2020. At the NQR, the eight strongest cadet sailors will be selected to form the Pacific National Team.

Sailing in the Cadet Program incorporates leadership, time management and quick thinking. The Sea Cadet program provides unique opportunities for youth to gain valuable skills such as leadership, citizenship and community service, while gaining a unique perspective of Canada, and the world, from a maritime viewpoint.

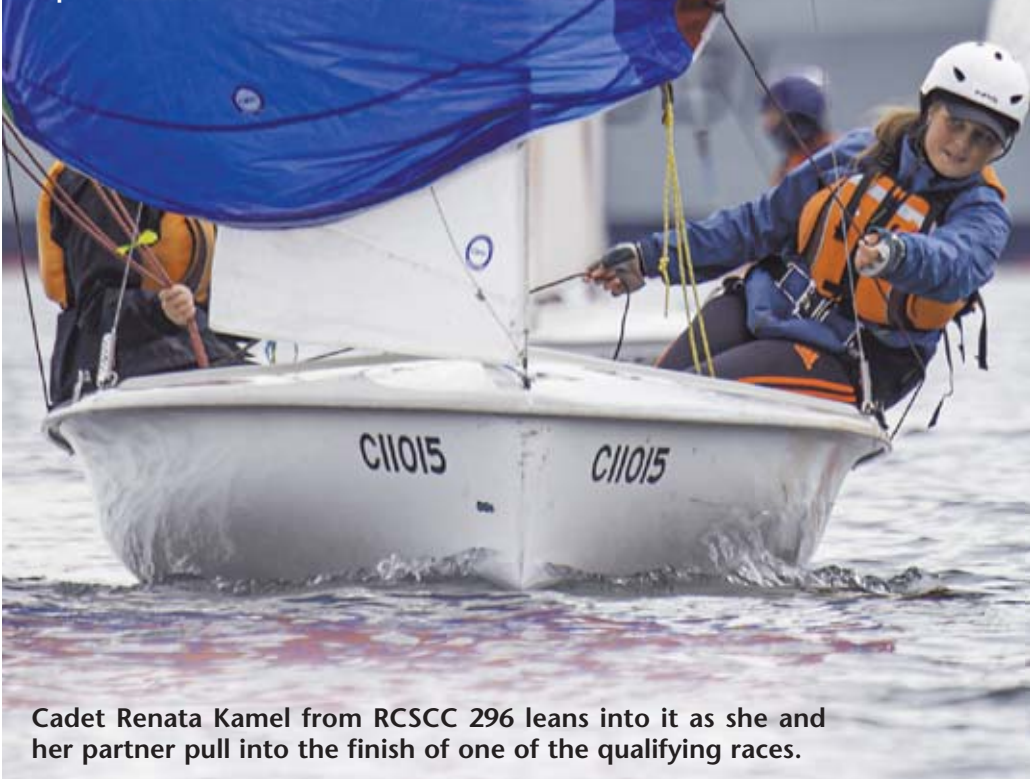
There are 1,150 sea cadets in 30 Corps throughout B.C., including a satellite corps in Haida Gwaii.



Cadets Graeme Bradford from RCSCC 93 and Jamie Tattrie from RCSCC 202 prep their spinnaker during the Provincial Qualifying Regatta held in Esquimalt Harbour.



Cadet Bella Ong from RCSCC 354 enjoys a beautiful day on the water during the qualifying races held in Esquimalt.



Cadet Renata Kamel from RCSCC 296 leans into it as she and her partner pull into the finish of one of the qualifying races.

Top 10 Teams

- 1: Diana Liang, 47 RCSCC Captain Vancouver, Vancouver
Andrew Irvine, 325 RCSCC Admiral Waller, Sooke
- 2: Deniston Macilquham, 136 RCSCC Amphion, Nanaimo
Brendan Duperron, 136 RCSCC Amphion, Nanaimo
- 3: Peter Moiseyenko, 201 RCSCC Grilse, Port Moody
Elizabeth Melgarejo Lazarte, 47 RCSCC Captain Vancouver, Vancouver
- 4: Balraj Sian, 102 RCSCC Fraser, Delta
Kennedy Parsons, 354 RCSCC Invincible, Maple Ridge
- 5: Atarah Irvine, 325 RCSCC Admiral Waller, Sooke
Dillan Haynes, 5 RCSCC Rainbow, Victoria
- 6: Colin Douglas, 349 RCSCC Chilliwack, Chilliwack
Aidan Gresmak, 263 RCSCC Beacon Hill, Langford
- 7: Ethan Jewell, 54 RCSCC Admiral DeWolf, Campbell River
Kane Cho, 81 RCSCC Hampton Gray V.C., Nelson
- 8: Jacob Laser, 63 RCSCC Kalamalka, Vernon
Camden Warwaruk-McKay, 325 RCSCC Admiral Waller, Sooke
- 9: Robert Shen, 47 RCSCC Captain Vancouver, Vancouver
Michael Kim, 201 RCSCC Grilse, Port Moody
- 10: Gia Liu, 5 RCSCC Rainbow, Victoria
Marco Tom, 47 RCSCC Captain Vancouver, Vancouver

