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COMMUNITY 3

Farm gets help from dedicated soldier



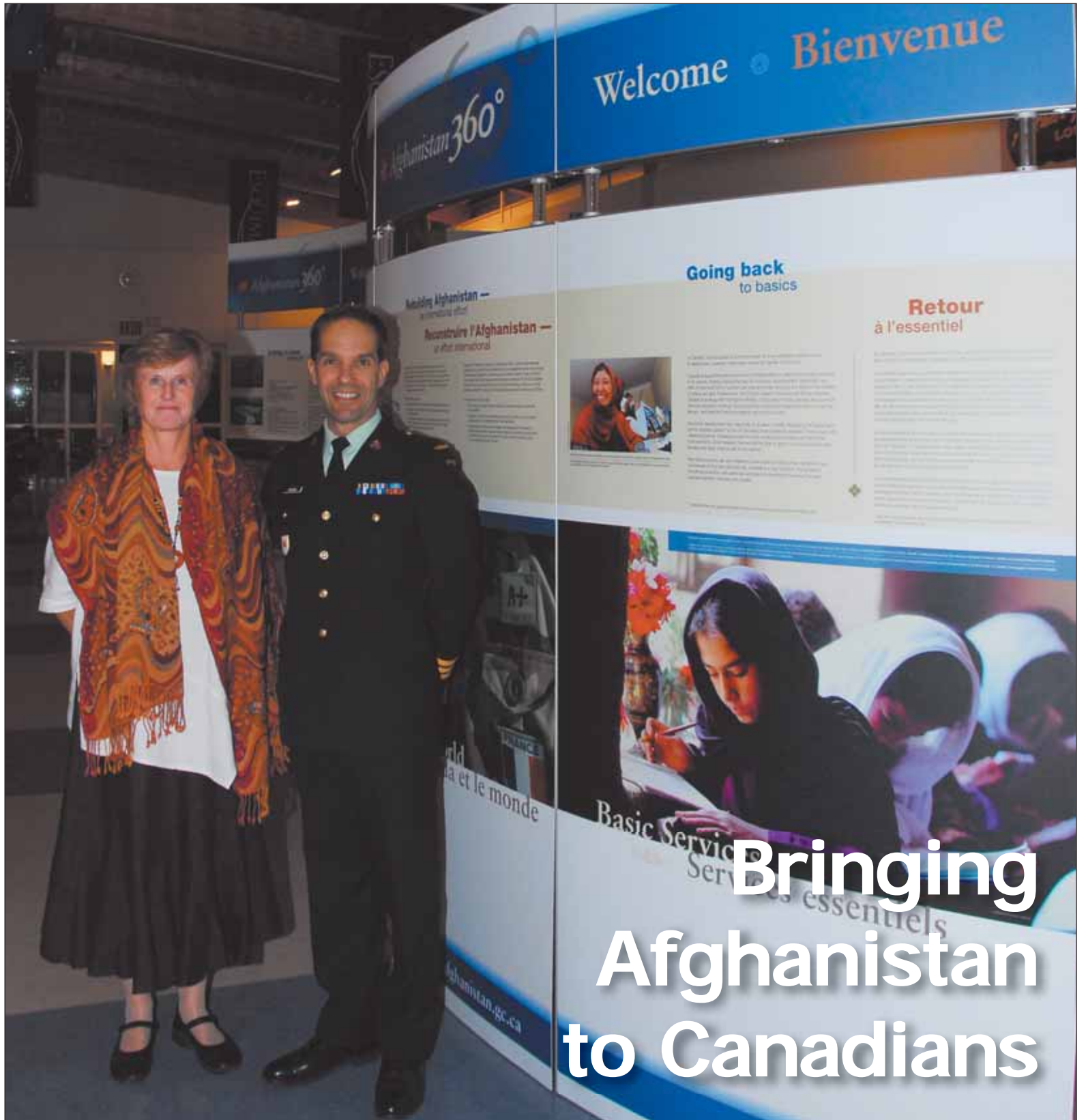
OLYMPICS 8-9

Military ramps up for its part in Olympic security



NEWS 10

Divers test new system



Bringing Afghanistan to Canadians

Mary Ellen Green, Lookout

Canadian International Development Agency employee Karen Christie and army reservist LCol Douglas Poitras shared their first-hand experiences of Afghanistan last week at a kick off for Afghanistan 360, a display at the Esquimalt Recreation Centre. The display will be open to the public until Oct. 14. See the full story on page 2.

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Exhibit offers 360 degree view of Afghanistan

Mary Ellen Green
Staff writer

For those interested in learning more about Canada's engagement in Afghanistan, the Afghanistan 360 exhibit has made a stop at the Esquimalt Recreation Centre, and is open to the public until Oct. 14.

Afghanistan 360 is a multimedia exhibit owned and operated by the Canadian International Development Agency (CIDA). Through fully bilingual photos, text, videos and podcasts visitors can learn about Canada's role in helping the Government of Afghanistan reshape their country.

Since June 2009, the multimedia exhibit has been touring the country.

On Oct. 7, the display made a morning stop at Royal Roads University where students and faculty had a chance to view the information and hear two first-hand accounts of what it's like to work in Afghanistan from LCol Douglas Poitras and civilian Karen Christie. The two also gave a presentation at the Esquimalt Recreation Centre that evening.

LCol Poitras, Commanding Officer of The Royal Westminster Regiment, was deployed to Afghanistan in 2007. From December 2007 to August 2008 he served as the J5 for the U.S. Army Afghanistan Regional Security Integration Command (South) (ARSIC) of Operation Enduring Freedom with a focus on rebuilding the Afghanistan National Police.

"I was one of just three Canadians working at ARSIC South. I was the main police guy," he said.

LCol Poitras' focus was to re-build, re-equip, mentor and train the Afghan National Police in the southern region.

"Can you imagine what it's like to train a police officer who can't read?" he asked the crowd gathered at the Esquimalt Recreation Centre. "The literacy rate for males in Kandahar is 26 per cent. Imagine trying to take a witness statement."

Another challenge LCol Poitras spoke about was electricity. Only one third of the 500,000 people living in Kandahar City have access to power for three hours every three days.

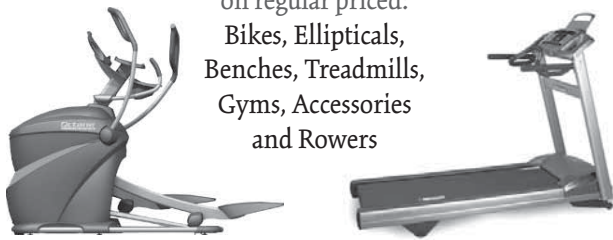
"We're trying to get across to people that we're using a whole-of-government approach in Afghanistan. In tune with that we're making sure the public understands the breadth and depth of what we're doing there. Rome wasn't built in a day and neither will Afghanistan."

Christie, Senior Analyst at the Afghanistan and Pakistan Task Force of the Canadian International Development Agency in Ottawa, just returned from a



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COMMUNITY: VOLUNTEERISM AT ITS BEST

Soldier helps farm support street women

Shelley Lipke
Staff writer

A safe haven for rescued animals is now reaching out to help street women with the aid of a Canadian Forces member.

