

Volume 55 Number 41 | October 12, 2010

# LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.  
Year of the Canadian Naval Centennial



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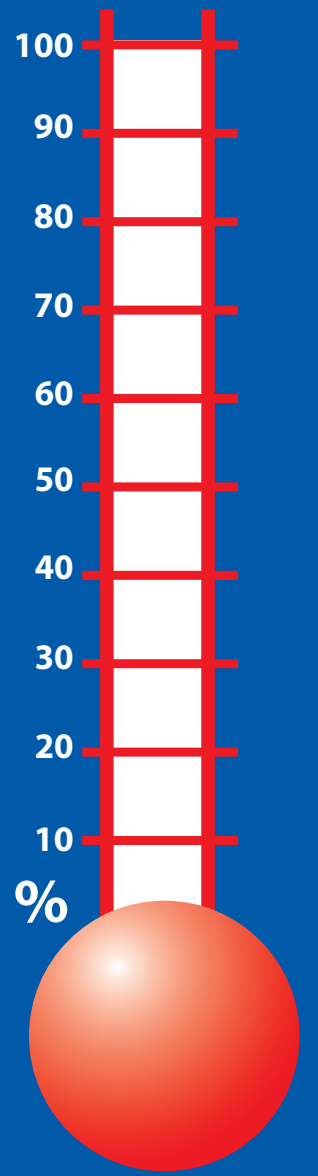
## RIGGER HAPPY

Shelley Lipke, Lookout  
Rigger Terry Schafer hand splices a braided rope that is used for tying flags to halyards.



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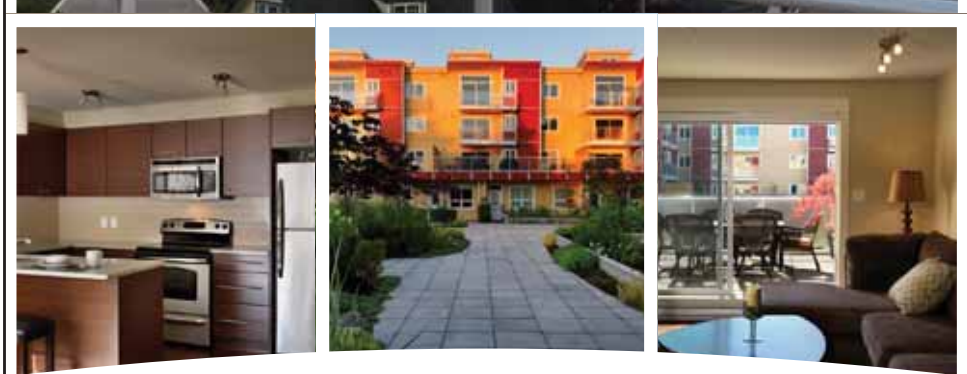
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# Aurora hunts for illegal fishing in north Pacific

Navy Public Affairs

A Canadian Forces CP-140 Aurora long range patrol aircraft from 407 Maritime Patrol Squadron returned to Comox, B.C., Oct. 4 after a week-long deployment in support of the annual enforcement operation to help put a stop to illegal driftnet fishing.

The aircraft arrived at Eareckson Air Base at Shemya, Alaska, on Sept. 23 and over the next seven days flew over 30 hours of surveillance.

The Aurora aircraft is Canada's primary tool to support Fisheries and Oceans Canada (DFO), which leads Canada's international efforts to halt the destructive effects of illegal, unregulated, and unreported fishing on the high seas. This includes the United

Nation's global moratorium on high seas driftnet fishing and the Convention, which establishes the North Pacific Anadromous Fish Commission and bans high seas driftnet fishing for salmon in international waters in cooperation with Japan, Russia, South Korea and the United States.

The Aurora aircraft with a crew of 20 can fly for 14 hours at a time to patrol an area of the North Pacific Ocean - one of the few aircraft in the world equipped to effectively search such a vast expanse. In addition to the Air Force crew, the aircraft carried a DFO fishery officer.

Patrols investigated radar contacts that might be involved in illegal fishing. Sensor and photographic data were fed back to the Marine Security Operations

Centre (MSOC), located in the Canadian Navy's Pacific headquarters, compiled into a database, and plotted on computer displays for analysis and follow-up by the responsible law enforcement agency. MSOC personnel keep a continuous watch over a large expanse of the Pacific Ocean by coordinating information shared by international and national partners to ensure each can enforce their maritime mandates effectively.

While there was no illegal fishing activity observed this year, in past years this joint operation has contributed to the apprehension of several vessels. The annual patrol has had a significant role in deterring illegal high seas fishing. Violations have resulted in significant fines, seizure of boats and cancellation of fishing licences.

# Attempted abduction brings about public safety reminder

**Shelley Lipke**  
Staff writer

Military Police and Westshore RCMP are looking for the public's help in a recent attempted abduction of a 14-year-old female in the Belmont Park area.