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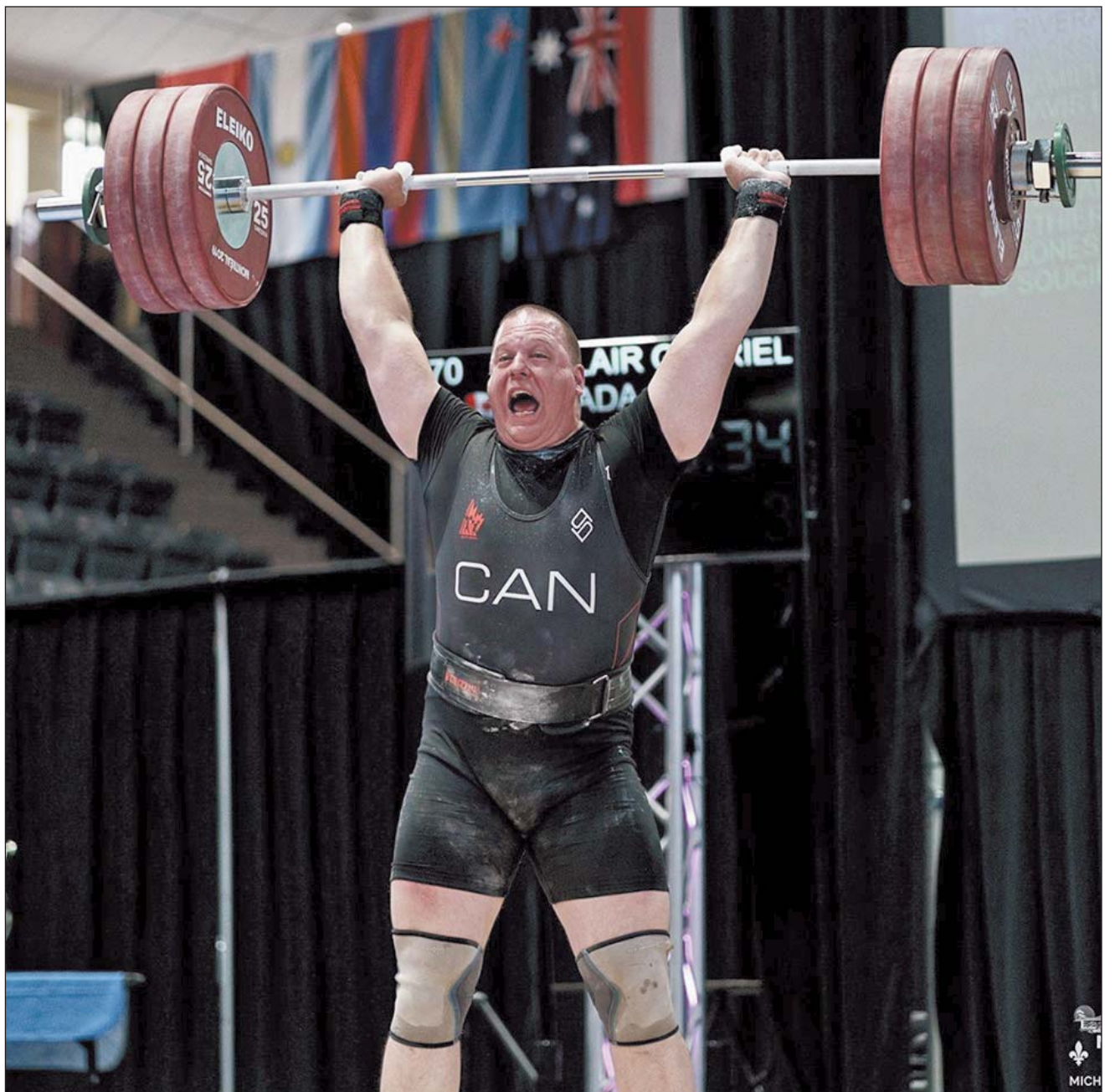
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AVIATION TECH WINS WEIGHTLIFTING CHALLENGE

12 Wing Public Affairs

"I had big confidence in my training," said MCpl Gabriel Auclair, after competing in the 2019 World Masters Olympic Weightlifting Championships in Montreal. "I kept thinking of all the work I did to get there. I focused on my breathing, I trusted my abilities."

