Kandahar Memorial prepares for tour

A memorial honouring Canadians killed during the decade long Afghanistan conflict will spend the summer on Parliament Hill before undertaking a two-year journey across North America.

The Afghanistan Memorial Vigil is composed of individual black granite plaques honouring those who died: 158 Canadian forces members, 40 U.S. troops operating under Canadian command, Canadian diplomat Glyn Berry, Post Media journalist Michelle Lang and a civilian contractor.

The memorial was mounted on a cenotaph at Kandahar Airfield and brought to Canada when Canada’s combat mission ended in 2011.

After the planned two-year 16-city journey ends in Washington, D.C., the memorial will return to Ottawa, where the panels will be displayed permanently on a cenotaph at a location yet to be decided.

Defence Minister Peter MacKay told reporters the summer-long display is intended to capitalize on tourist traffic. “The intent is to give Canadians greater access to the story of Afghanistan,” he said. “It tells an important story and takes Canadians on an important journey of understanding and appreciation.”
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Throughout your service in the Canadian Armed Forces (CAF), you will experience postings, deployment and opportunities to enhance your learning and skills. Many of these experiences have financial consequences.

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Leaving Service: It’s never too early to start thinking about life after the CAF. Your financial situation will certainly change when you leave. Whether you are embarking on a new career or enjoying extra time on your hands, it’s a good occasion to revisit your budget and get ready for your new life.

This summer, it is worth taking a second look at CDCB to ensure that you’re taking advantage of the special rate Mortgage Offer, Cash Bonus Everyday Banking Offer and the Support Our Troops MasterCard with bonus air miles that directly benefits CAF morale and welfare programs.
Nijmegen team gets a history lesson

Maurice Hundleby, 91, shows the 2013 CFB Esquimalt Nijmegen Marching Team photos from his time in the Netherlands as part of Canada Command Headquarters during the Second World War.

Shawn O’Hara, Staff Writer

Two weeks ago, shoulder- ing 30 pound rucksacks in 30 degree heat, the 11-member CFB Esquimalt Nijmegen March team trekked from the field at Work Pant to the Lodge at Broadmead in full kit.

Waiting for them at the end of their journey was Maurice Hundleby, a 91-year-old veteran.

The team, on one of their final training marches before heading to The Netherlands for the rigorous annual four day march, was making a special visit to see Hundleby.

Hundleby, who was born in Victoria in 1922, joined the infantry before heading to Europe in 1944 to work as a clerk in the Canadian Command Headquarters in Nijmegen as Allied forces liberated the Netherlands from Nazi occupation.

Germany invaded the Netherlands in May 1940 and relinquished its stronghold in 1945, when it was liberated by Canadian Forces. The region was in rough shape as famine, forced upon the Dutch citizen by the Nazi government, had led to the deaths of about 20,000 people.

“I remember walking through the streets and seeing the kids there starving. Everyone was living on bread. We gave them whatever we could,” he recalls sitting on the rooftop terrace at Broadmead Care, a Victoria retirement home for veterans, surrounded by young military members in CADPAT.

On Tuesday, July 16, the base marching team, dressed in combat uniform and carrying a 10kg rucksack, will begin their walk through the same territories Hundleby and other Canadian Forces members traversed 68 years ago.

“I wanted the team to get a first-hand account of what that time was like, and why we’re doing what we do,” says CPO2 Chris Koblun, team leader for the Nijmegen March. “The march is about honouring the relationship Canada has with the Netherlands, a relationship that Mr Hundleby had a direct hand in establishing.”

Hundleby says Canadians are still loved by the Dutch, who continue to honor the sacrifices Canadian soldiers made to liberate their country.

“In Holland it’s almost as if the Canadians are celebrities,” he says. “I know they’ll have a great time over there. Canadians are always treated very well.”

To help give the team a clearer picture of Holland 68 years ago, Hundleby brought out a cherished album. The well-preserved black and white photos show buildings in ruins, the rebuilding operations, children looking for sweets, the beautiful Dutch countryside, and rows of crosses.

“When I realized that I would never be in the thick of it, it turned into a picture taking trip for me,” says Hundleby. “I was very affected by what I saw over there. I wanted to remember it and make sure that people later on saw it too.”