On Oct. 3, at approximately 7:15 p.m., the teen was walking to her home in the Belmont Park area behind London Drugs, on the pathway across the bridge on Belmont Road near the Colwood Lodge, when she was approached by an unknown male walking behind her.

He asked her, "Where are you going?" She said "I'm going home." And he said, "No your not," and according to the teen, he grabbed her right forearm and the lower part of her neck and attempted to drag her towards the bridge. She struggled, elbowed him in the stomach and was able to free herself and run home, while the man ran off. When she arrived at home she contacted the RCMP and

the Military Police.

She describes the man as heavy set, 40 years of age, 6'2" tall with dark gray hair. He was wearing a beige toque, brown rimmed glasses, dark jeans, work boots and a three-quarter length navy coloured jacket (either black or dark blue.)

"We are advising the public to take some general safety tips into consideration," said WO Michael Collet, Police Operations Warrant Officer. "Preferably walk with a friend or travel in pairs, and be aware of your surroundings. If you feel you are being followed - don't look back, just keep going and get to a public place like the Express Mart in Belmont Park and contact your local police. Don't interact with the person, but try to get a description of them to report to police."

If anyone has any further information regarding this matter contact Military Police at 250-363-4032 and Westshore RCMP at (250) 474-2264.

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# FROM THE BASE COMMANDER

## A century of giving is now underway

Congratulations! Our 2010 Formation United Way / Government of Canada Workplace Charitable Campaign was launched during another highly successful kick-off event on Sept. 23. It was heart warming to see so many folks who were able to come out in the pouring rain to participate.

As the new Chair of this year's campaign, I am very much looking forward to the many upcoming events in support of our campaign. I am confident that we will continue to build on our yearly successes and be able to continue with our support of the many community organizations that rely on our tremendous generosity.

In the spirit of the Navy's 100<sup>th</sup> Birthday, our official fundraising goal for 2010 is \$700,100, and in keeping with the centennial, our theme is "A Century of Giving." I would like to affirm, however, that even though we have a goal our priorities during this campaign are also to celebrate a 100

years of connecting with our community (alongside the United Way who are celebrating their 74<sup>th</sup> year as a charitable organization). It is my sincerest hope that we are able to raise awareness of, and opportunity to participate in, the campaign to 100 per cent.

The Defence Team at CFB Esquimalt continues to lead within the Greater Victoria community, raising over half a million dollars annually. Your actions speak volumes to your very giving spirit, as you focus on helping those who are less fortunate right here in our own community.

As Base Commander, I have the great privilege of representing all of you on the Greater Victoria United Way Board of Directors and I see firsthand the assistance provided to the more than 122 programs and 63 partners within Greater Victoria area, ensuring that they receive the critical funding they require.

Make no mistake about it; CFB Esquimalt is a vital component to the success of helping those in need, not only in Victoria, but across this great country of ours. Many may not be aware, but our very own Military Family Resource Centre (which operates as a non-profit/charitable organization) has been a benefactor of the gifts that you've directed to them through your GCWCC giving.

For those of you that have participated in previous campaigns, I thank you for your contributions and encourage your continued support. For those that have yet to participate I challenge you as a minimum, to increase your awareness of all the good that the United Way does for our community, and the outstanding support that the Defence Team provides. I look forward to seeing all of you throughout the campaign. Have fun, challenge your units and your teams – and remember it is all in support of our great community.

## Mustard Seed leads fight against hunger

**Ben Green**  
Staff Writer

Hunger in the homes of the less fortunate will undoubtedly lessen as a result of an upcoming cross-Canada campaign dubbed the Great Canadian Food Fight (GCF), due to erupt in Halifax, Regina and Victoria Thursday, Friday and Saturday of this week.

An initiative of the Mustard Seed Food Bank, the drive will pit the three municipalities against one another in a battle of civic pride designed to restock the level of dry goods within food banks in those regions.

"We all recognize the vital role The Mustard Seed fulfills in the greater Victoria community," said Personnel Support Programs Manager Dave Molinari. "Regardless of the reasons behind a

donation, people will be supporting a very worthy goal by contributing to the fight."

As part of its traditional support to The Mustard Seed, CFB Esquimalt will be accommodating collection points throughout the base. From Oct. 14 to 16 defence team members can drop non-perishable food items at the primary location in the foyer of the Naden Activity Centre, or at either the Military Family Resource Centres' Signal Hill or Lampson locations, the Colwood Pacific Activity Centre, the Dockyard gym, the Base Orderly Room in N30 or at the Lookout on Signal Hill.

At the end of the three days a weigh-off will determine which city can claim bragging rights in the good-natured competition.