His confidence was warranted. In August, the Aviation Systems Technician (AVN Tech) from 12 Wing Shearwater placed first in his weight class and age group, and helped Team Canada's men's team earn the number one spot at the Championships.

"It was very stressful because Canada was still in second place when it was my turn," he said, adding he was the

last on the team to compete and knew if he lifted well it would mean the difference between a silver or a gold for the men's team.

MCpl Auclair participated in the over-35 age group and over-109 kilogram weight class. He pulled through for his teammates in both of his events: the snatch and the clean and jerk. He lifted 138 kilograms for the snatch and 177 kilograms in the clean and jerk, for a total weight of 315 kilograms. As a first time member of Team Canada, he set three Canadian records, one for each individual event and one for the combined total.

He says the competition was intense and the American team intimidating. "But none of that affected me, and

my coach was quite proud of me for that."

He is now back to his regular work at 12 Wing's 406 Maritime Operational Training Squadron, and his workout routine. He fits his five-times-per-week training schedule around his hours at the wing where he has worked since 2003 when he finished his trade training.

He'll be logging 2.5-hour workouts at his local gym with an eye on the upcoming season. This includes competitions at the provincial and national levels, with the ultimate goal of being selected again for Team Canada and defending his title next year at World Championships Masters next year Germany.

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Adam Rebecca

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

Visit waramps.ca/playsafe for the video and safety resources.

The War Amps

5th Annual Tree Decorating Contest

Showcase your unit's creativity and holiday spirit!
Register now, it's free! Trees are going fast!

Trees will be set up at the Naden Athletic Centre and Wurtele Arena ready to be decorated by base units who have registered to participate. Decorating is between November 25 and December 6. Trees must be completed by end of day Friday, Dec. 6.

Units provide their own decorations. Trees will be judged by Skate and Swim Santa attendees on Dec. 7. Winning teams will be notified by email. Prizes for best tree in each of three categories.

- **Most Festive Design**
- **Best Griswold Design** (for the most outlandish tree)
- **Best Charlie Brown** (for most valiant effort)

To register for a tree contact: **Christine Farrington at christine.farrington@forces.gc.ca or at 3-2648**



Members of the Fleet Club Slackers celebrate their 20-14 Mini Grey Cup victory along with RAdm Craig Baines, second from right, and Formation Chief CPO1 Derek Kitching.

Photo by Avr Renzo Ruiz Hass

FLEET CLUB SLACKERS VICTORIOUS AT 50TH MINI GREY CUP

Trident Newspaper

The Fleet Club Slackers have been dominant at the Mini Grey Cup for nearly three decades, and it was only fitting the streak continue as the Slackers met the Wardroom Officers for the milestone 50th annual edition of the game on Oct. 10.

The non-commissioned member team took a 20-14 victory over the officers in front of a large crowd at CFB Halifax's Stadacona's Porteous Field, with fans from across the base showing up early for chili and barbecue at the tailgate party.

The game got off to an exciting start with Slackers quarterback LS Mark Latter throwing a touchdown pass to Avr Alex Edwards on the opening possession, and the Wardroom answering with a touchdown of their own soon



after, though their conversion was blocked. The second quarter saw two more passing touchdowns for the Fleet Club, for a score of 20-7 at the half.

The Wardroom's SLt Kai Imai ran in one more touchdown in the final quarter, but the Officers failed to tie it up from there, with quarterback Capt Matt Elliott getting intercepted by Fleet Club's Avr Edwards to end their final drive.

The Game Most Valuable Player Award went to Avr Edwards, who caught all three of the Slackers' touchdowns and also pulled off the key interception to seal the deal in the fourth.

