

# LOOKOUT

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**NEWS 7**  
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**COMMUNITY 10-11**  
Get fired up for Fire Prevention Week



Editorial & Opinion..... 4  
Film Friday..... 5  
In Focus ..... 16  
Classifieds..... 18-19



PO2 Graeme LeBlanc (second from right), a member of the Jack FM radio Jackaholics Club, won a coffee break for the day staff at HMCS Malahat. Radio personalities AJ and Crash personally brought coffee and desserts on Sept. 29 to their office. Above, Crash holds up Jack FM playing cards he used to draw promotional prizes for the Malahat group.

**NEW HOURS:**  
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✓ CALGARY AT SEA: FAREWELL TO CDR LARKIN

# HMCS Calgary changes hands while in Thailand



Sgt Blair Mehan, HMCS Calgary Imaging Technician

**Above:** Outgoing Commanding Officer (CO) for HMCS Calgary, Cdr Kelly Larkin (right), incoming CO, Cdr William Quinn (left), and Presiding Officer Cmdre Nigel Greenwood, Commander Canadian Fleet Pacific, sign the change of command certificates.

**Right:** Cdr Larkin receives the ship's commissioning pennant.



**CPO2 William Slater**  
HMCS Calgary

HMCS Calgary's ship's company paraded on the flight deck in Makam Bay in Phuket, Thailand, on Wednesday, Sept. 17 as Cdr Bill Quinn assumed command from Cdr Kelly Larkin during a Change of Command Ceremony.

Calgary is continuing their Operation Altair Roto 4 deployment, and Phuket is the first port of call for the crew to decompress after a long mission.

The ship's company mustered smartly in whites and hosted a reception after the auspicious occasion.

The turnout for the parade, both in terms of participants and audience, was impressive. In attendance were: Canada's Ambassador to Thailand, Canada's Defence Attaché in Bangkok, the Governor of Phuket Province, the Mayor of Patong, and several Thai parliamentary representatives and Honorary Consuls. The Royal Thai Navy was also well represented with many high ranking officers in attendance, some travelling from Bangkok specifically for the occasion.

In a moving speech, Commander Larkin expressed his pride in the crew and all that had been accomplished by them during his tenure. He highlighted Calgary's accomplishments during Operation Altair and the successes the ship enjoyed as a result of the outstanding spirit inherent in Calgary.

Cmdre Nigel Greenwood, Commander Canadian Fleet Pacific, then addressed the ship's company and lauded Calgary's extraordinary relationship with her host city, and promised a continuation of Calgary's challenging sailing schedule.

After the signing of Change of Command certificates, Commander Larkin was presented with the ship's commissioning pennant proudly displayed in a shadow box. Several other gifts were presented days before while the ship was at sea.

The post-ceremony reception was exceptional with an ice sculpture, artistically decorated cake and many wonderful foods presented on the flight deck. All efforts highlighted the talents of the ship's cooks and stewards.

While it is traditional for the departing Commanding

Officer to be rowed ashore by the various heads of departments, in Calgary it is tradition that departing officers are taken away in the ship's Chuckwagon. Unfortunately neither was possible, as the ship was at anchor. Instead, the crew manned the side and cheered Cdr Larkin as he departed via the accommodation ladder to an awaiting water taxi.

Cdr Larkin was admired by his crew and will be sorely missed.

Notwithstanding the sadness surrounding Cdr Larkin's departure, the ship's company took the opportunity to heartily welcome their new CO at the reception following the ceremony. Cdr Quinn is taking command of Calgary after attending the Canadian Forces College in Toronto where he also completed a Masters Degree in Defence Studies.

His message to the ship's company included the priority to complete the current mission while ensuring all of Calgary's crew return safely home. He highlighted his intent to keep the ship connected to Canadians, and most notably, the people of Calgary.

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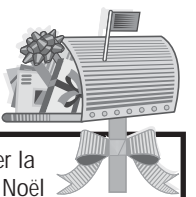


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1. Mail intended for Christmas delivery to Canadian Forces personnel serving overseas and using the Belleville address must arrive at Belleville by Nov. 24.

2. Mail posted at CFPOs overseas must arrive in Canada no later than the following dates to ensure delivery before Christmas  
a. Airmail - Dec. 5  
b. Surface - Dec. 1

1. Afin d'assurer la livraison avant Noël du courrier destiné au personnel des FC déployé outre-mer et utilisant l'adresse de Belleville le courrier devra arriver à Belleville avant le Nov. 24.

2. Le courrier envoyé au BPFC outre-mer doit arriver au Canada au plus tard aux dates indiquées ci-dessous afin de s'assurer la livraison avant Noël :  
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# Sailor ranks fourth in Army Run

**Shelley Lipke**  
Staff writer

During Canada's first Army Run held in Ottawa on Sept. 21, Fleet Diving Unit Pacific clearance diver LS Jonathon Gendron kept a pace to be reckoned with during the half marathon.

Sprinting into fourth place among 2,911 sweat-drenched runners, he broke the ribbon at a phenomenal time of 1:17:7.

LS Gendron admits it was a hard race.

"My goal was 1:17 and the watch on my heart rate monitor wasn't working, so I had no clock to judge my time by. I just ran how I felt, and it worked out," said LS Gendron, who beat his personal record by 2:40 minutes.

"This was the first time my parents saw me run and they were impressed," said the 22-year-old originally from Quebec.

His father's surprise turned to pride at the 20-kilometre mark when LS Gendron sprinted by smiling with other elites runners in the lead. The finish line proved emotional for his mother who witnessed her son's fourth place victory.

LS Gendron found his passion for running while gearing up for the clearance diver course.

"I heard it was a tough physical commitment and wanted to get into shape, so I started running three times a week."

When he took the Fleet Diving Unit physical training test, he broke the record for the 2.4-kilometre run. Urged by his instructor, he began competing in races and found he loved it.

Now running up to 70 kilometres a week, he's literally a running machine.

"There are a couple guys that are faster than me in my running club, which helps me push a bit more," he said.

He holds the base record for the annual physical fitness test 20-metre shuttle run, and his next aspiration is to join the Conseil International du Sport Militaire (CISM), an International sporting competition that is second in size to the Olympics. He will engage the help of Personnel Support Programs staff to realize this dream.

The sailor was one of 10 military runners chosen to participate in the Army Run based on results from the Aug. 17 10-kilometre Navy Run where he finished first among military runners, with a time of 36:10.

Also in the top 10 finishers was Lt(N) Blake Poirier (Joint Task Force Games) with a time of 1:19:06, finishing just minutes behind LS Gendron.

"Running under 1:20 was the main goal for me," said Lt(N) Poirier about his first half marathon.

The Army Run also hosted a five-kilometre race, and with 7,000 participants in both races was the largest turnout in Canadian history for an inaugural race. Registration for next year's Army Run can be found at [www.armyrun.ca](http://www.armyrun.ca)



**Above:** West Coast fleet diver, LS Jonathon Gendron soars alongside the Rideau Canal during the half marathon Army Run on Sept. 21.

**Below:** Runners from the Army Run at the finish line after completing the five km run. In a special wheelchair, MCpl Paul Franklin was one of more than 50 injured soldiers completing the race.



## Local Army Run results

### Half Marathon runners:

- LS Jonathon Gendron 1:17:07.9, Men 20 - 29
- Lt(N) Blake Poirier 1:19:07.7, Men 30 - 39
- Capt Ken Bedley 1:22:17.4, Men 20 - 29
- LS Mark Ritchie 1:24:41.0, Men 40 - 49
- CPO2 Patrick O'Hara 1:39:41, Men 50-59
- AB Kirsten Arenson 1:44:37, Ladies 30-39yrs

### Five-kilometre runners:

- OS Joss Morin 20:05, Men 13-19
- Capt Isabelle Malczynski 20:39, Ladies 40-49

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- WHAT:** Over 3,000 golf balls donated by CPO Joe St. Louis



### BREAKFAST ON THE GO:

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- WHERE:** Dockyard Main Gate
- WHAT:** Breakfast sandwiches, hash browns, coffee/juice
- COST:** \$4



### PSP 50/50 DRAW:

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# matters of OPINION

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## WHAT SAY YOU

# Honorary Colonel Glazier brightened a senior's day

Dear Editor,  
The date was Aug. 9, 2008. It was a cloudy, cool day that promised rain and my Grandmother's dementia was prominent making her feel no more bright that the day's weather. As my Grandma has always been a plane buff, I hoped that a day trip to the Abbotsford Air show would brighten her spirits.

After the long drive from her care home in Richmond, we arrived at the Air show. We took our seats along the runway and enjoyed the show. We then set off towards some parked planes, with my hopes high that we would find some Second World War plane that my Grandma would recall.

A gentleman in an olive green jumpsuit passed by and I inquired about the location of a Tiger Moth. Before I knew it he was whisking us away in a car to the closed side of the airport for an up-close look at a Tiger Moth.

He introduced himself as Bob and offered to walk my Grandma around the Tiger Moth. He took her elbow and treated her like royalty. He asked her about war times and her love of

planes and listened intently to her tales.