CPO2 Koblun says visiting Hundleby was a way to remind them that the actions of others can have long-lasting consequences.

“It really drives home the struggle these people went through, and the bond our two countries formed in that struggle,” says CPO2 Koblun. “We can never forget that as members of the Canadian Armed Forces our actions have weight, and could very well change the world some day. This is our way of remembering.”

The Canadian Armed Forces have participated in the march since 1950. Fifteen teams from across the country are currently in Nijmegen, with the Esquimalt group representing the West Coast. They are marching 40 kilometres a day for four days, starting at 4:30 a.m. and finishing about 1 p.m.
Modern day has seeped into Afghanistan

Lt(N) David Lewis
Contributor

Lt(N) David Lewis was Deputy Director of Social Media for NATO Training Mission – Afghanistan stationed at Camp Eggers, Kabul, 2011.

Canada and the coalition forces are scheduled to withdraw from Afghanistan in 2014. One of the most verbalized concerns of Afghanistan is the uncertainty of the aftermath of this withdrawal. There are many who fear a repeat of the era that followed the Soviet departure in 1989. The dismantling of the USSR and the abandonment by the West created a power vacuum that was eventually filled by radical elements.

Much has changed since the last Russian soldier walked back across the Friendship Bridge into Uzbekistan. In 1989, they left behind an isolated and parochial Afghanistan that had changed little over a millennia. It was a land where information wasdispersed almost exclusively through tribal leaders. Throughout its history Afghanistan has remained a warlord dictated battle over a millennium. It was a land where information was dispersed almost exclusively by the onslaught of an information vacuum.

The world today is much smaller than it was even two decades ago. International boundaries, cultural differences and social barriers are all blurred by the onslaught of easily accessible new media. Afghanistan is no longer immune to this wide world. In modern day has seeped into Afghanistan.

In 2012, there were over one million Facebook accounts registered within Afghanistan. The majority of Afghans online are between 18 and 35 years old. This is a prime demographic for change within their country.

As the last Roto of Operation Attention recently left for Afghanistan, I look back over the last 10 years and my own experience in- country. The Canadian Armed Forces have stood strong and paid an enormous price for helping to defeat the Taliban and assist in "rebuilding" a country that was never "built" in the first place. We’ve done a lot of things right in Afghanistan. I think history might show that our greatest accomplishment, with the best residuals, was that for the first time in the country’s history we created a climate that allowed for other voices. These other voices influenced, awoke, inspired and challenged the Afghan people. They moved out of isolation into inclusion.

Sports

SPORTS trivia by PO1 Bill Sheridan Contributor

QUESTIONS?

1. What is a daily double in horse racing?
2. What ball players have hit more than 600 home runs?
3. Where is Candlestick Park?
4. Who was the last player to score his 500th goal?
5. First coach Paul Brown
6. Who was nicknamed the Gas House Gang?
7. The CHL has 8 teams, which city will be the 9th team?
8. What defensive player in NFL played the most games?
9. Who was Ty Webb?
10. The book called ‘Crossing the Line’ is about which player?
11. Bob Nystrom redirected a pass from John Tonelli
12. In curling, how many teams can score in one end?
13. Who led the NBA in scoring the most times?
14. What pitcher since 1900 has the most consecutive 20 win seasons?
15. What were the Schenley Awards?
16. Who is the leading Manitoba born scorer in the NHL?
17. What team did General Eisenhower play on at West Point?
18. Where did the Utah Jazz move from?
19. What NHL player has the highest point total who was drafted in the amateur draft?
20. What happened during the third lap of the Daytona 500 Race in 2011?

ANSWERS
Corps of drums return to band

A/SLt Ron MacDougall
BPAO Trainee

In April, there was an unusual sound coming from the museum parade square; a steady drum beat that echoed throughout Naden. Making the rhythmic noise was a five-person corps of drums training under the watchful eye of Naden Band Chief, CPO2 Pierre Cayer.

The distinct staccato of the side drums, along with the military precision of the professional musicians, was impressive, and reminisced of times gone by. "Out of respect for our proud navy heritage and to remember the days when military bands had such a huge importance, I was inspired to facilitate a comeback of the corps of drums here at Naden," said Lt(N) Matthew Clark, Commanding Officer of the Naden Band.