Left: Avr Alex Edwards took the game MVP award for the Fleet Club Slackers. Photo by Cpl Simon Arcand, FIS



SLt Kai Imai runs the ball for the Wardroom Officers. Photo by Cpl Simon Arcand, FIS



A member of the Fleet Club Slackers carries the ball for the Fleet Club. Photo by Mona Ghiz, MARLANT PA



HMCS Calgary Promotions

Photos by SLT Chris Donaldson



LCdr Paul Leprieur, outgoing MSEO, is promoted by LCdr Forbes and Cdr Kouwenberg, HMCS Calgary's commanding officer.



LCdr Yann Kerwin, outgoing CSEO., is promoted by his wife, Jan, and Cdr Kouwenberg, HMCS Calgary's commanding officer.



Commodore Angus Topshee, Commander Canadian Fleet Pacific, awards Master Seaman Courtney Edwards with the Sailor-of-the-Quarter award on board HMCS Ottawa on Oct. 15, while alongside Yokosuka, Japan.

Photo by Captain Jenn Jackson, HMCS Ottawa PAO

HMCS Ottawa Promotions and Awards

Photos by Leading Seaman Victoria Loganov



Ordinary Seaman Jaxson Boyd is promoted to Able Seaman by Commander Alex Barlow, Commanding Officer of HMCS Ottawa, alongside Petty Officer First Class Jeff Carter, Senior Naval Communicator.



Ordinary Seaman Kyle Edwards is promoted to Able Seaman by Cdr Barlow, and alongside Chief Petty Officer Second Class Mark Bateman, Senior Boatswain.



Able Seaman Lucas Miles receives his Weapons Engineering Technician Experience Qualification Level 3 completion certificate from Cdr Barlow.

Maritime Forces Pacific Promotions and Medal Presentations

Captain (Navy) Julian Elbourne, Maritime Forces Pacific (MARPAAC) and Joint Task Force Pacific Chief of Staff Plans and Operations, made presentations during the MARPAAC Awards and Promotions Ceremony at MARPAAC HQ, Oct. 9.

Photos by Leading Seaman Sisi Xu, MARPAAC Imaging Services



Leading Seaman Craig Langille receives the Sea Service Insignia Gun-Metal for having completed over 180 days at sea.



LS Clayton Smith receives the Canadian Forces' Decoration for 12 years of good and loyal service to the Canadian Armed Forces



LS Clayton Smith receives a Special Service Medal with the Alert Bar for having completed over 180 days operation at Canadian Forces Station Alert.



Lieutenant (Navy) Roberts Harkins receives the Expedition Bar for the Special Service Medal for having completed over 45 days operation under Operation Poseidon Cutlass.



Master Seaman Stephen Earl receives the Expedition Bar for the Special Service Medal for having completed over 45 days operation under Operation Poseidon Cutlass.



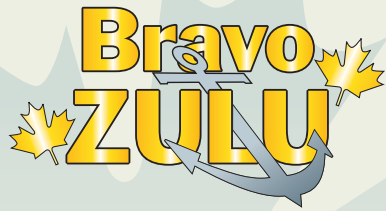
Leading Seaman Craig Langille receives the Expedition Bar for the Special Service Medal for having completed over 45 days operation under Operation Poseidon Cutlass.



LS Gregory Cowan (center) is presented his promotion to Master Seaman by Capt(N) Elbourne (left), and Petty Officer First Class Jessica Cooley.



Leading Seaman Craig Langille (center) is presented his promotion to Master Seaman by Capt(N) Elbourne (left), and PO1 Jessica Cooley.



Canadian Forces Recruiting Centre (Pacific) Medal Presentations



Graduation picture for the Weapons Engineering Manager Technical Admin course 0015. Front row: PO1 Winsor, Cdr Fortin and PO1 Fraser. Back Row: CPO2 Cox, CPO1 Conlon, PO1 Noble, LCdr Laycraft, PO1 Crocker, PO1 Solyom and CPO2 Vallières.



Lt(N) Laurin, Detachment Commander of CFRC (Pacific) Detachment Victoria, receives her Canadian Forces' Decoration First Clasp from VAdm Edmundson and CWO Geoffroy.



CPO2 Malcolm Cox is promoted to his current rank by Cdr Fortin, Naval Fleet School (Pacific) Commandant, and LCdr Laycraft, CSE Div Commander.



Maj Perreault, Commanding Officer of CFRC(Pacific), receives his Canadian Forces' Decoration First Clasp from VAdm Edmundson and CWO Geoffroy.



AB Liudmila Prutovykh is promoted to her current rank by MWO Michel and Cdr Kathrine Kincaid.