Sgt Eda Birch and Sacred Circle Farm in Sooke are working together to renovate a house on the property that will house up to four women.

"When I heard of the idea to use the farm as a transitional space for women who are moving off the street I wanted to help," said Sgt Birch. "I have seen firsthand how healing and therapeutic it can be to have animals around, and I'm very supportive of the idea of helping women move off the streets."

The soldier united with farm owner Kat Mattice after meeting her at RONA and offering some building advice.

"I work at a RONA store part-time and when Kat came into the store looking for information on house repair courses, she told me about the farm and about a herd of goats that she had recently rescued."

After Sgt Birch learned about Mattice's ideas for the farm, she knew her building knowledge would be helpful for winterizing and fixing up the farm, for both the animals and women.

The two fundraised to cover the cost of building an animal shelter and fixing up the house, gaining support from Slegg Lumber and individual animal lovers.

"I asked people if they



Photo courtesy of Sgt Eda Birch

Christine Emery, Kat Mattice and Sgt Eda Birch work on the shelter that will house a herd of goats at Sacred Circle Farm in Sooke.

couldn't sponsor a large portion of the shelter to just give \$3 to buy a two by four, and we raised enough to buy some framing materials, the roof sheathing and the asphalt for the roof," said Sgt Birch.

In mid-September a crew of volunteers began work on a shelter to house a recently rescued heritage dairy goat herd.

"We managed to get the skids and some of the framing up, but we need to go back a few more times to

complete it," said Sgt Birch. "We are hoping to scavenge enough salvaged lumber to put up side walls and we still need to put the roof up. We are looking for sponsorship and assistance so we can finish this shelter, and we need to build a second one as well."

Once the shelters are built the focus will turn to preparing the house and helping women says Mattice.

"I want to share this farm with women in need, and have the women help care

for the farm to give them a sense of camaraderie," she says. "I have room for four women and the idea is to have them pay rent through assistance and we'd learn to live together as a group working on the farm. Over a period of time, when each woman feels secure enough and safe enough, then they will move out and somebody else can get a chance to come in and benefit from the farm."

To find out more information and get involved visit the Facebook group Sacred Circle Farm. Anyone wanting to contribute materials or time is asked to contact Kat Mattice at 250-664-6417. Donations of lumber are also greatly appreciated and cash donations for lumber can be given directly to Troy at Slegg Lumber in Colwood, who is holding an account in trust for Sacred Circle Farm.

I want to share this farm with women in need, and have the women help care for the farm to give them a sense of camaraderie

-Kat Mattice
Owner of Sacred Circle Farm

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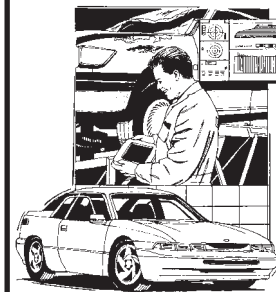
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WHAT SAY YOU

Cadets leads to well rounded youth

Hugh Kruzel
Contributor

A wonderful opportunity awaits your child. There are sleepovers, camping and sometimes free food. There are games and lots of physical activity.

They will say "Yes Sir...No Mam" and learn how to dress neatly.

Oh, did I forget to tell you about polishing boots, parades, and loads of physical activity?

Though it is your kid that joins in activities, it really means you signing up by default.

Whether it is hockey, sailing, badminton, violin, theatre, or cadets, realize their time is your time.

I am sitting in the parking lot right now on a beautiful Saturday morning so my daughter, Hannah (age 13), can learn how to safely handle a firearm and successfully hit a small bullseye somewhere downrange. Sure, we all invest in the successes of our kids.

Really, as a parent, isn't that the goal of all our life lessons: to get them to look up and see some target to aim for.

I could call the cadets a "transformative" experience, as I have observed it as the path where so many young people grow into responsible citizens. Yes, they learn citizenship as well as how to march and dress.

But, it is the learning about teamwork and co-operation that impresses me most.

Summer camp in the Greater Victoria area is held at Albert Head, just west of Colwood. The first year it is a two-week adventure. Subsequent years there are longer programs in Comox, the prairies, and points east. What a great way to learn Canadian geography. What a way to learn survival skills, how to fly, and who you are.

Of course there is the weekly parade night.



For Air Squadron 89 it is at the Bay Street Armoury from 6 to 9:30 p.m.

A new school year and cadets restarts. Everyone is delighted to be back together. Sundays the band has a special practice in preparation for performance and competitions. There is a drill team too that meets to always improve their precision and presentation. It is all so impressive when the squadron turns out for inspections and events.

The first community involvement this year was in honour of the Battle of Britain. Held at Christ Church Cathedral, the young folk got a tangible history lesson. Naturally, Nov. 11 is a significant date. Remembrance Day ceremonies are held at cenotaphs throughout

the region, but the biggest gathering will be at the B.C. Legislature grounds.

Cadets embrace the rank structure and it is impressive to see how they connect with veterans at parades.

It isn't for every kid. Our son elected not to join and we respected that choice.

But it has provided wonderful chances for Hannah to improve her music skills and to broaden her confidence. Friendships are built, and I believe she may find her best friends, for life, right here.

There are air, navy, and army units across the region, province, and country, that welcome new members.

Maybe it would be great for your kid?

HOROSCOPES

ARIES - Mar 21/Apr 20
Aries, even though you have taken a couple of steps in the wrong direction it's not too late to backtrack and change things around. This is the week for redemption.

TAURUS - Apr 21/May 21
Taurus, this week will be slow for you so you will need to make your own fun to stay occupied. Why not host a get-together with your closest friends?

GEMINI - May 22/Jun 21
You are feeling all sorts of positive energy, Gemini. Harness it and put it to good use, either around the house or at work. Others will be drawn to your magnetism.

CANCER - Jun 22/Jul 22
Rethink those plans you have for later on in the week, Cancer. It's likely weather will put a damper on what you had in mind. Scorpio has a secret for you on Thursday.

LEO - Jul 23/Aug 23
Leo, your generous and warmhearted nature could be the key to your undoing if you let others take advantage of you. This week resist the urge to meddle.

VIRGO - Aug 24/Sept 22
Virgo, you are blessed with an eye for detail that many people would love to possess. But if you let this border on obsession, especially this week, you'll be feeling lonely.

LIBRA - Sept 23/Oct 23
You want to be helpful, Libra, but by helping someone else you could be neglecting the person closest to you. Open up your eyes before you act and see who it might be affecting.

SCORPIO - Oct 24/Nov 22
Somehow you've turned dark clouds into sunny skies, Scorpio. It will truly be a good week for you with lots of happy days and a chance to rekindle a little romance.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, a mix-up at work leaves you scrambling for a quick fix. Look to Pisces, who may have the answer you seek. Time spent at home is considerably less stressful.

CAPRICORN - Dec 22/Jan 20
Financial squabbles with a spouse or loved one can put your relationship on a rocky road for a few days, Capricorn. It's best to resolve these issues before they escalate.

AQUARIUS - Jan 21/Feb 18
Restlessness is to be expected this week, Aquarius. You are a people-pleaser, and when there aren't enough people around you are off of your game.