I stood quietly watching my Grandma and Bob move around the plane. I watched as the clouds in my Grandma's mind cleared, the twinkle in her eye returned and a smile crossed her face. The woman I have admired all my life was back, at least for these moments. It was wonderful.

As I drove my Grandma home she chatted about her great day; and with some photo prompts now she talks about seeing her old friend, the Tiger Moth.

Although I thanked Colonel Glazier at our departure, I'm not sure I expressed my thanks clearly. His selfless act of kindness made my Grandma very happy and created a memory that I will cherish forever.

I suspect that you are aware of Honorary Colonel Glazier's excellence, but I feel the need to share with you the positive impact he had on our lives. He went above and beyond, and I am grateful.

Sincerely,  
C. Cameron



Col Bob Glazier kindly escorted this senior and her granddaughter around a Tiger Moth during the Abbotsford Airshow.

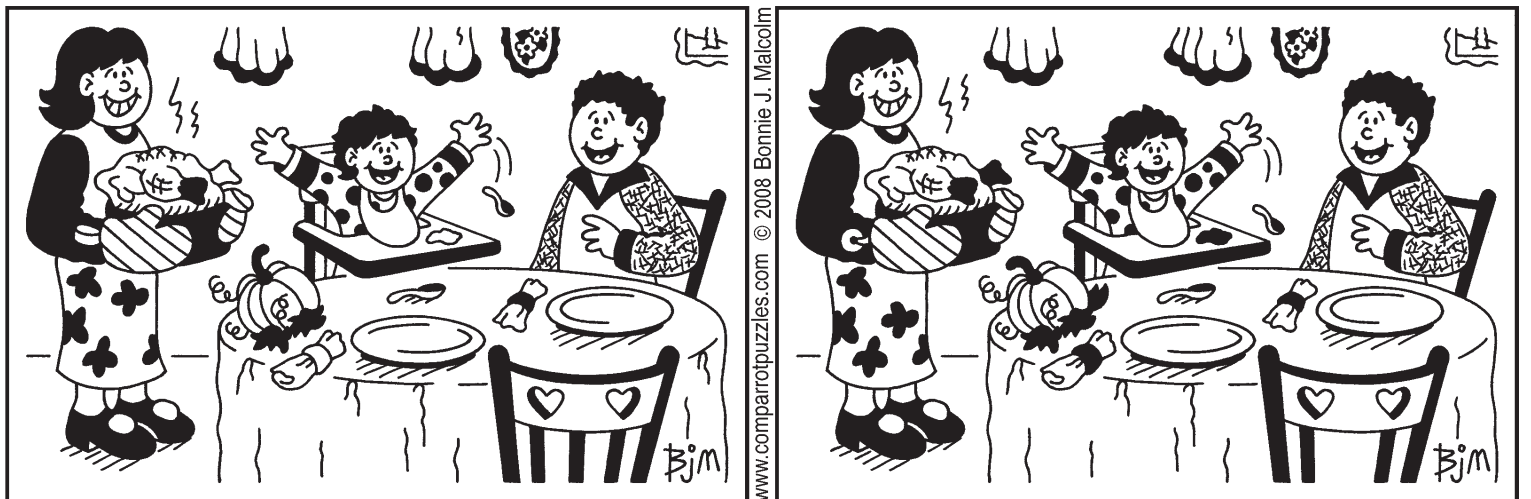


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**ComParrot**  
by Bonnie J. Malcolm

**Can you spot 12 differences between these pictures?**



Solution: 1. Brace on chair is missing. 2. Fold in tablecloth is missing. 3. Extra leaf appears behind pumpkin. 4. Napkin ring is colored in. 5. Turkey leg is colored in. 6. Puddle on tray is colored in. 7. Flying spoon has moved. 8. Flower on lady's skirt has moved. 9. Steam from turkey has moved. 10. Curtain is wider. 11. Stem on pumpkin is different. 12. Loop on oven mitt is different.

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# FILM *friday*

## 'Nick and Norah's Infinite Playlist' & 'Appaloosa'

**W. Andrew Powell,**  
The GATE

This is truly a madcap weekend in theatres with at least six new films opening across the country, including *Nick and Norah's Infinite Playlist*; the western drama, *Appaloosa*; the oddball thriller, *Blindness*; *Flash of Genius*, starring Greg Kinnear; the comedy, *How to Lose Friends & Alienate People*; plus *Religulous*, *Rachel Getting Married*, and *Beverly Hills Chihuahua*.

### *Nick and Norah's Infinite Playlist*

In the grand tradition of the classic 80s teen comedies comes *Nick and Norah's Infinite Playlist*, the story of two strangers thrust together for a night on the town that will have them living large, New York style.

Michael Cera is Nick, a depressed teenager trying to get over losing his girlfriend when he happens to meet Norah, played by Kat Dennings. Trying to prove to his ex-girlfriend that he's moved on, even though he hasn't, Nick asks Norah to pretend they're going out for five minutes, which turns into a night of music, mayhem, and unforgettable moments.

Directed by Peter Sollett, who also brought the incredibly vivid film *Raising Victor Vargas* to life, *Nick and Norah's Infinite Playlist* looks like a certifiable hit this weekend.

### *Appaloosa*

One of the critical gems of the 2008 Toronto Film

Festival, *Appaloosa* stars Ed Harris and Viggo Mortensen in the story of a town that is controlled by the outlaw Randall Bragg, played by perennial bad guy Jeremy Irons. Taking whatever he wants from the surrounding countryside, Randall Bragg has turned the area into a miserable, desperate place, but Virgil Cole and Everett Hitch (played by Harris and Mortensen respectively) are going to try and save the day.

With few westerns to speak of in recent years, *Appaloosa* seems like both a treat and an oddity among the common genres at local cinemas.

### *Blindness*

Starring Julianne Moore, *Blindness* is the odd, but somewhat compelling story of a plague that sweeps across a city, rendering everyone blind. Starring Mark Ruffalo, Danny Glover, and Gael García Bernal, the film has Moore playing a woman who pretends that she is infected just so she can stay with her husband, played by Ruffalo.

Exploring the brutal nature of society, and the beauty, the film has had a lot of buzz since it debut at the Cannes International Film Festival.

### *Flash of Genius*

One of this week's better-reviewed films stars Greg Kinnear as real-life inventor Robert Kearns, who in the 1960s became embroiled in a legal battle with the automotive industry. Kearns was responsible for creating the intermittent windshield wiper,



Nick, played by Michael Cera, asks Nora (Kat Dennings) to pose as his girlfriend in the oddball comedy "Nick and Nora's Infinite Playlist."

which was effectively stolen by two of the big automobile companies in North America.

### Also opening this week...

Simon Pegg stars in the comedy *How to Lose Friends & Alienate People*, playing a British writer trying to adapt to life at a big, American magazine where he constantly makes enemies.

In the documentary *Religulous*, Bill Maher takes controversy by the horns as he looks at the some-

times unbelievable aspects of religion.

*Rachel Getting Married* stars the stunning Anne Hathaway as a reformed drug addict coming home for her sister's wedding, and the chaos that ensues when a temperamental family reunites.

And finally, the throw-away film of the week is Disney's "comedy" *Beverly Hills Chihuahua*, with Drew Barrymore providing the voice of Chloe, a lost Chihuahua on the streets of Mexico.

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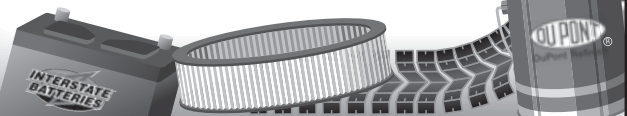
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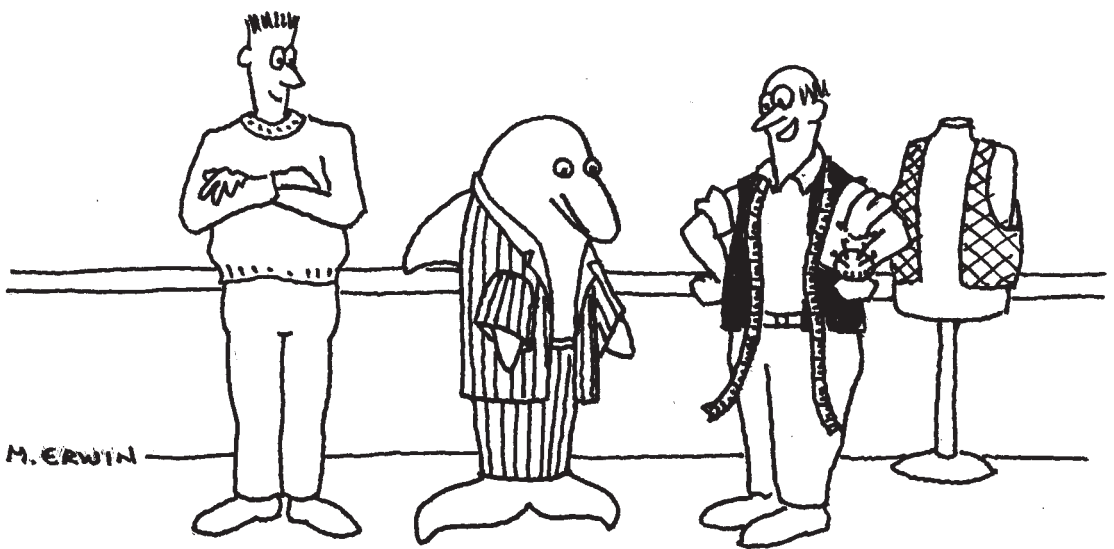



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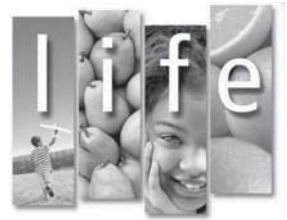




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# A Paralympic dream realized

**Shelley Lipke**  
Staff writer

The wind-swept waters of China's Yellow Sea beckoned the 14 yachts waiting for the start signal to cut through its frothy whitecaps.