With origins dating back as far as the mid 17th century, drummers were used by the Royal Marines to transmit signals on the battlefield by beatings, but eventually were replaced by buglers. In 1902 at the Coronation Review for King Edward VII in England, Lt George Miller put 30 side drummers in the front ranks of massed Royal Marine bands. Since then, side drummers have always been in the front rank of Royal Marines Bands. LCdr (Ret’d) David J Freeman, an avid historian and volunteer at the CFB Esquimalt Naval and Military Museum explained the historical development of the corps of drums in the Canadian Armed Forces. "As far as can be determined, Royal Canadian Navy bands copied the Royal Marines front rank tradition for side drummers. A photo of King George VI presenting Colours to the Royal Canadian Navy in 1939 here in Victoria shows some 40 musicians with the side drummers in the front rank. This practice continued throughout the Second World War. In the late 1940s, the Naval Band service and the School of Music in HMCS Naden were formed and this drum tradition continued."

With the unification of all three CF elements in 1968, the corps of drums virtually disappeared as various CF bands were merged or closed. In the mid 1980s, there was a comeback of this tradition within Naval Reserve bands. Most recently, the five-person corps of drums of the Naden Band of the Royal Canadian Navy made its first public appearance at the Victoria Day Parade. "My goal is to use the five-person corps of drums as much as possible, especially for large high profile events. I didn’t know that this was going to take off like it has. The resonance has been unbelievable."

Lt(N) Matthew Clark
Naden Band Commanding Officer

My goal is to use the four-person drum line as much as possible, especially for large high profile events. I didn’t know that this was going to take off like it has. The resonance has been unbelievable.

-A/SLt Ron MacDougall
BPAO Trainee

Above: The Naden Band five-person corps of drums took to the streets during the Victoria Day Parade.
Below: The Corps practice on Museum Square.
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It’s that time again to be a loaner

The 2013 Government of Canada Charitable Workplace Campaign (CCWCC) team is recruiting Loaned Representatives to work in the campaign office (Dockyard), full time, from Aug. 26 to Dec. 20 inclusive. These positions are a vital part of the campaign team, helping our CFB Esquimalt units and ships learn about the GCWCC and the needs in our community, as well as participating in fundraising events and activities. This invaluable opportunity to utilize and enhance interpersonal, leadership, philanthropic and organizational skills is open to both military and civilian members; training and support will be provided; preference may be given to candidates with prior campaign experience. If you are an outstanding communicator, can manage your time effectively and with flexibility, have a positive attitude, enjoy being part of a dynamic team, and have a desire to help your community, then this is the opportunity for you.

Commanding Officers or their civilian counterparts are to submit names of nominees to Vicki Laidlaw no later than July 19, in order for interviews to be conducted. Need more info? Please call Vicki at 363-2595 or email, Laidlaw.vd@forces.gc.ca.

**New books at the Base Library**

**BOOKS**
- Ocean at the End of the Lane by Neil Gaiman*
- And the Mountains Echoed by K. Hosseini
- The Rosie Project by Graeme Simsion
- Red Moon by Benjamin Percy
- Joyland by Stephen King
- I Travel by Night by Robert McCammon
- Prophet of Bones by Ted Kooser
- Walking Dead Vol 18 (Graphic Novel) by Robert Kirkman
- The Last Man in Russia: the Struggle to Save a Dying Nation

**DVDs**
- Call the Midwife Season 2
- Side Effects
- Fringe Season 5
- True Blood Season 5
- Breaking Bad Season 5

* denotes a book by a veteran

LCdr Mark Cunningham, Acting Base Administration Officer, throws the first pitch at the Victoria Harbour Cats Military Appreciation Night on Monday, July 8.
New manual puts a name to a fin

Shawn O’Hara
Staff Writer

The waters that make up the workplace of the Royal Canadian Navy (RCN) are home to countless forms of marine life. Throughout the day, any number of these sea-faring critters may be observed by ship’s staff, and it’s a sailor’s duty to take notice.