PISCES - Feb 19/Mar 20
Surprising facts come into play, Pisces. The news is unexpected and could knock you off-kilter for a while.

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The Old Car Detective

Bill Sherk



Dave Tafel lives in Orleans, Ontario. His story takes us back over half a century:

"It was the early 1950's. I was about 10 years old, give or take a year. The place was the mill town of Gatineau, Quebec, a small tightly knit community.

"My Uncle Art Hoag purchased a tired old black Model T Ford sedan of late '20's vintage for the purpose of rebuilding it in his garage. He stripped it to the frame rails the first summer between shifts at the mill, rebuilt the motor in his basement over the winter, and reassembled and painted his 'Flivver' starting in the spring.

Spare parts were few and far between, tires were hard to come by, and the mechanical brakes were

not easy to adjust, but it all came slowly together. We kids used to congregate around the garage and help wire brush parts or get my uncle 'a cold one' on demand.

"Finally the day came for the 'test drive' around the block. We kids decided to follow on our bikes. Off we all went around the corner and down the block at full speed. But my uncle had left an open box wrench set on the open floorboards and when he hit a particularly hard bump, the wrench set fell to the pavement with an ungodly clatter.

"Well...pandemonium! The housewives along the street rushed to their front porches in alarm to see if the 'Tin Lizzie' had come apart or if Uncle Art had hit one of the kids on the

Uncle Art rebuilds a Model T Ford



A Model T Ford sedan similar to the one rebuilt by Art Hoag.

bikes. His face was red and he took some abuse for that incident. Shortly afterwards, he sold the car. What he got for it, I do not know, but the memory of it is priceless."

Dave Tafel's story reminds me of the story of the Model T Ford owned by my grandfather, Desmore Sherk, and told to me by my Aunt Flossie. Grandpa's T had a large hole in the windshield and whenever he drove into town, his dog Rusty would go with him, sitting at first beside him on the front seat.

But just after the T would get moving, Rusty would jump through the hole in the windshield and stand

on the hood with the wind in his face. When the engine warmed up, the hood got too hot and Rusty would jump back through the hole in the windshield and onto the front seat again. And that's when my grandfather knew the engine was up to full operating temperature. His dog was his temperature gauge.

As a thank you, if your story is published in this column you will receive a copy of Bill Sherk's book "60 Years Behind the Wheel: The Cars We Drove in Canada 1900-1960". To share your stories or photos e-mail billtsherk@sympatico.ca or write Bill Sherk, 25 John St., P.O. Box 255, Leamington, ON N8H 3W2.

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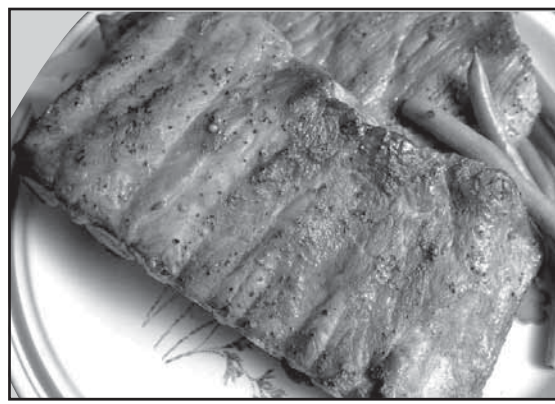
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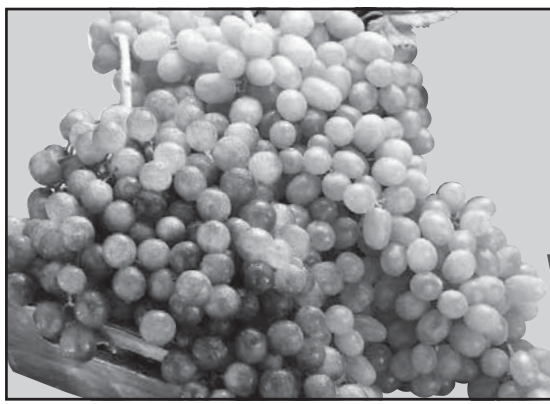
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Your opinion counts, take the survey

Karen Thompson-Greiff and Mark Jenkins
J14-1 HR

This year, the Annual Employee Survey (AES) Campaign will run from Oct. 19 – Nov. 27.

The public service-wide survey, previously known as the Public Service Employee Survey or PSES, is now annual, and will help provide a clearer picture of how public servants across government view their work environment.

The surveys are voluntary, and designed to be completely anonymous, and there is no data or information that can serve to identify individuals.

By completing the AES, employees can help identify what they see as strengths or areas for improvement in their workplace. Because of the valuable input and opportunity for improvement it provides, everyone is encouraged to complete the survey.

In 2008, approximately 923 Maritime Forces Pacific (MARPAAC) employees responded, meaning a 40.1% rate of participation. This is low compared to the DND average of 47.0% and Public Service average of 65.8%. For this year's survey, MARPAAC is encouraging a participation rate of 75% for more robust feedback from employees.

In the 2008 survey, employees identified positive aspects of their workplace such as their strong working relationships,

respect from their organization, and the value of their work.

Employees also identified areas of concern in their workplace, including too many approval processes, aspects of workplace relations, and limited performance feedback. On the whole; however, the survey was encouraging as MARPAAC fared better in the survey than the Public Service on average.

The feedback gained from the 2008 survey has been valuable. A more detailed summary of these

results and the action plan for MARPAAC can be found on the J14 website: <http://esquimalt.mil.ca/marpac/n14/index.htm>

Wondering how to participate? Employees will be notified by email when the surveys are made available online for completion. If employees have any accessibility issues with the electronic version of the survey, paper copies will also be distributed by the following Unit champions:

- Aiden Neill (CFB Esquimalt) Phone: 3-4287
- Aldeen Mason (FMF

CB) Phone: 3-2545

• Mark Jenkins (MARPAAC HQ, NOTC, CANFLTPAC, CFFSE) Phone: 3-7626

Also, Wednesdays of each week during the campaign will be designated "Complete Your Survey Day", and you are encouraged to fill out your survey this Fall and make your opinion count.

More in-depth information about the survey can be found on the Treasury Board Secretariat Webpage FAQ: www.tbs-sct.gc.ca/ps-es-saff/2008/faq-eng.asp

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Securing Vancouver in 2010

Canada's military has been working with other security agencies to blanket Vancouver's Olympic venues like high-tech bubble wrap, for when revellers from around the world converge on the city.

Christian Bedford
Contributor

With only months before the world descends upon Vancouver and Whistler for the 2010 Olympic and Paralympic Winter Games, final preparations are now in full swing to ensure this is the most successful Olympic experience ever.

As thousands of staff from VANOC, the city of Vancouver, the province of British Columbia, and beyond complete the venues that will host the events of the 21st Winter Games, thousands of other security personnel are making final arrangements to secure the largest international event hosted by Canada in decades.

As the world has changed considerably since the last time Canada hosted the Winter Olympics, it is easy to understand the importance of providing a secure environment for the 2010 Vancouver Winter Games. It is with an eye to this 21st century security environment that the Canadian Navy will be participating as an integral part of the Vancouver 2010 security effort.