For jib trimmer Marc Shaw of Canada's Team Raven, it was a Paralympic dream about to unfold.

The team of three sailors had competed for three years at sailing regattas across the globe, but the calibre of this event surged them with a rush of adrenaline that would last for 11 races over five days.

Before taking his place aboard the seven-metre yacht on Sept. 8 at the Qingdao Olympic Sailing Center, Shaw was chosen to be the flag bearer for Team Canada at the opening sailing ceremonies one day earlier.

"It was quite an honour to be carrying the Canadian flag," said Shaw whose girlfriend and parents were in the crowd.

The road to Beijing for the Fleet Maintenance Facility Cape Breton employee began 15 years ago when he lost his leg in a workplace accident in the oil patches in Northern B.C.

A drilling exploration charge blew up in front of him. After two years of recovery and fighting to keep his leg, it eventually had to be amputated below the knee.

When asked in 2005 to join Don Terlson and Ken Kelly to race in disabled regattas, Shaw saw it as a positive challenge.

The team quickly learned to sail as a threesome in

the Sonar, which has a fixed keel for greater stability, two sails and a cockpit. They also had to adjust to each other's disability. Skipper Kelly is a paraplegic and Terlson's left arm is crippled.

They qualified for Beijing from their placement in the America's Regatta in November 2007, and Miami Regatta in January 2008.

In May, it looked as if Kelly would have to forfeit his Paralympics dream when he broke his leg. But two months of healing were enough to get him back in the cockpit.

On the water in Qingdao, strong currents and varied wind conditions made it difficult to judge their course plan. The boats were so close many of the races were photo finishes.

In race four, the threesome picked the right course, zigging and zagging their way through the waves into their best Paralympics finish - fourth place.

After the final race, Team Raven secured 11th place in the world.

The three weeks ended with spirited closing ceremonies. Fireworks shot a rainbow of electricity into the sky. Acrobatic performers somersaulted from the rafters and the Chinese played host to Shaw's memories of the 2008 Paralympics.

"We sailed against some of the best boats in the world, and at 63, our skipper was the oldest guy in the sailing Paralympics," Shaw said. "I remember being there on the dock and looking back and seeing the Olympic torch burning. It was hard to believe that we were really at the Paralympics."



Photos courtesy of Mark Shaw

Marc Shaw, dressed in his Paralympic shirt, stands near the Great Wall of China after the closing ceremonies for the Paralympics. As part of Team Raven, he sailed in 11 sailing events during five days of competition.



Kelly (a local interpreter), Don Terlson (main sail trimmer), Ken Kelly (skipper) and Marc Shaw (jib trimmer) pose for a photo taken at the Paralympic Village in Qingdao.



Marc Shaw waves while sailing with his team aboard Phelan, a seven-metre boat his team took to the Paralympics to compete in the Sonar races.

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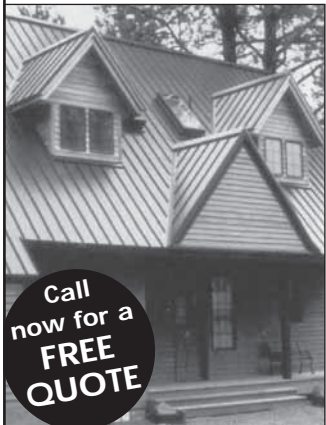
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# Changes to your Outlook at work

**Mary Ellen Green**  
Staff writer

Canada has two official languages, and starting Dec. 31, 2008, every DND/CF employee will have to sign their emails in both French and English, even if they can't communicate proficiently in both.

If you don't know what Chief Petty Officer Second Class translates to "en Francais," don't fret. The DND terminology bank is one tool available to help decipher members' ranks and most major units' names (find it at <http://terminology.mil.ca/index-eng.asp>.)

Templates are also available on the Maritime Forces Pacific (MARFAC) Notice Board and at Base Information Services (BIS) Client Services.

In accordance with the Treasury Board Secretariat's Common Look and Feel Standards for the Internet 2.0, all public servants' emails must include enough information to clearly identify the sender

and the institution they represent, as well as contact information for phone, facsimile and postal mail.

Warren Skaalrud, Client Services Manager at BIS, said the new bilingual email signature block is mandatory for all email users, because there is no guarantee regarding the end-use of the information, especially when sent outside the Government of Canada.

"Even though DND and CF employees aren't mandated to use the bilingual signature block until Dec.31, 2008, we recommend that everyone start using it now," he said. "After Dec.1, I will have a team from BIS looking for the email users who have not yet switched over, and they will be contacting them and asking them to update their signature."

### Email Address Change

Changes are also being made to the format of DND employees' and CF members' email addresses. Starting Nov. 1, 2008, emails will be firstname.

lastame@forces.gc.ca. Both the old and new email address will work for a one year period ending November 2009, after which only the new one will work. Sending and receiving email from BlackBerry devices will not be affected.

Many people using the system have common names, and where duplicates exist, a number will be added at the end of the last name to decipher between them.

If you go by a name other than your given name, please notify your Information Technology Coordinator, who will then contact BIS to make sure your email address corresponds with your preferences.

It is recommended to send an announcement email to all your contacts, both inside and outside DND, to update their contact lists with the new address. Business cards will also need to be updated.

**Outlook Storage Change**  
Changes are also being

made to the mailbox storage limit for approximately 450 Consolidated Secure Network Infrastructure (CSNI or MCOIN) users. Effective Oct. 14, the mailbox storage limit will be 250 Megabytes.

"This will be especially important when people go on leave. If they don't use an "Out of Office" auto-reply message asking people not to send large files while they are away, they will return to work only to discover they can't send or receive email because they are over the storage limit," Skaalrud said.

He recommends using personal folders stored on the Q drive to keep the size of the mailbox to a minimum. Doing a weekly purge of your inbox is also a good idea, he said.

If more space is required, contact BIS.

For more information about the Treasury Board Secretariat's Common Look and Feel Standards for the Internet 2.0, visit [www.tbs-sct.gc.ca/clf2-nsi2/tb-bo/sb-bs-eng.asp](http://www.tbs-sct.gc.ca/clf2-nsi2/tb-bo/sb-bs-eng.asp).

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CFB Esquimalt Men's Basketball Team



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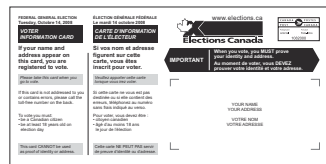
P02 Sullivan 363-4449 or [sullivan.pd2@forces.gc.ca](mailto:sullivan.pd2@forces.gc.ca)



**On Tuesday, October 14, vote.**

**A federal general election is taking place on October 14, 2008.**

### Did you receive this card?



Keep the voter information card you received by mail from Elections Canada. It tells you where and when to vote. You'll get through the voting process more quickly if you have it with you.

If you haven't received it, or if you found an error in your name or address, please phone your local Elections Canada office. You'll find the number at [www.elections.ca](http://www.elections.ca) by clicking on "Voter Information Service".

### Where and when to vote?

#### Advance voting

**You can vote before election day.** Advance voting will be held Friday, October 3, Saturday, October 4 and Monday, October 6, from noon to 8:00 p.m. Locations of advance polling stations appear on the back of the voter information card.

**You can vote by mail or at your local Elections Canada office** using the special ballot if you make the request by 6:00 p.m. on Tuesday, October 7.

To download the registration form, go to [www.elections.ca](http://www.elections.ca) and click on "I'm Mailing My Vote!", or call Elections Canada to obtain the form and information.

### Do you know the new identification rules to vote?

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet you received by mail from Elections Canada or visit [www.elections.ca](http://www.elections.ca) and click on "Voter Identification at the Polls".

#### To vote, you must:

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## Take time to learn

The Learning and Career Centre at Naden building 136 offers year-round training to DND civilian employees and CF members.

Courses are funded by Maritime Forces Pacific.