"Last year Victorians donated over 100 tons of food in an effort

that fell just short to the victor, Regina," said Dave Molinari. "Obviously, notwithstanding the totals, all three communities come out winners when the needs of those in need are better met."


Food donations will also be accepted at fire stations throughout Greater Victoria.

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## Christmas mailing deadlines

Mail intended for Christmas delivery to Canadian Forces personnel serving overseas and using the Belleville address must arrive at Belleville by Nov. 19.

Mail posted at CFPOs overseas must arrive in Canada no later than the following dates to ensure delivery before Christmas.

*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 19 nov.*

*Le courrier envoyé par l'entremise d'un BPFC outre-mer doit arrivé au Canada au plus tard aux dates indiquées ci-dessous afin de s'assurer la livraison avant Noël :*

Airmail - Dec. 3 / Par avion - 3 déc; and/et  
Surface - Dec. 1 / Envoie de surface 1 déc.

Deadlines for shipping mail overseas for Christmas can also be found on the Write to the Troops website: [www.forces.gc.ca/site/Commun/message/index-eng.asp?WT.svl=WTTRight](http://www.forces.gc.ca/site/Commun/message/index-eng.asp?WT.svl=WTTRight).

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# matters of OPINION

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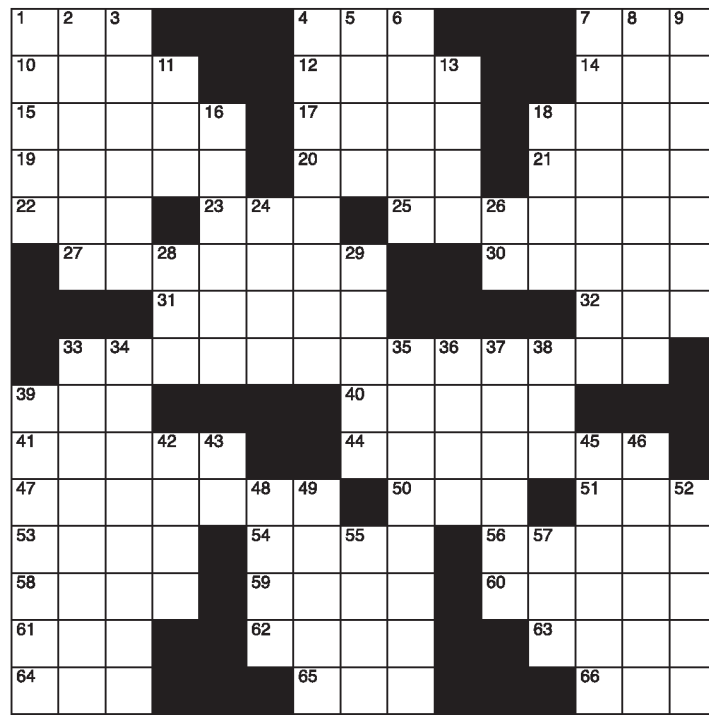
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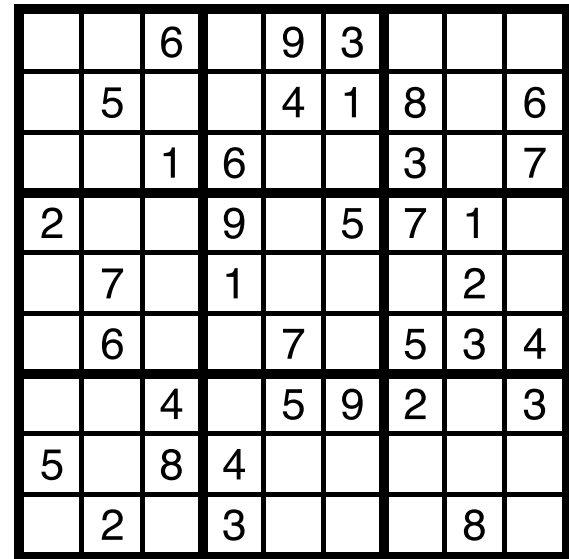
## WHAT IS THE ANSWER?

SEE PAGE 15 FOR ANSWERS TO ALL OF THE PUZZLES BELOW



### CLUES ACROSS

- 1. Therapeutic resort
- 4. Kilometers per hour
- 7. Women's undergarment
- 10. Afflicts
- 12. Geological times
- 14. House title (abbr.)
- 15. Hints
- 17. Type genus of the Ranidae
- 18. Tool handle
- 19. About blood
- 20. Muscat is the capital
- 21. 7th Hindu month
- 22. Our star
- 23. Wife of Saturn
- 25. A European Soviet
- 27. Women's briefs
- 30. Islands
- 31. No. French river
- 32. Tax collector
- 33. Author Ernest's moniker
- 39. Distant
- 40. Cr\_\_\_\_\_logy: police studies
- 41. Smart \_\_\_\_\_: annoyingly clever
- 44. Bar-rooms
- 47. New Army enlistee
- 50. Can be cut or cabochon
- 51. Tributary of the Rhine
- 53. Not Mama
- 54. Actor \_\_\_ Malek
- 56. Metrical foot
- 58. Long nerve fiber
- 59. Tehran is the capital
- 60. Advertising awards