Through a voluntary program run by the Vancouver Aquarium, the Department of Fisheries and Oceans (DFO) receives marine mammal and reptile sightings data from a variety of sources, including light-house keepers, tugboat captains, B.C. Ferries, recreational boaters and private researchers. MARPAC vessels and staff are also an integral part of the sightings network, and ships’ staff record and report all sightings and interactions with marine mammals, with location, bearing, species, number of individuals, and whether or not any young are present.

“It’s important to the DFO and to organizations like the navy that we know where and when these animals are sighted,” says Danielle Smith, an Environment Officer with Formation Safety and Environment. “Some ocean areas see very little vessel traffic, especially in the winter season, and the data provided by the navy may be the only observations available. Some of the records provided by ships’ staff are of endangered or threatened species; these data points are extremely important to the DFO when making conservation and management decisions.”

With the staggering variety of marine life, it can sometimes be difficult to accurately record the type of marine mammal encountered, especially to someone unfamiliar with the many types of marine life in Canada’s waters.

“Some of these species vary from one another in very subtle ways,” says Smith. “The difference between a Grey whale and a Humpback, two species people often confuse, can be recognized by the presence or absence of a dorsal fin, and the length of pectoral fins. The average sailor might not know that.”

To help educate sailors and aid in report taking, the Environment Office is creating the Marine Mammal Identification Guide. The guide provides a simple and easy to read layout of marine mammals most commonly encountered in the Pacific Ocean. Along with full body diagrams and distinguishing traits, the guide provides photos of the animals just cresting the water, the way sailors are most likely to see them.

“Animals rarely will be seen fully out of the water, unless they’re breaching,” says Smith. “With this type of information sailors will know what to look for, even if it’s just the animal’s back and tail.”

The guide was created in conjunction with the Cetus Research and Conservation Society, who helped gather and organize information on the various marine mammal species.

“Cetus has been hugely helpful and supportive,” says Smith. “Without them we couldn’t have gotten this guide done at all.”

That being said, the guide is only half done. Diagrams and photos constitute only half of the information Smith and Formation Environment want to present.

The other side of the guide will include information on how to report observations of entangled marine mammals or reptiles, distance and approach guidelines, and how to effectively go about the recording process.

“The identification and reporting of marine mammals is secondary to our training and operations. The only way to run the program successfully is to make identification and reporting as straightforward as possible,” says Smith.

Smith and Formation Environment offer marine mammal identification training to ships, sailors, and command. The guide will support and supplement this training with the goal of improving ease and accuracy of identification. Training is available through Smith and only takes about an hour.

“I go through the common types of marine mammals, how to tell them a part, and what to do when you see them,” she says. “The whole thing can be done in a ship’s mess, so it is super convenient.”

For those seeking more information on the Marine Mammal Identification Guide, or interested in marine mammal identification training, contact Smith at 250-363-2313.
Keeping the wheels of the HCM turning

Shawn O'Hara
Staff Writer

In a small ceremony, Glenn Gilmour, Fleet Maintenance Facility Cape Breton (FMF CB) Program Manager for the Halifax Class Modernization (HCM) project, was commended July 4 for keeping the wheels of the project moving.

Gilmour was presented with the 2013 Public Service Award for Collaborative Working Relationships. This award reflects his, and his team’s work maintaining the flow between the many different organizations involved in the HCM.

“This has been a big project, and a long process, and a complicated time for FMF,” said Capt(N) Donald Smith, Commanding Officer of FMF CB. “Without the tireless dedication shown by Glenn and his team, this wouldn’t have gone as smoothly as it has. These are the men and women that are getting things done.”

Gilmour and his team were responsible for maintaining the working relationships of all stakeholders and managing the framework to enable three prime service providers to each execute their own work concurrently. Their work eased the interface between Victoria Shipyards Ltd., who is responsible for a large amount of heavy industrial work; Lockheed Martin, who is tasked with upgrades to the Combat Systems Electronics Suite; and FMF, who is tasked with a huge amount of corrective work.

While Gilmour personally accepted the award, he says it’s important to realize Strategic Partnering has been the work of a whole team of people who deserve recognition as well.