### Computer Courses:

- Access Database Design 1: Nov. 4/5
- Excel Level 1: Oct. 30, Nov. 13, Dec. 9
- Excel Level 2: Dec. 4
- Intro to Computers: Nov. 12, Dec. 10
- Powerpoint Level 1: Oct. 14, Dec. 2
- Word Level 1: Oct. 16, Dec. 4

### Other seminars:

- Assertiveness: Oct. 15
- Business Report Writing: Nov. 24
- Career Planning: Oct. 30
- Client Service: Dec. 2
- Communication for Leadership: Nov. 13/14
- Diversity & Employment Equity for Mgrs: Nov. 6
- Exploring the Leader in You: Nov. 27/28
- Financial Planning: Nov. 17
- Managing Civilian HR: Oct. 27-29
- Preparing for a Selection Process: Oct. 16
- Project Management: Oct. 20
- Time Management: Dec. 1

For detailed course descriptions see the LCC website. To register, contact your unit Training Coordinator.



EAST COAST NEWS: WARSHIPS AT WORK

# Ville De Québec escort mission extended

CEFCOM

Canada has agreed to extend support to the World Food Programme (WFP) humanitarian operation currently provided by HMCS *Ville de Québec*.

This operation, which allows the safe shipment of life-saving humanitarian assistance into Somalia, will

be extended to Oct. 23.

On Aug. 6, *Ville de Québec* was assigned to escort civilian vessels loaded with humanitarian food aid from Mombasa, Kenya to Mogadishu, Somalia, at the request of the WFP and the International Maritime Organization (IMO), both agencies of the United Nations. This task was set

to end Sept. 27, but it has been extended to allow the WFP more time to secure a replacement naval escort.

Since 2007, warships from NATO nations have been escorting WFP shipments from Kenya to Somalia to ensure their safe passage through waters notorious for piracy.

The WFP shipments are

intended to meet the urgent needs of more than 2.4 million Somalis who rely on food aid, of which 90 per cent arrives by sea. So far, 22,000 tonnes (22,000,000 kilograms) of corn and soy meal — enough to feed 145,125 people for a year — have been delivered to Somalia by ships escorted by *Ville de Québec*.

# St. John heads home from Haiti

CEFCOM

HMCS *St. John's*, based at CFB Halifax, along with elements of the Joint Headquarters Kingston, have completed their support to the World Food Programme's (WFP) humanitarian aid in Haiti as part of Operation Horatio.

*St. John's* was involved in a coordinated effort that had them delivering desperately needed humanitarian aid by hand, crane, sea and air. The ship's sailors and aircrew delivered more than 450 metric tons of rice, corn-soya meal, bottled water, water-purification tablets and other relief supplies over a 13-day period.

Flying in excess of 20 aircraft missions, the ship's Sea King helicopter, based at 12 Wing Shearwater, delivered more than 300 cargo loads.

In addition, Joint Headquarters Kingston supported and helped coordinate on the ground with other government departments from Canada, the Government of Haiti and the WFP.

Operation Horatio was launched as a result of Canada's decision to assist in the delivery of humanitarian aid after the country was ravaged by severe hurricanes. At the request of the Haitian Prime Minister and the WFP, the Canadian Forces was asked to focus its efforts in the southern region of the country where needs were not being met. *St. John's* was dispatched to the area and immediately took action.

The WFP says they now have sufficient sealift capability and helicopters in place to take over the efforts of the Canadian mission.



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Darren Correctional Officer



Where ideas work

# FIRE PREVENTION

October 5 to 11 •

## Stop careless behaviour and prevent home fires

Statistics show that, on average, fire kills eight people each week in Canada, with residential fires accounting for 73 per cent of these fatalities.

Despite the fact that fewer fire losses are reported in Canada, most of these fires are preventable and caused by careless behaviour. That is why it is critical to educate Canadians and incite them to act.

To this point, Fire Prevention Canada's newly revamped website contains fire prevention and educational material. It is designed for the public to consult at, [www.firecan.ca](http://www.firecan.ca).

### Be proactive:

- Plan two escape routes from every room and practice home fire drills.

- Each year, thousands of fires are caused by careless or improper use of cooking equipment. Never leave cooking appliances unattended when in use, and be cautious when cooking with oil. All cooking fires are preventable, so remember to select the proper heat for the food being prepared and keep your stove top clean and clear at all times.

- Every year in Canada, approximately 1,300 fires are started by children playing with matches and lighters. Keep matches and lighters out of sight and out of reach of children.

- Careless smoking is the leading cause of home fire deaths. A smoker falling asleep in an upholstered chair or bed is the most common occurrence. Never



smoke or allow someone to smoke when they are under the influence of medication, alcohol or drugs.

- Fire sprinklers go to work immediately to reduce fire danger by releasing water directly over the heat source, pre-

venting the intense heat and smoke associated with fires. Having fire sprinklers in your home is like having firefighters guarding your home 24 hours a day. Sprinklers save lives by providing more precious time to allow for escape.

- Smoke alarms are the first line of defence against a deadly fire. By developing a fire escape plan and practicing it often, you will be prepared to react correctly if a fire strikes.

**On average, eight Canadians die from fire every week. Most of these fires are preventable and caused by careless behaviour.**

A full fire prevention week kit can be downloaded at [www.firecan.ca](http://www.firecan.ca). Information on burns, candle facts, cooking precautions, home and office tips, smoke alarms, winter safety, gasoline and a babysitter's guide can also be found in the fact sheets section:

- Babysitter's Guide
- Burns - The need for caution
- Candle Facts
- Cooking Precautions
- Danger - Gasoline
- Escape Plan
- Farm Safety
- Fire Extinguishers
- Home Tips
- Office Tips
- Quick facts on carbon monoxide
- Seniors' Safety
- Smoke Alarms
- Smoke Kills
- Winter Safety

## MARPAC firefighters attend Ottawa memorial ceremony



Firefighters from CFB Esquimalt flew to Ottawa to take part in the Canadian Fallen Firefighters Memorial Service Sept. 14, held on Parliament Hill.

### MCpl Jean-Guy Mayer Damage Control Training Facility

The Canadian Fallen Firefighters Memorial Service was held Sept. 14 on Parliament Hill, in Ottawa.

The Canadian Fallen Firefighters Foundation has been in existence since 2003, honouring all firefighters who have paid the ultimate sacrifice while in the line of duty.

Firefighters from all over the country, both military and civilian, took an active part in the ceremony. Sgt Ron Johnson and I were honoured that we could fly to Ottawa to be a part of such a special occasion.

The morning started off rather dreary and wet when all the firefighters fell-in just outside Parliament Hill. Despite the weather, the firefighters were in good spirits and eager to have the ceremony underway. The parade commander ordered all firefighters to attention. This was our time to honour the fallen.

The march up the hill was spectacular. The rain stopped and the sun broke through the clouds. The band marched us in and the spectators stood and clapped, eagerly await-

ing the formed body to arrive in their place. Once we had arrived, the ceremony began with the opening remarks by Vancouver Fire Department Chief Ray Holdgate.

Once the speeches were completed, the fallen were honoured individually. For each of the fallen firefighters honoured, there was a pair of firefighters to present their respective families with a fire helmet and medal.

This year, Pte Mike Mongeau of CFB Edmonton was privileged to be a member of the Headdress Party. The bell was rung for the last time for these heroes and silence befell the entire Hill. The Last Post was played by two breathtaking trumpeters and was followed by the Firefighter's Prayer sung by the Sudbury Firefighters Choir.

After the fallen were honoured, the marching contingent marched past the red ceremonial table. There was such an incredible feeling of pride and respect in each and every firefighter present. Once the parade was officially over, there was a meet and greet inside the centre block of Parliament where old friends could reminisce, and new friends could be made.

# FREE BARBECUE

Join us for our annual Open House and Barbecue Oct. 9 in front of the dockyard fire hall. 11:30am to 1pm

# PREVENTION WEEK

## Prevent Home Fires



Hundreds of local firefighters gathered downtown with great fanfare this summer to celebrate 150 years of service to the Greater Victoria area. The celebration culminated in a parade that displayed gleaming fire engines representing the various stages of firefighting technology.

Above: Six volunteers from the DND Fire Rescue Department from left to right: Lt Doug Prizeman, FF Vic Devlin, FF Mark Edgington, FF Mark Spencer, Lt Norm Amirault, and FF Rob Minnick.

## Local firefighters celebrate 150 years of loyal service

Candy apple-red antique fire trucks, horse-drawn apparatus and steam driven pumps were some of the spectacles on show during the Aug. 2 and 3 Victoria Fire Department Fire Bells and Fanfare parade.

The unique exhibit celebrated 150 years of firefighting history, going back to when fire protection was first provided in Fort Victoria in 1858.

Included in the line up were members of CFB Esquimalt's Fire and Rescue Service.

Fifty departments, some coming from as far away as Portland, Oregon, and Calgary, Alberta, with over 60 pieces of antique fire apparatus made their way to the Legislature. Thousands of people lined the parade route, and then swarmed the Legislature grounds to see the static display of antique and early fire equipment.