The Royal Canadian Mounted Police are the lead agency responsible for the security of the 2010 Olympics, but the effort to secure the Games will truly be a multi-agency affair with over 100 participating organizations. As with past Olympics and other high profile events held in Canada, the Canadian Forces are being called upon to provide unique and specific capabilities to the RCMP from the country's army, navy, and air forces. For 2010, the Canadian Forces' contribution to Olympic security is being organized under Joint Task Force Games, commanded by Rear-Admiral Tyrone Pile who also commands Maritime Forces Pacific and Joint Task Force Pacific.

As this is the first Olympics to be held in Canada on one of our coasts, maritime

security becomes increasingly important. Not only is Vancouver a bustling maritime city with numerous large and high-profile venues within a kilometre of the ocean, the Port of Vancouver, which sits astride the downtown core, is Canada's largest port and critical to the economic livelihood of the entire country, and especially western Canada.

The Canadian Navy is therefore supporting the RCMP by not only ensuring the safety and security of Canadians and foreign visitors during the Games, but also by ensuring the waterways in and around the country's second-largest city are free from any threats or disruptions that could hamper trade through our west coast gateway.

Naval contributions at sea, on land, and in the air

Over 800 Canadian naval personnel

from across the country, both regular force and reservists, will have several tasks to perform during the 2010 Olympic and Paralympic Games, which run from Feb. 12 to 28 and March 12 to 21 respectively.

Navy personnel will operate various vessels and shore-based naval assets that will bring unique capabilities to the RCMP-led security effort. They will be required to conduct vessel tracking throughout the joint area of operations, perform coastal patrols throughout British Columbia's bustling southwest corner, carry out port security operations in and around Vancouver, and ensure underwater security through sweeps of Olympic venues and key locations throughout the lower mainland.

This large-scale operation will include an Iroquois-class destroyer, Halifax-class frigates, Kingston-class maritime coastal defence vessels and Orca-class patrol ves-

sels, which will be prepared to support the RCMP in security requirements as needed.

Maritime security operations will also be supported by United States Navy and United States Coast Guard vessels that will be conducting security patrols in U.S. waters along the southern edge of the Juan de Fuca Strait and the Strait of Georgia.

From the air, aircraft such as CH-124 Sea King, CH-149 Cormorant and CH-146 Griffon helicopters, as well as CC-138 Twin Otters and CP-140 Auroras will conduct surveillance, logistical, transport and casualty evacuation missions in support of the RCMP.

In addition, aircraft and personnel from the North American Aerospace Defence Command (NORAD) will be on standby to provide air defence. In order to collect, analyze, and act on incoming information from these various platforms, naval personnel will be manning, along with staff from other government departments, the RCMP-led Olympic Marine Operations Centre located at HMCS Discovery at Deadman Island in Vancouver's Stanley Park.

With so many diverse agencies and ministries working together for the first time on such an immense security operation, training and preparation have become increasingly important.

For this reason, the Government of Canada's 2010 Integrated Exercise Program was designed to ensure the federal-provincial security team was prepared to respond in a coordinated manner to any potential emergency that may occur during the 2010 Games.

The Integrated Exercise Program was based on a series of exercises, with the largest being Bronze, Silver and Gold. They deal with a variety of scenarios, from suspicious packages left in crowded spaces to hijacked airliners heading for Vancouver.

Continued on page 9



As this is the first Olympics to be held in Canada on one of our coasts, maritime security becomes increasingly important.

From page 8

Exercises Bronze, Silver, and Gold progress from tabletop overviews to full-scale operational trials with multiple simulated threats, allowing personnel from the RCMP, Canadian Forces, provincial agencies and local law enforcement to interact with other government departments such as the Department of Fisheries and Oceans and Public Safety Canada, as well as private stakeholders such as transit operators and port officials. The CF is conducting their validation exercise, *Spartan Rings*, just prior to Exercise *Gold*, which will confirm the CF ready to deploy for Operation *Podium*, the CF designation for the support to Olympic security.

The requirement for security

With the security tab for the Games estimated to come in around \$1 billion, some groups have questioned whether the elaborate security blanket is necessary, or whether it is overkill.

In reality, due to the changing nature of security threats and the ever-increasing size of Olympic spectacles, security tabs for major events such as these are likely to increase each time an Olympics is held. When one thinks of the Olympics and terrorism, the 1972 Munich Games, where 11 Israeli athletes and coaches were killed, or the 1996 Games in Atlanta where two were killed in Olympic park by a pipe bomb, come to mind.

A common view is that the Winter Olympics is a less-tempting target than the Summer Games or the World Cup due to smaller numbers of competitors and fewer countries participating. This would be a misconception.

In 1998, just days before the opening ceremonies of the Nagano Olympics, three rockets were fired into a cargo area at Tokyo's Narita International Airport, injuring one airport worker. The attack was later claimed by a leftist radical group opposed to the Japanese government and its military

relationship with the United States.

In 2006, Italian authorities reported they received several credible threats against the Turin Olympics, allegedly over Italy's involvement in both the Iraq and Afghanistan conflicts. Officials there also worried that leftist anarchists would attempt to mix

country.

It will fall therefore on the RCMP-led Integrated Security Unit (ISU) to provide the safest possible environment to allow the athletes to concentrate on what they do best, perform and bring home the gold.

Operation *Podium* will see the Canadian Navy play a vital role in maritime security, providing personnel, equipment and most importantly its unique capabilities to this joint security effort. As an example, navy ships, manned by sailors from across Canada, provide a standby maritime interdiction capability to the RCMP-led Integrated Security Unit. A Port Security Unit (PSU) will provide force protection for the accommodation vessels berthed downtown Vancouver, physical security of Deadman Island, home to the joint Olympic Marine Operations Centre, and to provide a surge capability to the RCMP if

in with other protest groups such as environmentalists in order to keep a lower profile.

In Canada, the threat against the Games cannot be discounted. Having had troops deployed in Afghanistan since 2001, Canada could be considered a credible target by Islamist radicals, not only because of its NATO connections, but also because of the status that would be achieved by any group launching a terror attack inside North America post-9/11.

Even local groups could want to interfere with the Games, such as the perpetrators of the gas pipeline bombings that have hit the area near Dawson Creek since October 2008. Security analysts would also point out that Vancouver and Whistler could be of particular interest to anyone attempting to disrupt the games due to their symbolic value. Vancouver is a bustling multi-cultural city and a vital logistics hub for the Canadian economy, while Whistler is a picturesque tourist haven, representative of both the affluence and serenity of our

required. Navy clearance divers from Fleet Diving Unit Atlantic and Pacific provide the ISU a maritime explosive ordnance disposal capability. These unique naval capabilities make the Navy's contributions a truly cross-Canada effort.

Anyone who has visited the city's bustling inner waterways, particularly Burrard Inlet that separates downtown Vancouver with North and West Vancouver, knows of the dizzying mix of ferries, seaplanes, container ships, helicopters, mega-yachts, and other vehicles that all operate in a finely-tuned choreography of activity among bridges, roadways, harbours, and marinas. Monitoring the waterborne traffic in these areas will be a challenging task for the RCMP and the Canadian Navy, and it will be up to all participating agencies to ensure that Vancouver's waterways are monitored and allow for the unimpeded flow of people during what promises to be a hectic but exciting month in B.C.'s lower mainland.