“This has been a great show of teamwork from FMF CB, PWGSC, Lockheed Martin Canada, Federal Government, Dockyard Traders and Labour Council, VSL labour reps and Victoria Shipyards Limited,” he says. “We came together to get this framework in place prior to commencing work on the first West Coast HCM ship, HMCS Calgary, which has resulted in making this project mutually beneficial, and mutually efficient. The basis and concept of developing Strategic Partnering is to ensure enablers are in place as risk mitigation so that schedule can be maintained. That’s what the team should be recognized for.”

Sea Training dinner

Current and former Sea Trainers are invited to the 20th Annual Sea Training Dinner on Sept. 19 at the Royal Canadian Legion Trafalgar / Pro Patria Branch at 411 Gorge Road East. The event starts at 6:30 p.m. and supper will be served at 7 p.m.

Tickets are $40 and available until Sept. 13. To purchase or for more information, contact PO1 Lange at 250-363-1264 or Corey. Lange@forces.gc.ca.
Left: Families take a quick water tour of Esquimalt harbour with complimentary RHIB rides at Formation Family Fun Day.

Right: Victoria Harbour Cats mascot, Harvey the Harbour Cat grooves to the music that filled the air.
The crowd was thick with families during this year’s Forth Day on July 6, and all were beaming with smiles. The S drew more than 2,000 people to Naden Square. The wea only added to the festive mood. Two new additions were static Sea King display and the interactive motocross course Motocross. This year’s Marketplace was also successful vendors and shoppers who enjoyed colorful displays of add in the free ice cream and the CANEX candy shop, h games, face painting, and rides, no one was left disappoi Big high five to the event volunteers from the base, PSP a MFRC.

Clockwise from top left:
• Pony rides were a hit again this year with a long line of children waiting for a turn.
• The Copper Cowgirl and Paul Kilshaw take a break from entertaining the crowd to strike a pose for the camera.
• Gavin Reich, 6, and father Brian check out the Sea Helicopter on display.
• Left to Right: MS Tanya Ko, Steve Lewis, CPO1 Paul He, Bill Truelove, and LS Randy Ko head to a galaxy far, far away Legion recruitment tent.
• Spandy Andy worked up quite a sweat as he danced his crowd carrying his “BoomCase.”
• Tanner Campbell takes a spin on the Westshore Moccross.
• Emily Gingras, 6, meets Cinderella and Prince Charmi
• OS Gabriel Tremblay tries his hand at playing cowboy.
Formation Fun Saturday event weather was perfect, which made for big crowd pleasers: the games courtesy of Westshore Mall. It was great for both vendors and quality goods. When you added in horse rides, bouncy castles, the Kingston, RAdm was way through the course.

Shawn O’Hara, Lookout

Shawn O’Hara, Lookout
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We couldn’t bring Morale and Welfare programs to life for members and employees of the Canadian Armed Forces without the support of our sponsors. We hope you all agree that this was one heck of a fun day with incredible value for everyone. That’s the value of being community-oriented and of having sponsors who stand by us. Extend a round of applause for our supporters: Seaspan Victoria Shipyards, The Royal Canadian Legion, Babcock Canada, Westshore Bank of Montreal, Island Farms, Safeway, Save On Foods, The Keg, Park Inn and Suites, Helijet, Willow Stream Spa, Funner Inflatables, Vancouver Island Brewery, The Personal, SISIP, Victoria Hyundai, and 103.1 JACK FM for making it possible to put on this special event.

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CFB Comox aids stranded climber

The crew of a 442 Squadron Cormorant helicopter worked with Cowichan Ground Search and Rescue (GSAR) and B.C. Ambulance to evacuate an injured climber from an embankment near Shawnigan Lake on July 8. Joint Rescue Coordination Centre Victoria received a call for assistance from climber who had fallen approximately 20 feet into a deep crevasse, sustaining injuries to his lower body.

SAR and B.C. Ambulance were able to successfully extract the man from the crevasse, but due to his injuries requested an airlift from the steep and remote terrain surrounding the deep ravine.

The two SAR Techs were hoisted almost 80 feet to the ground where they met first responders. Once safely on board, the crew flew the climber to hospital in Victoria on board, the crew flew the climber to hospital in Victoria, where he was transferred in approximately 20 feet into a deep crevasse, but due to his injuries requested an airlift from the steep and remote terrain surrounding the deep ravine.