CFB Esquimalt firefighters provided an honor guard for retired Oregon firefighter Al Cuccoai and his two horse-drawn fire wagons near the very front of the parade. Dave Hill provided many a photo opportunity for the parents of young children as he showed off the new CFB Esquimalt Rescue Truck at the static display.

At Centennial Square, a commemorative monument was unveiled.

The new monument was over 25 years in the making and was dedicated to the four line of duty deaths in the Victoria Department, and to those who have died prematurely succumbing to fire related cancers or injuries. It was constructed with the city's original fire bell used some 70 years ago to call firefighters to duty.



## New handbook can prevent tragedy

*Dear readers,*

If you've ever removed batteries from your smoke alarms to stop a false alarm, or think smoke alarms last forever – here's the plain truth. You're playing with fire, and the consequences can be deadly.

I'm appealing to all Canadians to take personal accountability for the fire safety practices and habits in your household.

To help, watch for your copy of a new handbook called Safe at Home. It's being sent to more than two million households across Canada, and is also available for free download at [www.safeathome.ca](http://www.safeathome.ca).

To keep your family safe from fire tragedy, read this informative guide. Then take steps to be sure your family is Safe

At Home.

We also urge you to follow this four-step plan:

1. Install a smoke alarm on every storey of your home and outside sleeping areas
2. Install fresh batteries in smoke and CO alarms at least once per year when you change your clocks
3. Replace all smoke alarms over 10 years old, both battery operated and hard-wired
4. Prepare a family fire escape plan and practice it!

Working together we can help change the deadly attitudes, beliefs and habits that lead to fire tragedies.

*-Pat Burke, President  
2008 Canadian Association  
of Fire Chiefs*

## Make an exit plan

**At work, you should know:**

- Your fire escape plan
- Your designated meeting place in the event of a fire
- Who your fire emergency officer is
- The location of the nearest fire extinguisher
- The location of the nearest fire alarm station
- The location of the nearest two exits
- Who needs assistance in the event of an emergency

**At Home**

Statistics reveal that 78 per cent of

deaths from fire occur in the home, with most of the fatalities taking place between 2 am and 4 am while occupants are asleep. That is why it is critical to develop an escape plan, because one needs to react quickly since with a fire:

- The smoke is black and very thick, making it impossible to see
- There is no time for indecision; a home can be engulfed within five minutes
- Most people are killed by smoke inhalation, not the flame of the fire
- The heat of the fire is extremely intense and can kill you instantly

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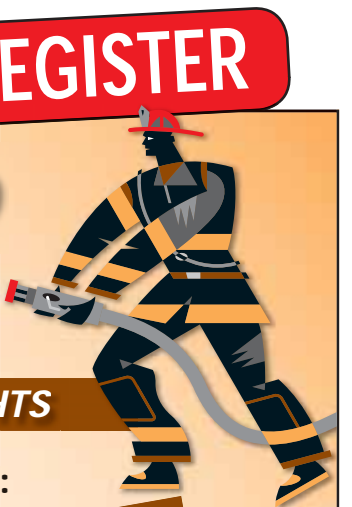
This year as part of Fire Prevention Week, CFB Esquimalt Fire Prevention Bureau is hosting a relay challenge.

**2 person Men's and Women's,  
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Register by calling the Fire Prevention Bureau at 363-1538 or e-mail [McLean MG@POESB@Esquimalt](mailto:McLean MG@POESB@Esquimalt)



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Chris Benesch



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Shelley Lipke, Lookout

RAdm (ret'd) Bill Hughes receives a cheque for \$1,000 from David Nicholson, vice president and investment advisor of Queensbury Securities Inc. The donation was made on behalf of the Nicholson family in memory of VAdm D. Alan Collins (RCN-CF), Cdr George McMorris, Cdr Rouer Roy (RCN), CPOs James and Halliday Nicholson and in honour of Stuart Nelson. The donation will be used for a commemorative stained glass window called the Navy Memorial Window, an official Naval Centennial project that will replace the current window in St. Paul's Church to mark the Naval Anniversary in 2010.

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Photo courtesy of Dragon Anchors

Team Navy Dragon Anchors speeds past the competition during the Kelowna International Dragon Boat Festival's final race.

## Navy Dragon Anchors, all guts, all glory

**Shelley Lipke**  
Staff writer

A hand-delivered Bravo Zulu from the Admiral, a giant trophy, and free entry into the 2009 Portland Dragon Boat Festival have tipped the scales of success for the Navy Dragon Anchors.

From April to September, the mix of military and civilian paddlers competed in six festivals, and took home the gold in three.

Team coach Rob Grigor has been with the team since its inception eight years ago, but has never witnessed such success.

"I'm proud of the commitment that the team showed to me and to their fellow paddlers," said Grigor. "We are competing with some of the best teams out there and beating them."

RAdm Tyrone Pile visited Grigor at his workplace in Work Point to hand deliver the Bravo Zulu certificate for his years of dedication bringing the navy face to the public.

"We came to see Rob get his certificate," said CPO2 Max Michel, team captain. "It was quite an honour and it recognized Rob for his role in showcasing the navy in the dragon boat community. The only reason the team keeps going is because of Rob's coaching skills."

Twice a week, under Grigor's direction, they clambered into the boat at Gorge Rowing and Paddling Centre to train.

While most races were held in B.C., there was one road trip across the border to Portland. No one expected top results. As always, they put a lot of elbow grease into the standard Dragon Boat race and, while they didn't win, they did earn a place in the extreme "No Guts No Glory" 2,600-metre haul.

Eight boats lined up at the start, paddles gripped firmly in everyone's hands, waiting to dip into the water with full force. After 13 minutes and 22.7 seconds, it was Canada's Navy Dragon Anchors that sped across the finish line.

When the team accepted the challenge, they didn't know the top prize was a two-foot trophy and free entry into the next year's festival.

Their successes were

spread throughout the summer, and with each win, team morale grew. Dressed in shirts embellished with a white dragon grasping an anchor in its talons, the team showed vibrant energy during their races. Songs such as *Heart of Oak* bellowed from their throats as they marched from the paddlers' village in unison, energizing the crowd.

"The biggest accomplishment was a total commitment of teamwork on the water," said team manager CPO1 Bob Wiggins.

At the end of the last race in Kelowna over the Sept. 13 weekend, the team walked away with their final gold, and the fastest time of the weekend with 2:04.35 paddling a 500-metre stretch. In total, they accomplished three wins,

one second place and one third over the summer.

With the season now over, Grigor and the team of 23 paddlers are massaging their calluses, putting away their Tiger Balm and reflecting on the many summer days of training and competition.

Next year, they've set their sights on competing abroad. And while CPO2 Michel and Grigor agree it will be challenging travelling to another country due to costs, transport, and time off work, they hope to accomplish it. In keeping with Dragon Boat heritage, they are considering South East Asian countries.

"I have no idea how we are going to top winning three festivals next year, but it will be a year to build on our successes," said Grigor.

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### Old Timer's Hockey

Practices are Mondays from 7-8:30 p.m. and Wednesdays from 8:30-10 p.m. Interested players should contact Lt(N) Ron Folk at 250-363-0092 or by email at Folk.RW@forces.gc.ca.

### Women's Hockey

Practices are Mondays from 4-5:15 p.m., Thursdays from 2:30-3:50 p.m., and Saturdays from 7-8:15 p.m. Interested players should contact Sgt Patrice Masse at 250-363-5852 or by email at Masse.PJ3@forces.gc.ca.

### Men's Volleyball

The Men's Tritons Volleyball season is starting soon. Interested players should contact Lt(N) Mike St-Pierre at 250-588-7556 or by email at stpierre.msp@gmail.com, or Lt(N) Mark Dittrich at 250-363-0803 or by email at dittrich.mh@forces.gc.ca.

### Women's Volleyball

Practices are Thursdays at 4:30-6:30 p.m. in the lower gym at Naden Athletic Centre. Interested players should contact P02 Heidi Twellmann at 250-363-5698 or by email at Twellmann.HF@forces.gc.ca.

### Men's Basketball

Practices are Mondays and Wednesdays from 5 to 6:30 p.m. in the lower gym at the Naden Athletic Centre. Interested players should contact P02 Patrick Sullivan by emailing sullivan.pd2@forces.gc.ca or call 250-474-4428.

### Health Promotions:

#### Basic Relationship Training (BRT)

BRT is a course for couples and singles who want to learn skills necessary to mitigate proven risk factors in long-term, committed relationships. Participants learn which factors are important to change and which skills are important to learn in order to maximize the likelihood of remaining in relationship for the long haul. BRT is not couples counselling  
4 sessions: Oct. 21, 22, 28 & 29  
5-9 p.m.  
Colwood Pacific Activity Centre  
Tuesdays & Wednesdays

#### Applied Suicide Intervention Skills Training (ASIST)

ASIST is a two-day intensive, interactive, experiential course designed to help caregivers recognize and assess suicide risk in others, and to learn how to prevent the immediate risk of suicide.  
Oct. 23 & 24  
8:30 a.m. - 4 p.m.