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Clearance divers trial new security system

Shelley Lipke
Staff writer

A new security system underwent trials in September, with the aid of clearance divers from Fleet Diving Unit Pacific FDU(P).

The diver detection system, developed by Defence Research Development Canada (Atlantic) (DRDC(A)), uses sonar to actively look for targets in the water from the ocean floor.

"This system is set up to stop anybody from swimming in or around the area we are protecting. Through a series of software/hardware interfaces it can track a contact, give a location and classify the target as human or animal," explains CPO2 Rob DeProy, mine countermeasures chief.

The underwater system was placed on the Vancouver harbour seabed by commercial divers. Then military divers swam towards the system using a variety of dive equipment to see how it reacted to underwater swimmers.

Six scientists from DRDC(A) monitored their activity from a shore office nearby.

For a speedier assault, divers used the Diver Propulsion Vehicle, which looks like a tor-

pedo but serves as an underwater scooter.

"It can cover greater distance with minimal effort, and for these trials it made the diver go faster than a swimmer, so it was more challenging to track," said CPO2 DeProy.

To test stealth, divers used the Canadian Clearance Diving Apparatus that allows them to swim without leaving a bubble trail.

As team leader for the divers, CPO2 DeProy liaised between the scientists and divers to make sure the tasks were accomplished correctly and the divers were safe.

"Because Vancouver is an extremely busy harbour we had to communicate between the harbour master and Vancouver traffic control to ensure that boats stayed away from our divers," he said.

The next round of training and testing for clearance divers is Exercise Spartan Rings, where 14 divers from the West Coast and 11 from the East join 10 Reserve Force divers from Oct. 13 to 23 to practice seabed and jetty searches, and bomb disposal response for surface and subsurface threats. The exercise is part of Operation Podium preparations for the 2010 Olympics in Vancouver.



Above: Crane operators and scientists prepare to submerge an underwater sonar system to the ocean floor of Vancouver Harbour for diver detection trials. Ten members from Fleet Diving Unit Pacific dove toward the system to see how quickly it tracked them.

Right: Chris Boune, PO2 Sean Ratz, LS Louis Comeau Martel, LS Dan Larche, LS Adam King, MS Scott Ensor, LS Ben Leonard, Sean Spears, CPO2 Rob DeProy, Dylan DeSilva, LS Josh Adams, and Vance Crow formed the team that tested the sonar system.



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photo courtesy of PSP Recreation

Fatal Injection, bassist Jacob Jones, drummer Tristan MacMullin and lead guitar Jaiden Johnson rocked the Personnel Support Programs Youth Activity Centre Open House on Sept. 25. More than 50 youth between ages nine and 17 stopped by to learn about programming and services.

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Stepping up to the challenge

Maryse Neilson
Health Promotion Director

PO1 Frankie Spencer has a lot on her plate.

She works in management systems at Fleet Maintenance Facility Cape Breton (FMF CB) and lives with her husband, two children ages 8 and 10, and her mom.

She is part of what we call the "Sandwich Generation" – sandwiched between two generations for whom she cares.

Despite her responsibilities, PO1 Spencer has still found time to recruit close to 200 FMF CB employees to participate in the Formation Health and Wellness Challenge for the month of October.

She became involved in the Challenge as unit health promotion representative, a position she volunteered for in July 2009 when she joined FMF CB.

"I like dealing with people and I think life balance is so important. When I learned about the challenge, I thought it was great because as we all get older and get more responsibilities, balance is really hard to achieve. I thought if I could motivate people and get

them interested in the Challenge, it would help me too."

PO1 Spencer can't believe the response she's received at FMF.

"At first, when I'd ask someone to join the team, they'd say 'I don't work out at the gym' or 'I'm not a gym rat' and I told them that wasn't the point. The whole point of the Challenge is that you don't have to live at the gym 24 hours a day to maintain a healthy lifestyle."

Points can be achieved for everything from eating five servings of vegetables and fruits daily to writing in a journal or connecting socially with friends. She gets lots of calls from her team mates telling her they're recording their points daily, eating more salads, and thinking more carefully about their lifestyle choices.

When asked which healthy lifestyle indicator is the hardest to achieve, PO1 Spencer doesn't hesitate, "Sleep. Seven to eight hours is almost impossible. Usually I get about five."

There is still time to join the Challenge and participate for the remainder of October. For more information, please contact Health Promotion at 250-363-5621.



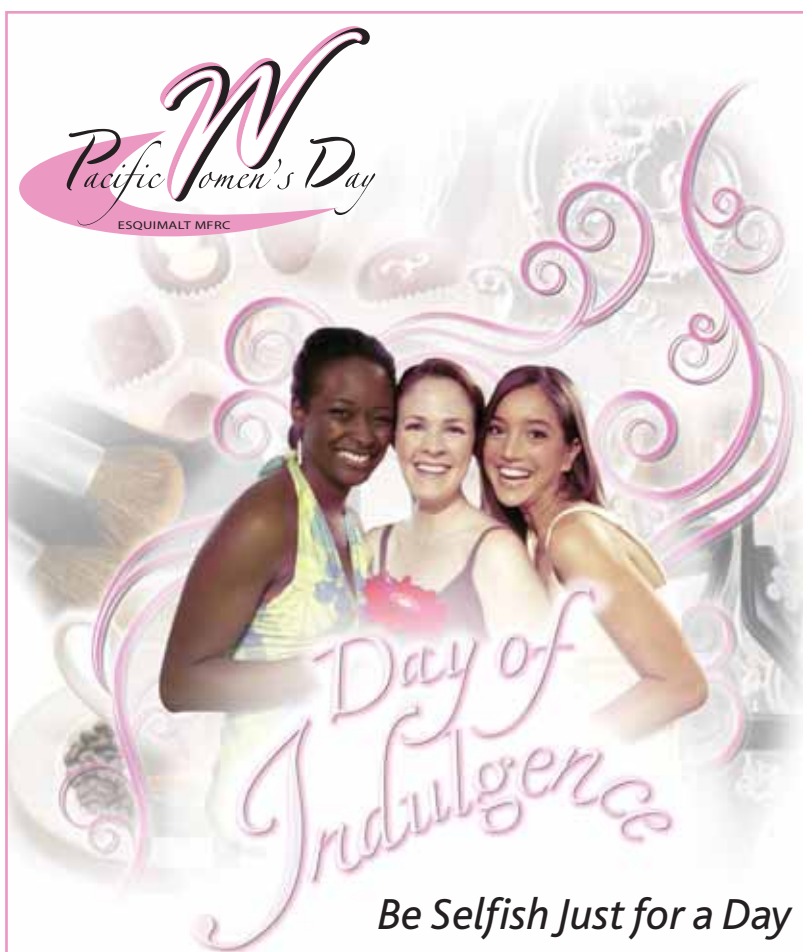
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EAST COAST NEWS: MERCER REPORTS



PO2 Mike Bishop, a Naval Boarding Party instructor, restrains Rick Mercer of the Rick Mercer Report TV show at CFB Halifax. Rick Mercer was doing a show at the base to show a day in the life of a Naval Boarding Party member.