Russians come to Ottawa to finalize Exercise Vigilant Eagle

Members of the North American Aerospace Defense Command (NORAD) and their Russian Federation Air Force counterparts met in Ottawa June 17-21 to finalize this year’s live-fly exercise, Vigilant Eagle 2013. This year’s Vigilant Eagle exercise will take place August 27-28 in Anchorage, Alaska, and Anadyr, Russia, and involves Russian, Canadian and U.S. military personnel and aircraft operating from command centres in Russia and the U.S.

Working in partnership with the civilian Federal Aviation Agency and its Russian counterpart, this year’s exercise focuses on procedures for monitoring the co-operative hand-off of a hijacked aircraft from one nation to the other, while exchanging air tracking information.

Gorge Swim

The Gorge Swim Fest will again celebrate the history of the waterway, emphasize its accessibility and host a fun day for friends and family. Again this year, Swim Fest will offer music, barbecues, face-painting and prizes.

It all happens from noon to 4 p.m., Sunday, Aug. 11 in Banfield Park, Esquimalt Gorge Park and Saanich Gorge Park (Curtis Point).

Last year, in the inaugural Swim Fest revival, more than 2,000 people attended and more than 600 went for a swim. The Gorge has some fantastic places to spend the day - sandy beaches, pebble beaches, rocky cliffs and swim floats.

The 45th Photography Contest is here!

Since 1968, the annual Canadian Armed Forces Photography Contest has celebrated the many facets of military life through recognizing excellence in the art of photography. Honoring both the novice and advanced, photographers compete for top place finishes in nine categories, and distinguished tales such as Photographer of the Year. The photograph that is chosen for the distinguished Deputy Minister Award will be the featured image on the front cover of Frontline Defence Magazine.

The program is organized by CAF Imaging Services and CF Morale and Welfare Services and made possible through the partnership with private industry.

This year’s entries can be submitted between July 2 and Oct. 1. For more information, including contest rules and entry guidelines, visit www.caflagphotocontest.ca

Craigflower Bridge update

Due to the delayed acquisition of steel and complexities with steel fabrication required for the construction of the bridge, the schedule for the re-opening of Admirals Road, from Island Highway to Gorge Road, originally planned for December 2013, will be set back by approximately three to four months. This is despite efforts to keep the schedule on track, including changes in steel specifications, improved shipping of steel, design changes and increased work schedules to six days per week and running double shifts for the steel fabrication.

The pedestrian/cyclist crossing will continue to remain open for the duration of the bridge closure. The completion date for the entire project is mid-May 2014. Visit the bridge project website at www.craigflowerbidge.com for ongoing updates.

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A/SLt Ron MacDougall  
BPAO Trainee

With summer in full swing, many DND employees are commuting daily to work on their bicycles. With an observable increase of cyclists here on base, bicycle safety is an important issue to address. Moreover, motor vehicle operators, cyclists, and pedestrians all share responsibility to ensure safety on our base.

The British Columbia Bicycle Operator’s Manual (Bike Sense) clearly states cyclists have the same rights and duties as drivers of vehicles. With an increase in cycling there has been an increase in conflicts with other road users. Many of these conflicts stem from confusion about how cyclists are to behave in traffic.

Sgt Frank Dominix of the Military Police Detachment at CFB Esquimalt confirmed this problem explaining “many cyclists aren’t aware they are to adhere to the same laws that car drivers are bound by, including signals and stop signs.”

On the base this behaviour necessitated the relocation of the bike gate in Naden. Many cyclists refused to dismount, resulting in two pedestrians being clipped and many near misses with pedestrians and vehicles.

Clearly, cyclists have responsibilities to adhere to when on the road. The B.C. Bicycle Operator’s Manual outlines multiple points cyclists need to pay special attention to:

Firstly, regular bicycle maintenance and maintaining positive control over one’s bike is a must at all times.

Additionally, optimal visibility in traffic should be strived for with the usage of lights, reflectors, and bright reflective clothing.

Most importantly, knowledge and obedience of rules of the road paired with predictability of movement (no sudden swerves or unnecessary movements) are imperative to traffic safety.

Lastly, helmets are mandatory for all cyclists in British Columbia.