#### Top Fuel for Top Performance (TFTP) Everyday Eating

Learn the basics about what you need to put in your body to function optimally. Health Promotions offers three noon-hour workshops (Everyday Eating, Nutrition for Physical Activity & Dietary Issues & Supplements) on fuelling your body for high performance activity. Sign up for all three sessions and receive a series Top Fuel for Top Performance Workbook.  
Oct. 30  
11:30 a.m. - 1:30 p.m.

*These courses are free to military members, military spouses and civilian employees. To register for any of the Health Promotion Courses contact your Unit Training Coordinator.*

*For spousal registration or more information contact 363-5621.*

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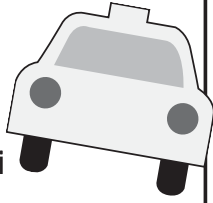
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# IN BRIEF

## University opens up to military

University Canada West (UCW) has announced its Canadian Forces Educational Proposal (CFEP), aimed at assisting CF personnel in pursuing a university education and professional development.

UCW has developed an educational opportunity taking into consideration the unique characteristics and required mobility of CF members.

The opportunity grants university credit for a wide range of military training and service and allows members to attend university full time through an online delivery option. UCW programs are not developed in the traditional semester sys-

tem of four month terms, but rather allow members to complete a degree in a shorter time frame by offering courses in 10 week sessions.

Course intake is continuous allowing individuals to commence at any time, and courses are offered either online by net-based study, or on campus.

UCW representatives have military backgrounds and the capacity to review MPRR and military training for maximum credit transfer through Prior Learning Assessment Recognition (PLAR). PLAR translates military training and education to university credits, and grants members equivalency

towards advanced admission into the degree completion or MBA programs based on their training, leadership, management, team work and business experience.

This initiative will provide members with access to post secondary education, and university credit for their knowledge and training gained through the military.

UCW will present their programs at CFB Esquimalt, in Bldg N30 3rd floor classroom Oct. 22 from 12-1 p.m. If you are interested in attending the info session, please contact Shanna McDonald at shanna.mcdonald@ucanwest.ca or (250) 978-1800.

## Township launches new website

The Township of Esquimalt has launched newly redesigned municipal website (www.esquimalt.ca).

The website now allows residents, visitors, and business owners to receive news from the municipality, to contact appropriate staff, and to learn more about what Esquimalt has to offer.

Features include improved site navigation with updated information and links to municipal services, email subscription options for municipal updates, Council schedule, full agendas and minutes, electronic home owner grant service, and static and dynamic menus to allow for easy navigation of the website.

The website redesign process began during the fall of 2007 and was coordinated by municipal staff and Vancouver-based website and graphic designers, Graphically Speaking. Usability was a major factor in developing the current design. Esquimalt wanted to be able to provide information to residents, visitors, and businesses, and to make it easier for people to find what they were looking for. The municipality intends to implement other online services, including Recreation and Parks program registration, in the future.

During the month of October enter for your chance to win a six-month recreation pass. See details online at www.esquimalt.ca.

### Canadian Forces Sailing Association

Series Race E5, September 28, 2008  
Div 1

1. Pendragon, Maurice Voisin; 2. Feisty, Pauline and Ed Haines; 3. White Wave, Jon Richardson.

Div 2

1. Compromise, Glen Shippam; 2. Monkey Mia, Rodger Brady; 3. Pitoraq, Graham Heath.

Series Race E6, September 28, 2008  
Div 1

1. Pendragon, Maurice Voisin; 2. Limelight, Marty Vachon; 3. Feisty, Ed and Pauline Haines.

Div 2

1. Compromise, Glen Shippam; 2. Monkey Mia, Rodger Brady; 3. Pitoraq, Graham Heath.

### New at the Base Library

DVDs

Iron Man  
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Young @ Heart  
The Forbidden Kingdom

Books

*The Private Patient* by P.D. James  
*Heart and Soul* by Maeve Binchy  
*Heat Lightning* by John Sandford  
*The Keepsake* by Tess Gerritsen  
*What is America?* by Ronald Wright  
*The Flying Troutmans* by Mariam Toews

### Base Library Catalogue Online

<http://library.esquimalt.mil.ca>

Unfortunately, holds cannot be processed online at this time. If an item you want to borrow is out, call 363-4095 or email [irwin.sl@forces.gc.ca](mailto:irwin.sl@forces.gc.ca) to place a hold.



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# INFOCUS



Representatives from the Naval Undersea Warfare Center (NUWC) Keyport, WA; Naval Sea System Command, Washington, DC, and Canadian Forces Maritime Experimental and Test Ranges (CFMETR) gathered in Parksville Sept. 23 for the 26th annual Memorandum of Understanding Meeting (MOU) between the United States and Canada. The MOU allows the two countries to continue working together in operations at CFMETR on the joint Canadian/United States Torpedo Range in the Strait of Georgia near Nanoose Bay, BC.

(Front Row) Capt Stephen Iwanowicz, Commander NUWC Division Keyport; RDML (Sel) David Johnson, NUWC, DC; Cmdre Richard Greenwood, DGMEPM Ottawa; and Cdr Gerald Laporte, CFMETR.



Photo Credit

The Canadian Forces Auxiliary Vessel Fleet celebrated employee accomplishments with an awards ceremony at the Work Point Gun Room on Sept. 24. Base Commander's special awards were presented to Capt Hugh Dinsdale-Young and Sheila Dooley while Ian Wiggs received a long service award. Frank Lavallee received numerous presentations and certificates for his retirement after long and loyal service.

Left to right: LCdr Mark Fletcher, Captain Hugh Dinsdale-Young, Sheila Dooley, Doug Kimmitt, Ian Wiggs and Frank Lavallee.



SLt Whitney (left) accepts his commissioning scroll from Maritime Forces Pacific/Joint Task Force Pacific Headquarters Executive Officer Maj Henry.



SLt Quigley (left) accepts his commissioning scroll from Maritime Forces Pacific/Joint Task Force Pacific Headquarters Executive Officer Maj Henry.



MS Benoit L'Heureux was one of eight CF members chosen to fly with the Snowbirds three weeks ago.

## Golf team takes home Pacific Regional win

**Mary Ellen Green**  
Staff writer

On the final day of play at the Pacific Region Golf Championships, CPO2 Damien McCabe found himself in the trees to the left and 155 yards from the pin on hole five.

"My ball was five yards behind a tree with no straight shot to the green and a lateral hazard straight down my line," he said.

But that didn't faze the sailor from CFB Esquimalt. He hit a fantastic recovery, landing him on the green, and in perfect position to walk away with par.

Tournament winner CPO2 McCabe calls this shot his best play of the 54-hole stroke play tournament, hosted by 19 Wing Comox at the Glacier Greens Golf Course, Lazo B.C., Sept 16-19.

He finished with a three-day overall score of 225, seven shots ahead of the second low gross winner, Comox's

MWO Richard Martin, with 232.

But winning the individual title wasn't CPO2 McCabe's main focus. CFB Esquimalt's A Team, of which McCabe is a member, took home the team champion banner and trophy for the fourth year in a row.

"When playing against other bases, it is a team event more so than an individual win. Anytime an away team can beat the home team, life is great," CPO2 McCabe said. "I appreciated winning the Pacific Regional's, but my goal is to represent Canada at the 6th CISM World Military Golf Championship being hosted by Namibia, Africa, next year."

CFB Esquimalt had two five-man teams in the regional finals. Each team was chosen at the play-downs held at the Gorge Vale Golf Course in early September. No women tried out for the team this year.

Team A consisted of MS

Rob Turnbull, team captain, PO1 Gilles LeBlanc, CPO2 Damien McCabe, Capt Dave Mansi, and PO2 John Ellis.

Also competing for the Pacific Region title were Tyndall Air Force Base in Florida (NORAD) and a host team from 19 Wing Comox.

Comox finished second overall and CFB Esquimalt B Team finished third.

"We were happy to come home with the trophy," said PO1 Gilles LeBlanc. "We all did what we could to help the team and the results prove our hard work paid off."

Next year, the winners from the five regional tournaments across the Canadian Forces will compete against each other in the first ever National Golf Championships.

"That's what I love about competitive golf. By the end of the 18 holes it feels like you've been playing your whole lives together," said PO1 LeBlanc.



Pte Lindsay Grimster, DND

The CFB Esquimalt golf A Team came away from the Pacific Regional Golf Championships in first place. They are from left, team captain MS Rob Turnbull, PO1 Gilles LeBlanc, CPO2 Damien McCabe, Capt Dave Mansi, and PO2 John Ellis.



# Analyzing adventure training – to Hell's Gate and back

**LS Alex Greer**  
Contributor

## Day One – Mon Sept. 15

Just after 7 a.m. on a clear Monday morning, a van carrying six personnel from CFB Esquimalt's Acoustics Data Analysis Centre – Pacific (ADAC – P) departed the base for the Swartz Bay – Tsawwassen ferry. Yale was to be the final destination.