Cpl Rick Ayer, Formation Imaging Services, Halifax

Comedian joins boarding party

Virginia Beaton
Trident staff

He's funny and he's fast. Rick Mercer showed his feet are as quick as his tongue when he joined the Naval Boarding Party in September, climbing a ladder up the side of *HMCS Preserver* and storming the bridge.

Pretty good for a man wearing an extra 60 pounds of kit, including body armour, a tac vest, water wings and life jacket.

Mercer and a crew from the Mercer Report were in Halifax on Tuesday, Sept. 22 and Wednesday, Sept. 23, shooting footage about CF training on the East Coast for an upcoming episode of the TV show.

"The mandate of the Mercer Report is that I travel around the country and I talk to interesting people doing interesting things," stated Mercer.

"One of the things I like to do, because I get great personal satisfaction, is to spend time with the Canadian Forces and show Canadians what it is that members of the Canadian Forces have done."

Before joining *Preserver*, Mercer's stopped at the Canadian Forces Naval Operations School. "He worked with PO1 Dennis Hewitt, who's the senior Naval Boarding Party instructor," said Lt(N) Edward Turner, combat officer in *Preserver*. "He learned some unarmed combat, some maneuvers with weapons and some hand-cuffing techniques. They gave him an understanding of how naval boarding parties work."

Mercer noted that when he was learning about hand-to-hand combat, he received a smack to the back of the head, "which they told me was called the distraction. That distracts you from the blow to the leg or the back of the knee that's coming next. And it works. I didn't see it coming."

When Mercer joined *Preserver*, members of the ship's company showed him what goes on during an actual boarding of a vessel of interest. The boarding culminated in a takedown on the bridge.

"There was a fellow who got lippy, and he got taken down," Mercer said.

Mercer has had many experiences with the CF, both at home and abroad.

"I've jumped out of planes with the Canadian Forces, I've been put in multiple harness, dangled out of helicopters, I've been put on zip lines, I've been put in centrifuges, I've been in an F18, I've driven in the back of LAVs from forwarding operating bases back to Kandahar, I've been in Sea Kings landing at night in the Gulf, and I've never, ever felt anything other than I was in the best possible hands."

Mercer also enjoyed a lengthy ride in a rigid hull inflatable boat with the boarding party. "That's one of those 'You have the best job in the world' moments. Sometimes if I'm dangling 160 feet in the air in a harness, I don't feel that way, but a lot of kids watch my show and I get that email a lot, that I have the best job in the world."

During his visit, Mercer also visited the submarine trainer and simulator, the Regional Joint Operations Centre Atlantic and 423 Squadron, of which he is Honorary Colonel.

Fête de l'Halloween party

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IN BRIEF

Join the conversation on family

Do you have a unique perspective and skills to contribute to Canadian Forces (CF) family policy?

Then Director Military Family Services (DMFS) wants to hear from you.

We're looking for a specialized group of volunteers to serve on the inaugural National Military Family Council (NMFC). This new council will bring the voice of families into conversation with the senior military leadership. The council will be responsible for leading discussion and providing feedback to the Armed Forces Council on systemic issues for families.

The soon-to-be established CF Family Secretariat, part of DMFS, will compile and respond to issues raised by families, and make the National Military Family Council aware of systemic concerns and national interests. Senior leadership of the CF will also raise issues to the NMFC for their feedback. This structure will allow the NMFC to consider the big picture for families, while rooting their discussion in tangible concerns.

Volunteers sitting on the NMFC will be dynamic, well-informed, and policy-minded. We're looking for military family members from all walks of life, including but not limited to spouses, parents, and adult children of CF personnel. We're looking for volunteers who are involved in their communities, and who have some experience or interest in policy development and analysis.

Participating in the NMFC will give volunteers a unique opportunity to develop their

professional skills while contributing to their CF community. Volunteers will be required to travel at least twice per year for meetings in Ottawa, as well as participate in regular teleconferences and/or virtual meetings. Council members will serve one or two year terms to ensure that the group will retain expertise while welcoming new participants.

Would you or someone you know like to join the conversation about CF family policy? Please forward this link to the great military family members you know. You can also direct family members to our ad on www.charityvillage.com.

Please send all inquiries and résumés to LCol Cheryl Baldwin at nmfc@cfpsa.com by 2 Nov. 2, 2009. Only those selected for an interview will be contacted.

Taking a Stand Against Family Violence

From Oct. 12-18, Canadian Forces (CF)

communities will once again be joining forces to Take a Stand Against Family Violence.

Coinciding with the YWCA's Week Without Violence, this CF-wide family violence prevention and awareness campaign reaches out to all military personnel, families, and service providers.

Now in its third year, the Take a Stand campaign continues to spread the message that family violence prevention is the responsibility of the entire CF community. Though family violence is not unique to the CF, our response to it should be: together, we can address this issue with tailored education and prevention strategies and by responding to cases of violence appropriately, responsibly and respectfully.

For more information and to view campaign materials, please visit the Family Violence Prevention and Awareness Campaign section of the DMFS website.

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3. XS, Colin Nichols



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FINANCIAL NEWS: SISIP CAN ASSIST

Get comprehensive financial assistance today for a more secure tomorrow

SISIP Financial Services

In today's financial environment, with challenging times being felt by many Canadians, Canadian Forces (CF) members are no exception. Having the proper insurance coverage, as well as adequate guidance in planning your finances, may be more relevant than ever.

Financial counselling provided by SISIP Financial Services (SISIP FS) is not only for those CF members and families who need help now, it is also an effective tool to determine where you stand financially. A simple budget can quickly bring to light unwise spending patterns, which may otherwise go unnoticed. By taking a look at your income and subtracting your monthly fixed and variable expenses, as well as your debt payments, one can see what funds remain at the end of the month. This surplus can be used to pay down high interest debt or to save for a rainy day.

Every family's situation is unique; a financial counsellor is there to help you fulfill those financial goals and objectives specific to your situation.

Simple adjustments to your lifestyle such as cutting down on res-

taurants, or buying that morning coffee can save a significant amount of money over time – buying just one coffee daily can add up to \$45 per month, \$540 per year. Fine tuning your finances can also save you money; try looking for better deals for your home phone, cell phone or television/internet packages.

Every family's situation is unique; a financial counsellor is there to help you fulfill those financial goals and objectives specific to your situation.

The experience and expertise of a SISIP FS financial counsellor can shed light on a particular situation that your family has been dealing with. They can also be instrumental in providing constructive guidance and advice as to the best use for supplemental income such as a CF member's deployment alloca-

tions, setting up automatic payment plans for the family to help ward off unforeseen expenses.

Our financial counsellors also have access to the Canadian Forces Personnel Assistance Fund's (CFPAF) loans and grants. Basic eligibility requirements can be found online at www.sisip.com and in more extreme situations, where larger loans are required, the member may apply with the help of a counsellor; these requests are dealt with on a case by case basis.

Whether you need term life insurance or your current coverage no longer meets your needs, or you are thinking of setting up a Tax Free Savings Account (TFSA), RRSPs or need guidance to set up an investment program, or you and your partner may simply want to develop a plan and household budget, consider seeking the help and advice of a SISIP FS financial counsellor, a certified financial planner (CFP) or a licensed insurance representative.