As for motor vehicle operators, the Insurance Corporation of British Columbia (ICBC) outlines several important points in respect to road safety. While actively looking for cyclists and pedestrians in traffic, eye contact is often a key means of communication as the cyclists and pedestrians try to anticipate the vehicle operator’s next move.

Additionally, knowledge of the hand signals used by cyclists and being cognisant of a cyclist’s vulnerability on the road are important. For example, do not honk your horn unnecessarily as the loud sound could startle the cyclists causing them to fall or to steer into another vehicle. Shoulder checking is extremely important, especially when making right-hand turns at intersections and before you open your door to get out of your vehicle. Vehicle operators should never drive, stop or park in a bike lane. Finally, vehicle operators should maintain at least three seconds of following distance as cyclists sometimes need to react very quickly.

Pedestrians should also show due diligence near our roads. Having a heightened sense of situational awareness when moving through traffic can be life saving. This means, however, the usage of electronic devices that take your eyes and ears off the road is not recommended. Should watch for cars entering or exiting driveways, or backing up in parking lots as these situations can appear without warning.

Pedestrians should also use sidewalks whenever they are available and if there is no sidewalk, walk facing traffic on the extreme left hand side of the road. At night reflective clothing and a flashlight should be always be used. Essential for all those concerned is responsible, diligent and law abiding behaviour on the roads that will bring us back home safely each day to our loved ones.

By working together, we can all strive for and achieve a safe environment at CFB Esquimalt.

Road safety applies to CFB Esquimalt streets
Virtual training brings Kingston Class ships inland

SLt David Lewis and NLSC(E) members

Contributors

From his workstation at HMCS Prevost in London, Ontario, OS George Young “virtually” crosses the brow and enters HMCS Whitehorse.

As part of his “Know Your Ship” training package, it is his mission to locate every fire extinguisher in a Kingston-Class ship. With so many fire extinguishers of various types and purposes, it is not a small undertaking.

For almost an hour, OS Young searches every corner of the immersive, 3D world that comprises one of the navy’s newest training tools, the Kingston-Class Virtual Ship, one of the vessels in the Canadian Virtual Naval Fleet (CVNF). As he finds, recognizes and logs the Karboloy fire extinguisher in the galley, his task is completed.

Not only has he vastly improved his situational awareness of critical on board safety equipment (extinguishers), he has also become much more familiar with the basic layout of the ship.

Quite a feat given the nearest “real” Kingston-Class ship is more than 2,000 kilometres away.

As OS Young can verify, using the CVNF as a virtual instructional platform allows for a content-rich and easily accessible learning environment for sailors. At present there are three “operational” virtual ships available for training: the Victoria-class submarine, the Kingston-Class coastal defence vessel, and the Halifax-Class frigate. These platforms are available via the DWAN, as well as the internet for desktop/laptop use at the following link: www.navy.gc.ca/elearning/cvnf.asp.

As one of 24 NRDs across Canada, HMCS Prevost’s mission is to augment the Regular Force by generating trained individuals and teams for RCN/Canadian Forces (CF) operations. The CVNF is but one of many new training tools being created by learning specialists within the navy’s newly established Navy Learning Support Centre (NLSC). The NLSC is a key component of the Directorate of Naval Training and Education’s efforts to transform the navy’s Naval Training System by providing high quality-designed, technologically leveraged training products and services that will better support RCN readiness over the next 20 years. With locations in Halifax, Quebec City and Esquimalt, the NLSC team will support all RCN Training Establishments and units in the production and distribution of leading-edge training content, including a wide array of distributed learning products to immersive, 3D virtual ships.

Based on existing CF and RCN return on investment data and Defence Research Development Canada research on the RCN’s virtual fleet as an immersive learning platform, the production of modernized content that actively promotes the concept of “anytime, anywhere” learning is also anticipated to improve overall training efficiency within the navy’s Naval Training System.

“For certain, within the current CF fiscal climate, managing to improve our sailor’s training while saving money is a win-win situation, and undoubtedly the way ahead,” says Cdr Karl Boucher, DNT 3 and NLSC Officer in Charge.