AB Lou is promoted to his current rank by LCdr Isabelle, Commanding Officer HMCS Victoria, and CPO2 Horobin, Marine Systems Engineering Coordinator HMCS Victoria.



AB Milne is promoted to his current rank by LCdr Isabelle, Commanding Officer HMCS Victoria, and PO1 Whiten, Chief Electrician HMCS Victoria.



PO2 Lawson is presented his Canadian Forces' Decoration First Clasp by LCdr Isabelle, Commanding Officer HMCS Victoria.

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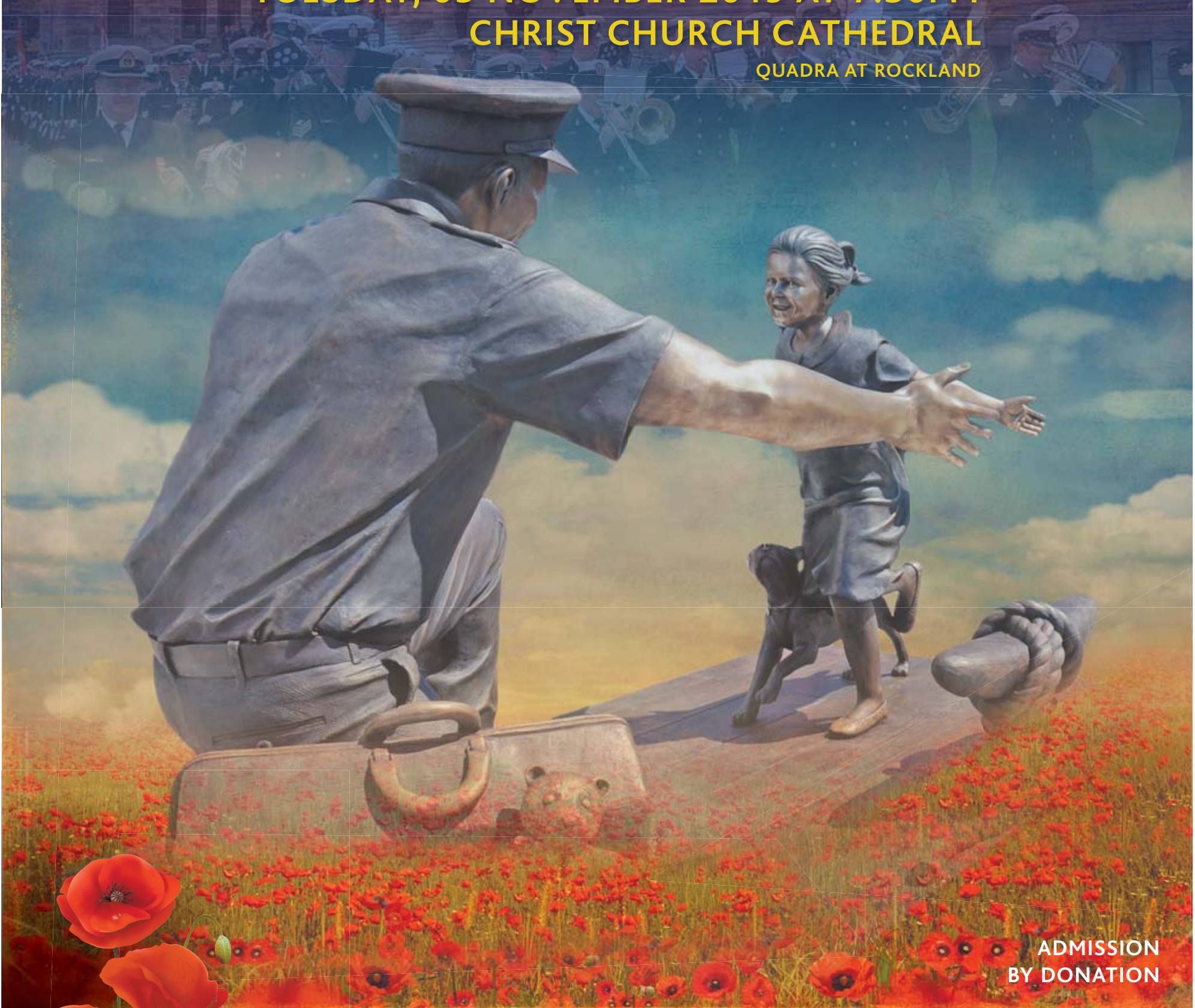
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