This solid team of professionals will work together with you to help you reach your overall financial objectives and help secure your financial well-being and that of your family.

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HMCS Regina embarks special prairie guest

SLt David Noble
HMCS Regina

Sunrise wouldn't happen for another couple hours when the second officer of the watch asked, "Who's sitting in the XO's seat?"

To their surprise they found The Honourable Dr. Gordon Barnhart, Lieutenant Governor of Saskatchewan, starting his day on the bridge of HMCS Regina.

LGov Barnhart embarked in Regina Sept. 20 for a few days at sea during the Fleet Navigation Officer's (FNO) course.

This wasn't his first trip in the frigate and, after a thorough tour, he reacquainted himself with the layout of the ship and had no problem finding his way around.

LGov Barnhart had the opportunity to meet the entire crew while dining in each of the messes.

LGov Barnhart had the opportunity to meet the entire crew while dining in each of the messes. This also gave him the chance to discuss highlights of Saskatchewan and all the province has to offer.

Most days he could be found on the bridge observing the navigation students, enjoying the critique put forth by LCdr Raeburn (Senior Navigation Instructor at the Naval Officer Training

Centre Venture).

A novice sailor himself, as he recently purchased his own sailboat and is learning to navigate, he sought direction and wisdom from the future navigating officers.

On his final day on board, LGov Barnhart enjoyed a rigid hull inflatable boat ride ashore, which gave him one final look and wave to Regina. Commenting on his time on board, he noted how friendly and welcoming the entire crew was, and wished the FNO students luck in their final passages.

Other guests embarked in Regina for the trip included four guests from the Northern Alberta Institute of Technology (NAIT) and Conservative Member of Parliament Brad Trost.



Above: Lieutenant Governor of Saskatchewan, Dr. Gordon Barnhart, assesses the Fleet Navigation Officer student's skills from the executive officer's chair.

Below: LGov Barnhart enjoys dinner in the "main cave" with MS Nelson, Sonar Operator.



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Credit cards can be wonderful things. They allow us to buy when we need to, to make online purchases, to get rewards and other perks. But they can keep us up at night too when the balance starts creeping up. So here are a few tips to help you successfully manage your credit cards and sleep better.

Need more help? Consult a financial advisor who can help you work on your debt or choose a card that's better suited to your financial needs.

Keep reading this publication for more answers and financial planning insight. Have questions of your own? Come speak to any advisor on my team at an Island Savings branch near you today, or email me at cnicol@iscu.com.

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Bravo ZULU

At a Maritime Forces Pacific special award presentation hosted at the Wardroom, RAdm Tyrone Pile, Commander Maritime Forces Pacific/Joint Task Force Pacific recognized several members of the defence team.

Images by Cpl Pier-Adam Turcotte, Esquimalt Imaging Services



LCdr Paul Francoeur receives the United States of America Meritorious Service Medal for outstanding service from July 2007 to July 2009.



AB Nicole Spivey receives a special commendation from the Chief of the Defence Staff for her work during Task Force Arabian Sea from April to September 2008.



Capt Slade Lerch receives the Commander's Commendation for his work with the Afghan National Army in July 2008.



Lt(N) Christopher Nucci receives the Commander's Commendation for his leadership and tactical acumen contributing to the successful interdiction of an armed pirate vessel following an attempted hijacking in the Gulf of Aden on April 18, 2009.



MCpl David Tillotson receives the Commander's Commendation for his calm and decisive actions contributing to the capture and boarding of a pirate vessel in the Gulf of Aden on April 18, 2009.



MS Matthew Steward receives the Commander's Commendation for his exemplary focus as the Special Sea Duty Helmsman, ensuring the successful high-risk boarding of a private vessel in the Gulf of Aden on April 18, 2009.



MS Christopher Young receives the Commander's Commendation for his work with the Electronic Counter Measures team in Afghanistan. MS Young coordinated the distribution of ECM systems and ancillary equipment to widely dispersed units across Afghanistan.



MS B.G. Whitman receives the Commander's Commendation for his work as a shipboard Electro-Optical Sensor Systems Operator in HMCS Calgary with Task Force Arabian Sea from April to October 2008.



LCdr Gordon Mailer receives a Bravo Zulu certificate of achievement for his exemplary professionalism and dedication as the Formation Technical Authority Senior Staff Officer Engineering and Maintenance.



LS Andrew Sherk receives a Bravo Zulu certificate of achievement for his quick and professional response to a fire in number two generator on board HMCS Regina.



LS Jesiah Montgomery receives a Bravo Zulu certificate of achievement for his personal sacrifice and countless hours of dedicated service to the community.



MS David Blanchard (far left), PO1 Frances Spencer (left) and MS William Sparling (right) receive a Bravo Zulu certificate of achievement for their outstanding execution of the CF Recruiting exhibit and winning "Best in Show" as voted by participants the at the Winnipeg Rotary Career Symposium, which was attended by 15,000 people.



BRAVO ZULU HMCS REGINA

Cmdre Ron Lloyd, Commander Canadian Fleet Pacific, made several award presentations and promotions to crew members in HMCS Regina.



Lt(N) Derek Booth being receives his Marine Systems Engineering certificate.



PO2 Jacob Wilkins receives his Marine Systems Engineering cert 3 certificate.



PO2 Keith Ryan receives his Marine Systems Engineering cert 3 certificate.



LS Jose Clarke receives his Marine Systems Engineering cert 2 certificate.



LS Robert Krause receives his Orca class engineering certificate.



SLT Adam Daly receives his Officer Professional Military Education.



Chief Boatswain's Mate Chad Fox is promoted to Chief Petty Officer Second Class.



Philippe Burton is promoted to Master Seaman.



Michael Seri is promoted to Leading Seaman.



Nicholas Charlton is promoted to Able Seaman.



Lt(N) Ivan Elieff, a naval reservist with HMCS Malahat, receives his new rank from Cmdre Jennifer Bennett, Commander of Canada's Naval Reserve, and LCdr Lawless on Sept 28.

Want to recognize someone from your unit?

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VOLUNTEERS ARE NEEDED to assist individuals with disabilities to get out and be active! By devoting as little as one hour a week, you have the opportunity to participate in an activity you enjoy while giving back to the community. Males needed especially! For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or volunteers@rivonline.org

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Heidi Megan Clow

 Passed away suddenly on October 4, 2009. She was born in Victoria on October 19, 1986. Predeceased by her father, Christopher Pocha and her grandfather, Robert Clow. Survived by her mother, Patricia Clow; grandmother, Beverley Clow (Ken Lackey) and many extended family and friends. Heidi was a Steward aboard HMCS Winnipeg. She was into athletics and drawing. Heidi loved to spend time with family and friends. She will be dearly missed by all who loved and knew her.
 Memorial Service will be held on Thursday, October 15, 2009 at 13:00 at St. Peter's Naval Chapel, 307 Virago Crescent, Belmont Park, Victoria, B.C. with a reception to follow at Colwood Pacific Activity Centre, 2610 Rosebank Road.
 In lieu of flowers, donations may be made to the S.P.C.A., 3150 Napier Lane, Victoria BC, V8T 4V5.
 Condolences may be offered to the family at www.mccallbros.com.
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FUNDRAISER RAFFLE

Auxiliary Fleet United Way Raffle



Prize 1:

4-hour trip for six people on the CFAV Glendyne, a working Tractor Tug in Esquimalt harbour with lunch served on board. They will try to have you on board when they are busy (for example, the Rotary Club winners of this prize saw HMCS Protecteur towed across Esquimalt Harbour by both Glen tugs while on board the Glendyne and watched an MCDV shuffle, as well as a barge being moved). Lunch will consist of lasagna with salad and assorted fruit juices, tea and coffee with chocolate cake for dessert, all prepared on board.