Since completing his virtual ship package, OS Young has made his first trip to the dockyard at CFB Esquimalt. His heart beat with excitement and anticipation when he walked down the jetty and crossed the brow of the “real” HMCS Whitehorse. Once inside, the first thing he noticed was a bright red fire extinguisher. He smiled because he already knew where the rest of them were.
Cdr Christopher Ellis, former Commanding Officer of HMCS Victoria, recently promoted several members of his crew.

Photos by MS Yevrag Evans, HMCS Victoria

LS Langley was promoted to Master Seaman by Cdr Ellis and CPO2 Lafarge.

OS Chartier was reclassified to Able Seaman by Cdr Ellis and PO1 Gallant.

LS Davis promoted to Master Seaman by Cdr Ellis and PO1 Gallant.

LS Colbourne was promoted to Master Seaman by Cdr Ellis and PO1 Gallant.

Cdr Christopher Ellis, former Commanding Officer of HMCS Victoria, recently promoted several members of his crew.

Photos by MS Yevrag Evans, HMCS Victoria

LS Mihalcheon was promoted to Master Seaman by Cdr Ellis and PO1 Gallant.

LS Pelchat was promoted to Master Seaman by Cdr Ellis and PO1 Gallant.

MS Newdick was promoted to Petty Officer Second Class by Cdr Ellis and PO1 Underwood.

MS Sharpe was promoted to Petty Officer Second Class by Cdr Ellis and CPO2 Lafarge.

Cpl Dawn Gillet was appointed to the rank of Master Corporal.

Cpl Travis MacDonald was appointed to the rank of Master Corporal.

LS Kwantes was appointed to Master Seaman.
Fleet School QL6A students graduate

Canadian Forces Fleet School Esquimalt’s Deputy Commandant LCdr Auger made several presentations to QL6A students.

PO2 Migneault receives his graduation certificate.

PO2 Edmonds receives his graduation certificate.

PO2 Kendall receives his graduation certificate.

In addition to successfully completing his QL6A course, PO2 Smith was promoted to Petty Officer First Class and received a coin for achieving the top student award.

PO2 Woods receives his graduation certificate.

PO2 Mann receives his graduation certificate.

Cdr C.J. Hargreaves, Deputy Commanding Officer of Fleet Maintenance Facility Cape Breton, handed out awards and promotions.

PO2 Kihn is appointed to Naval Cadet by LCdr Auger and LCdr Vander Byl following his acceptance into the University Training Plan Non-Commissioned Members.

PO2 Jones is promoted to Petty Officer First Class by LCdr Vander Byl and LCdr Auger.

MS Crocker is promoted to Petty Officer Second Class by Lt(N) Kang and PO1 Dixon.

MS Moore is promoted to PO2 Moore by LCdr Vander Byl and PO1 Johnson.

Air Cadet Thilina Ratnayake of Richmond receives his Warrant Officer 1st Class rank slip-ons from LCol Carrie Johnston and CWO Mike Turcotte during a Ranks Parade at Albert Head CSTC on July 3 in Victoria.

Lt(N) Peggy Kulmala, Contributor

James Mohns is presented his 25 years Long Service Award.

Nicki Durand-Hutchinson is presented her Apprenticeship Certificate as a Machinist.

Richard Wilson is presented a Bravo Zulu for his flexibility in adapting to HMCS Victoria's dynamic scheduling to progress their trials.

Keith Bruhm is presented a Bravo Zulu for his flexibility in adapting to HMCS Victoria's dynamic scheduling to progress their trials.
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HMCS Victoria welcomes new leader

Above: Cdr Christopher Ellis, outgoing Commanding Officer; Capt(N) Bradley Peats, Commander Maritime Operations Group Four and the reviewing officer; and Cdr Alex Kooiman, incoming Commanding Officer, sign the change of command certificates for HMCS Victoria.

Right: Cdr Christopher Ellis is presented with a plate by CPO2 Andrew Moulton on behalf of HMCS Victoria’s crew.

Sea Training Pacific changes hands

Above: Outgoing Sea Training Pacific Commander, Cdr Richard Dowker; Cmdre Scott Bishop, Commander Canadian Forces Pacific; and incoming Commander, Cdr David Mazur sign the official certificates during the Sea Training Pacific Change of Command ceremony.

Right: Cdr Mazur speaks to the staff of Sea Training Pacific during his Change of Command ceremony.

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