The mission? For the next week, the crew of the Major Mike Verville (unit Commanding Officer), Capt James Wright, PO2 Craig Elliot, MS Dave Schertzer, LS Ross Collison and myself would undertake whitewater rafting adventure training.

Around 2 p.m. the crew arrived at the site of the Fraser River Raft Expeditions company, where they met the staff, who briefed us on what lay ahead.

A base camp was set up, but being very curious, the crew went exploring. We went to the Hell's Gate Air Tram for a view of one of the most treacherous canyons on the Fraser River, and then hiked to the rusty Alexandria Bridge, a former Trans-Canada Highway crossing point.

Later we would pass by these landmarks by raft.

## Day Two – Tues Sept. 16

We rose early to have breakfast, then washed up and broke camp. Unlike last year's caving expedition, this time we were constantly on the move.

At 9:30 a.m. the crew and guides departed Yale for our drop off point about 130 kilometres north, near Ashcroft, on the Thompson River. At this beach, our gear was loaded onto a 35-foot four pontoon supply raft, which was piloted by Simon, one of our guides. The crew paddled a six-person raft and an additional two-person kayak, under the direction of the other guide and raft coxswain, Lisa.

The first leg down the Thompson River presented a myriad of challenges. We tackled many stretches of white-water rapids, which included names such as Devil's Kitchen, Bone Crusher, Cutting Board, Jaws, Garburator, Witches Caldron, and finally the 18th Hole. We paddled frantically as the crew got smashed, rolled, shaken and wet ... very wet. Thankfully, we were outfitted with the appropriate wet suits. Moreover, we were fortunate to have some rather warm sum-

mer-like weather throughout the expedition, so we dried fast.

At some stretches we took it easy and just let the current move us. As we viewed the majestic scenery of rocks, cliffs and trees, Lisa told us some trivia about the area we were travelling through. We had a sense of what Alexander Mackenzie and Simon Fraser went through nearly two hundred years ago.

Just prior to our camp, Lisa suggested this was a good area to practice "white-water survival floating" with the legs forward, knees slightly bent and looking downstream. Being such a warm day two brave souls took the plunge.

After our 40-km transit we set up camp on the shore of the Thompson River in the late afternoon. Except for the railway tracks on both sides of the river, the wilderness was largely unspoiled. It was quiet except for the rushing of the water and the occasional roar of trains. It was amazing to see how much rolling stock passes through those canyons throughout the day and night.

Lisa and Simon fixed us a Mexican feast and shared more rafting stories. They both appreciated our compliments that they would do well as navy cooks.

## Day Three – Wed Sept. 17

After a leisurely breakfast we loaded up and left camp at mid-morning. We came to the junction of

the Thompson and Fraser Rivers about an hour later, where we saw a curious black bear that had come down the river embankment to check us out.

We found the temperature of the Fraser was much cooler. The routine was similar to the previous day. We paddled like mad through stretches of rapids and then experienced calm water conditions.

At each point Lisa's Kiwi accent would sound off in an insightful narrative. Temperatures continued in the mid twenties, and skies remained sunny and clear. We had one stop for lunch, and another for hiking up a creek to an abandoned railway tunnel.

After transiting about 65 kms downriver, we set up camp on the shore of the Fraser. Again, Lisa and Simon outdid themselves by giving us a banyan-like meal, complete with Hawaiian-style Tiki lights as dusk fell. We knew there would be more challenges the next day.

## Day Four – Thurs Sept. 18

Again we went through the morning routine of breakfast and breaking camp. We left the camp at 9:30 a.m. to board Simon's motorized pontoon raft, with the smaller raft in tow as we continued down the Fraser River.

This time we did not have to paddle in the quiet water, but just gaze at the remains of multiple train wrecks. We rendezvoused with the staff at Boston

Bar to unload the excess gear, as well as the small raft and kayak.

We boarded the pontoon raft with Lisa as the coxswain. Simon followed us in a smaller motor-driven raft. Don't think that because we were not paddling that things had become easy.

Actually we went on to transit some of the most treacherous stretches of the Fraser such as Hell's Gate and China Bar. At the Sailors' Bar rapids, we conducted five runs, motoring back upstream for more action; in the end we were all soaked.

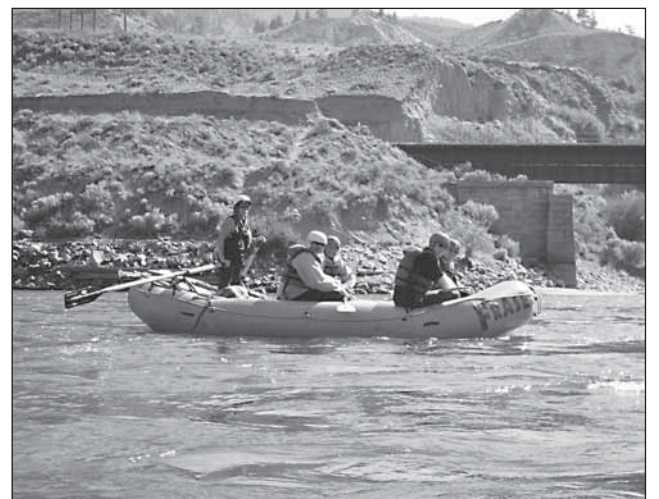
Lisa had done this route many times before, and we could not help but notice her mischievous smile each time we approached the rapids.

By late afternoon we made it back to Yale. In keeping with B.C.'s 150th anniversary, Lisa told us about how Yale was once a gold rush boomtown of 10,000 people, and now has only 150 residents. We then returned our wet gear, packed up, said our good-byes and departed for our long trip back to Victoria.

Overall this was a great team building expedition, as teamwork was essential to keep the raft from flipping in the giant whirlpools. We transited over 130 kms on both the Thompson and Fraser Rivers on rafts, and without any major incidents or injuries. ADAC(P) has gone to Hell's Gate, conquered the challenge and returned.



A team from CFB Esquimalt's Acoustics Data Analysis Centre Pacific spent a week whitewater rafting on the Thompson and Fraser Rivers, travelling 130 kilometres from Ashcroft to Yale, B.C.



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AGM VICTORIA NAVY LEAGUE BRANCH. Archie Brownie Center Esquimalt (Board Room). Meeting & Election. October 27th 7pm-9pm.

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ISLAND EAGLES PATHFINDERS need your help to raise funds for a trip to the 2009 International Pathfinder Conference. Please drop off any refundable beverage containers at the corner of Lyall Street & Moresby Street -near the Chief's and Petty Officers Mess at CFB Esquimalt. Donations accepted ANY weekday in August or September. Email [island-eagles@hotmail.com](mailto:island-eagles@hotmail.com) for information or questions.

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**S G Power A.T.V. CENTER**  
Honda, Yamaha, Kawasaki  
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- 5'x5' - 20'x34' units
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**VERY COMPETITIVE RATES**

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**GIVE generously**

to the **Canadian Blood Services Clinic**

Dockyard Fitness Facility  
**Tuesday, October 14**  
9am to 1pm  
Must have picture ID

**There is an URGENT NEED for all blood types!**

**HELP WANTED**

**CONCORD SECURITY**

**CONCORD SECURITY is hiring!**

We want you to join our team.

We have several immediate openings at friendly, customer service oriented sites. Part-time and full-time available. Flexible hours. Medical and dental benefits. Job stability. On-line BST/Security training course available.

[www.concordsecurity.com](http://www.concordsecurity.com)  
or call Bob 250-418-0165

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**Moving?**

- Largest truck fleet in town
- Always reliable
- 4 convenient locations in Victoria
- Special weekend rates

For reservations call 250-953-5300

**Budget**  
Car and Truck Rentals

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**ESQUIMALT**

**Unique Building Must See!**

- 2 bed. \$950
- Very Quiet
- Heat Included
- Close to Base
- Avail. Nov. 1st

1378 LYALL ST.  
**250-388-9384**

**Lookout Classifieds Work!**  
Call 363-3014 to advertise.

**REAL ESTATE • FOR SALE**

NEWLY RENOVATED 3 BED, 2 bath with bonus room. New windows, floors and more. 1500 sq. ft. plus a large yard. Centrally located between Langford and downtown. M bdrm. has a beautiful view of the Gorge. Close to schools. 5 min. walk to beach and wooded trails. Access to private basketball/tennis court and community hall.