Prize 2:

A Samaria Doll purchased in Japan approximately 12 years ago for \$400. The doll will be on display at the raffle sites.

Prize 3:

Pat Tillman's Arizona Cardinals Jersey "player of the century collectors edition" in a hand-crafted wooden shadow box, ready to hang. Tillman turned down a \$3 million contract to join the U.S. military and was tragically killed in Afghanistan in 2005. The jersey will be on display at the raffle sites as well.

Raffle tickets available at:

- Oct 13 - Nelles Block (inside the front entrance), Bldg N30, 10:30-1
- Oct 14 - Fleet Maintenance Facility Cafeteria, Bldg D250, 10:30-1
- Oct 15 - Wardroom (outside upper lounge), 9:30-1
- Oct 16 - Chief and Petty Officer's Mess, 10:30-1
- Oct 19 - Pacific Fleet Club, 10:30-1
- Oct 20 - New Wave Cafe, 9:30-10:45
- Oct 21 - Fleet Maintenance Facility Cafeteria, Bldg D250, 10:30-1
- Oct 22 - Hood Building Cafeteria, Bldg D575, 10:30-1

In Honour of
Remembrance Day
November 11th



Do you have Someone or a Story to Remember?

Contact the **Lookout** with your story ideas for Remembrance Day by October 26, 2009

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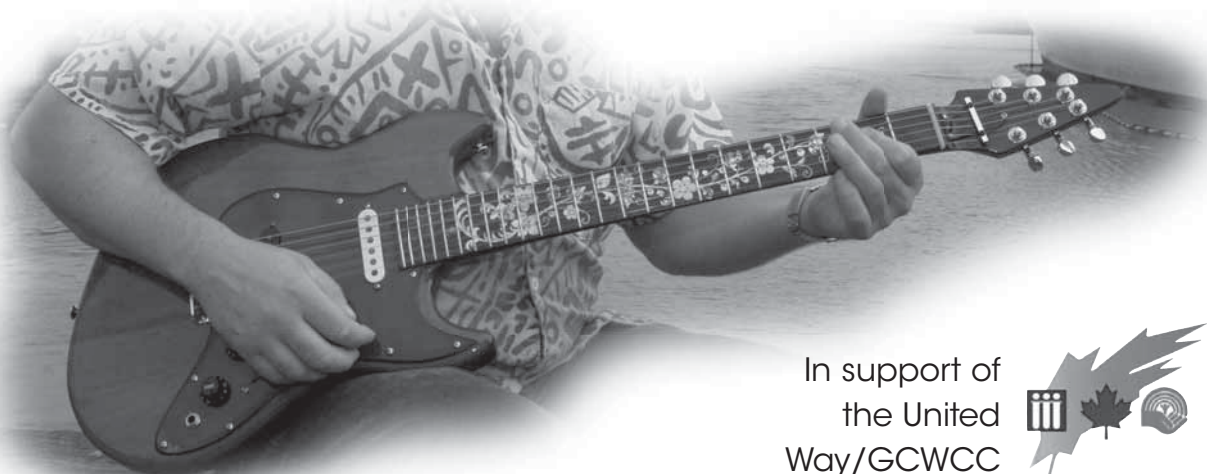


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- Tara Laursen (3-4993)
- Dianne Blanchard (3-5851)
- Dale McComb (3-2311)
- LS Malley (3-4899)

Meet your Government of Canada Workplace Charitable Campaign team

Campaign Chair:
Capt(N) Hallé

Campaign Leadership Chair:
Capt(N) Couturier

Campaign Associate:
Patricia Verruyt

Campaign Coordinator:
Vicki Ilkka, 363-2595

Vicki oversees this year's campaign on behalf of Capt(N) Hallé. "If we all think about it, we could likely name at least one family member or friend in our lives that has been helped in some way by a charity or non-profit health agency. I came up with seven right away," she says. "When our economic conditions become unstable the need for assistance increases and the GCWCC gives us a way to make all of our charitable donations on one form, at one time, to any registered charity of our choice and spread it out over the year. We here on the Defence Team have an opportunity to come together as a family - to have some fun and help out so many during this campaign. That is why I am thrilled to be this year's Campaign Coordinator."

Loaned representatives:
Nicky Addison
363-4896

Nicky comes to us from Canada Post where she employs her love of long walks in the rain, excess baggage and dogs. In her spare time she enjoys a

variety of movement studies including martial arts and dance. She also has an ever-growing collection of books that she hopes to one day have the time to indulge in. Apart from having three loved ones positively impacted by United Way funded programs, she feels grateful for her privileged life and is happy to work toward providing opportunities for those less fortunate in our community.

Diana Jamison
363-5291

Diana began her career with the Canada Revenue Agency (CRA) in Calgary before transferring to Victoria in 1993. She has been employed with CRA for 21 years and her current position is Resource Officer/ Complex Case Officer in the Non-filer/ Non-Registrant unit. She and her husband are fortunate to have both of their adult children also living in Victoria. Both enjoy horses and Diana competes with one of her horses in three-day eventing, both locally and on the mainland. When CRA was looking for volunteers to offer their services to the United Way as a Loaned Rep, she felt that would be the perfect opportunity to get to know and understand the local community. She looks forward to being a Loaned Representative for the 2009 GCWCC campaign and meeting many people.

A/SLt Jacqueline Goguen
363-2596

A/SLt Goguen comes to us from NOTC Venture where she was posted in December of 2008 to commence MARS training. Although this is her first time being involved with the GCWCC, she is very much looking forward to becoming more intimately familiar with her CF community and contributing to the beautiful home we all call Victoria. During her spare time she enjoys (in no particular order) ballet and ballroom dancing, long distance touring on her motorcycle, activities

that put her in touch with nature and quiet time reading.

Stay up-to-date on fundraising activities and totals

<http://local.esquimalt.mil.ca/unitedway/>

This intranet website offers info about the campaign team, upcoming events, announcements, incentive draw info, FAQs and links about GCWCC, United Way of Greater Victoria, and Healthpartners.

A GCWCC icon is located at the bottom of the Intranet Notice Board, which is a direct link to the website.

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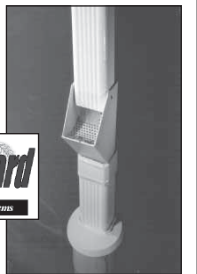
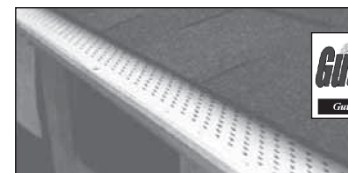
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103.1
JACK fm
playing what we want

8:20 am, 9:20 am, 4:20 pm