3BR/2BA 1350 SQ. FT. TOWNHOUSE in downtown Langford. This end unit has a brand new roof, garage, shed, fenced yard with custom patio, new F/S/DW & HW tank, alarm, fireplace, hardwood, tile, lots of storage, big master w/walk-in. A must see, won't last long. 350,000. 250-386-1535

A SPACIOUS NEW HOME for your family! Four bdrm., three bath home in beautiful "Heritage by the Sea" Ladysmith. Has been renovated top to bottom. Two bdrms. up/two down. New basement fully finished with river rock fireplace, laundry room & options for one or two bdrm. suite. Large flat backyard with extra parking space for recreational vehicles. Quiet street and walking distance to downtown, elementary & high schools, police station, rec. center. for photos, email: [ssproctor@shaw.ca](mailto:ssproctor@shaw.ca)

**BRING AN OFFER - \$309,900**

East sunshine streams thru your windows. Enjoy afternoon sun on your deck. Kitchen with island leads into dining space and then to living room with door out to deck. Master bedroom and 2nd bedroom have doors opening to the patio. Special extras include shower made for two in the en-suite. Laundry with storage area. Lots of closets. Elevator and sidewalk for easy access. Gas Fireplace. Close to bus and walking to downtown Langford. New Home Warranty.

info@nancyvieira.com  
250-514-4750 / 1-800-665-5303



**Great Rentable Condo That's Pet Friendly For Only \$259,900**

# 412 - 909 Pembroke Ave.

This 2 bedroom, 1 bath condo is on the top floor of this well-managed building which is close to lots of amenities and only a short walk to downtown. The 3 U-V rated skylights provides this unit lots of natural light plus the kitchen stove has a convention oven and all the appliances are only 3 years old. MLS 250988 Priced to sell at \$259,900 See virtual tour at [www.davidhale.com](http://www.davidhale.com)

**Call David Today for details!**  
250-595-3200 or 812-7277

KELLER WILLIAMS REALTY [www.davidhale.com](http://www.davidhale.com)



**REAL ESTATE • FOR RENT**

**Gorge View Apartments**  
258 Gorge Rd. E

Park-like setting located where the Galloping Goose Trail meets the Selkirk Waterway.

- Spacious & Clean Bachelor, 1 & 2 bedroom apartments
- Indoor pool, sauna & HotTub
- Racquetball Court
- Fitness Facilities
- Reduced security deposit for Military Personnel
- Heat
- Hot water

Call to view  
**380-6566**

**The Seagate Apartments**  
707 Esquimalt Rd

Ocean front, Olympic mountain views, seawalk to downtown, spacious and clean.

Bachelor, 1, 2 & 3 bedrooms

Rent includes:

- Hot water
- Heat
- Secured parking
- Squash court
- Indoor pool/hot tub
- Fitness centre
- Games room

Building is wired for Shaw@home. Reasonable rent in a very quiet building. Reduced Security deposit for Military Personnel.

Call to view  
**383-1731**

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MODERN 1 BDRM. SUITE in Sooke. Private entrance, utilities included, shared laundry. N/P, N/S. \$850/mo. For viewing call 250-920-5008

**BROWN BROS** SINCE 1918  
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**837 Ellery St., Esquimalt**  
1 Bdrm • \$750/month  
2 Bdrm Avail. Nov. 1 • \$950/month

Includes heat and hot water  
**Close to shopping, bus stop, CFB Esquimalt**  
Well-maintained, quiet building  
No pets please

**CALL 217-0757**

**PACIFIC VILLAGE II**  
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**SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES**  
**1 & 2 BEDROOM APARTMENTS**

**RENTALS CENTRALLY LOCATED**  
PARKING INCLUDED  
FRIDGE/STOVE INCLUDED  
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PETS: CATS ONLY

CLOSE TO SCHOOLS, ADMIRALS WALK,  
GORGE & CFB ESQUIMALT

**250-385-2250**

# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.35 • ALL OTHERS: 20 words \$8.40 • Each additional word 15¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.


Call **363-3014** to book your display or word ad

**REAL ESTATE • FOR SALE**

**Ron MacDonald & Geri Fitterer**  
  
**SAXE POINT FAMILY HOME**  
 New to the market, great floor plan, large bright rooms, excellent location. Sunken living room with gas FP, sep. dining room, spacious kitchen. 3 bdrms up, plus extra room for home office or hobby room. Master has large walk-in closet and 4 pc ensuite. Walk to base. \$599,900. ML252606.  
**PEMBERTON HOLMES 384-8124**

**Townhouse Living at Condo Pricing**  
 Now \$279,900  
  
 Call **Melinda Brake**  
**ROYAL LEPAGE**  
 Coast Capital Realty  
 250-642-6361  
 ■ 2 storey loft  
 ■ 2 bedroom  
 ■ 15 foot ceilings  
 ■ Deep soaker tub  
 ■ 2 parking stalls  
 ■ Westshore area

**Jeff Shorter**  
 250-384-8124  
 jeff@jeffshorter.com  
  
**Tranquil Setting on Park**  
 This 3 bdrm has an open floor plan on main, with natural lighting, quality maple cabinets, ceramic tile and hardwood flooring. Beautiful "Zebra" design home blending into picturesque Kinsmen Park across from Gorge Vale Golf Course. Excellent craftsmanship, quality and detail. Stainless steel appliances. Quiet 200 feet from road down common driveway. Virtual tour and floor plans available at Jeff Shorter.com. Great value at \$569,000! MLS 249932.

**REACH FOR A HEALTHIER BODY**  
  
**BOOTCAMP 12:05 to 12:50**  
 A front lead cardio, weights, and core class.  
**The Full Meal Deal!**  
 At Dockyard Tuesday & Thursday  
 At Naden Monday to Thursday

FIND US ONLINE  
[WWW.LOOKOUTNEWSPAPER.COM](http://WWW.LOOKOUTNEWSPAPER.COM)

**Sell your home in the Lookout**  
 Call 363-3014 to advertise

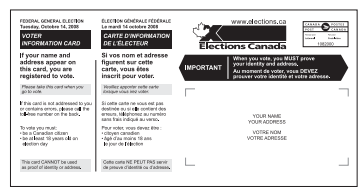
**ROMAN CATHOLIC CHAPELS**  
**DAILY MASS TIMES**  
 Tuesday, Wednesday, Thursday, 12:10 p.m. in Naden  
**SUNDAY MASS TIMES**  
 Naden 9 a.m.  
 Belmont Park 10:30 a.m.  
**CONFESSION**  
 Available before Sunday Mass or by appointment.  
**MARRIAGE PREPARATION**  
 Must be taken if one wishes to be married in a CF Chapel. It's only offered three times a year.  
**THE RITE OF CHRISTIAN INITIATION OF ADULTS**  
 For persons who wish to become a Roman Catholic. Course runs September to Easter.  
**BAPTISM PREPARATION**  
 Call to register. Must be taken to have baptism in a CF Chapel or ship.  
 FOR INFORMATION, CALL PADRE JOHN JOLLIFFE, 363-4289

OCTOBER 2008

			1	2	3	4
5	6	7	8	9	10	11
12	13	<b>X</b>				

**This Tuesday, vote.**

**A federal general election is taking place on October 14, 2008.**



**For information on where and when to vote, check your voter information card.** It tells you where and when to vote. You'll get through the voting process more quickly if you have it with you.

**You will find the voting hours for your polling station on your voter information card or at [www.elections.ca](http://www.elections.ca) by clicking on "Voter Information Service".**

**If you haven't received this card, you are probably not on the voters list. To register, all you need to do is go to your polling station on election day, where you must prove your identity and address.**

**New identification rules to vote**

When you vote, you must prove your identity and address.

For the list of acceptable pieces of identification authorized by the Chief Electoral Officer of Canada, please see the pamphlet you received by mail from Elections Canada or visit [www.elections.ca](http://www.elections.ca) and click on "Voter Identification at the Polls".

To vote, you must:


- be a Canadian citizen
- be at least 18 years old on election day
- prove your identity and address

**Vote. Shape your world.**

[www.elections.ca](http://www.elections.ca)

1-800-INFO-VOTE  
 1-800-463-6868  
 toll-free in Canada and the United States, or 001-800-514-6868 toll-free in Mexico

TTY 1-800-361-8935  
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# ART FOR SALE

IN SUPPORT OF GCWCC/United Way

PRINTS BY RENOWNED AVIATION ARTIST VIC ATKINSON  
www.vicatkinson.com

11 x 8.5 prints \$10

Drop by the *Lookout*, located on Signal Hill, to choose your cartoon or send your payment though 1000 miler, and will pick up for you. More than 10 different prints to choose from! Hurry to get the one(s) you want, choices are limited!



"Move Over Fritz, the Yanks are Here"



"Balloon Race"



"The Red Baron Strikes Again"

24 x 18 limited edition prints \$100

ONLY ONE OF EACH!



"God Bless the Ground Crew"



"Down Patrol"

Normally sold for \$175 each

Thank you for helping us reach our goal!



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100% Financing\* at 4.5%  
from \$248,500/Bi-Weekly Pmt. \$594



Superbly Appointed, Fitness Centre, Secure Parking

**OPEN HOUSE DAILY**

1315 Esquimalt Rd. Tue-Sun 11-6



**REGISTER TODAY!**

www.theovation.ca

Call: Cliff or Sarah 250-595-0004

\*100% Financing may be discontinued at any time without notice.

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WALK TO AMENITIES, GROCERY SHOPPING & THE BASE

- 5 minutes to downtown
- 5 minutes to ocean front
- No Colwood crawl



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