ANSWERS ON PAGE 15

- 61. Go for and obtain
- 62. Withered and dry
- 63. Small social insects
- 64. Point midway between E and SE
- 65. Comedian Ceasar
- 66. Young women's association

### CLUES DOWN

- 1. Meistersinger author Hans
- 2. 3 car + collision
- 3 One who has a degree
- 4. Lamp fuel
- 5. A baby carriage
- 6. Grimm brothers birthplace
- 7. Capital after Rio
- 8. Plant for purifying crude substance
- 9. Appositeness
- 11. 3rd largest orqual
- 13. Dropped below the surface
- 16. Nova \_\_\_\_\_, province
- 18. Most common CA avocado
- 24. Bird call used by birds
- 26. Rhode Island
- 28. Small sleep
- 29. Slang for big trucks
- 33. Axes for cattle slaughter
- 34. Short account of an incident
- 35. Formed a mental picture
- 36. World's longest river
- 37. About gnome
- 38. Romance
- 39. Total cloth purchased
- 42. North Sea fishing unit of measurement
- 43. Kings unit
- 45. Supplying a moniker
- 46. Wooden shoes
- 48. Goddess of the rainbow
- 49. Vetches grown for forage
- 52. Kittiwake genus
- 55. Ancient city in Syria
- 57. Winglike structure CW10A210

## Word Search — Thanksgiving

G	K	Y	Y	S	Z	Q	D	O	D	M	D	E	D	Y
N	N	Q	A	X	T	D	S	R	E	P	V	C	R	R
I	E	I	E	D	Q	U	C	W	G	G	C	Y	E	R
V	A	Y	V	Y	I	A	F	N	C	N	C	F	S	E
R	P	A	M	I	V	L	I	F	O	T	O	E	S	B
A	A	D	Q	W	G	R	O	V	I	Y	M	A	I	N
C	R	F	Y	V	E	S	E	H	E	N	W	S	N	A
A	V	A	F	H	I	M	K	K	B	Z	G	T	G	R
H	M	R	T	G	B	M	R	N	M	N	D	Y	S	C
S	M	A	K	E	R	U	V	F	A	M	I	L	Y	G
J	G	O	R	B	T	A	Q	I	V	H	K	M	E	B
S	G	N	I	X	I	F	V	O	X	R	T	U	E	W
L	K	I	H	W	E	V	L	Y	L	R	M	E	I	Z
A	Q	H	Q	L	E	F	T	O	V	E	R	S	U	K
W	H	W	D	Y	P	K	F	T	J	D	I	W	W	F

- carving
- cranberry
- dressings
- gathering
- gravy
- holiday
- family
- feast
- fixings
- leftovers
- november
- stuffing
- thanksgiving
- turkey
- yams

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# Cadet tackles ultimate army challenge

**Ben Green**  
Staff writer

While most 17-year-olds are pondering what to wear on Halloween, Cadet MWO Alix Voorthuyzen from Esquimalt High School is mulling over what to expect when she reaches Base Camp on Mount Everest.

The teenager, an army cadet from 2289 Artillery Army Cadet Corps, was chosen along with 15 cadets from across Canada to trek the well worn route to the highest peak on Earth. Voorthuyzen flies out of Toronto this Saturday en route to Nepal, where she will complete a mountain bike tour of Kathmandu city. This physical activity will help her acclimatize to the high mountain altitude.

"This expedition is a once-in-a-lifetime trip that I never expected to go on," said Voorthuyzen. "To get the chance to represent Canada and climb to the base camp of Mount Everest is a great honour. It's worth the days of school I will miss."

From Kathmandu the cadets will be airlifted to Lukla to participate in a

cultural visit in Khumjung and Kunde Sherpa Village before they trek to Everest Base Camp.

Voorthuyzen holds a gold fitness ranking within the cadet physical fitness program, which is a minimum requirement to attend any international expedition.

The army cadet expedition is the top cadet activity that challenges youth to new levels, and is the culmination of at least four years of training, requiring a superior level of fitness and maturity. This international expedition provides cadets with the opportunity to exercise self-reliance, leadership and the spirit of adventure, says Lt Lisa Currie, SPO Public Affairs Office (Land).

Voorthuyzen has had an outstanding cadet career, she adds, having spent this past summer competing as a member of the Royal Canadian Army Cadet National Rifle Team in Bisley, UK. Her second place finish in the competition has earned her an invitation to compete on next year's team.

The Cadet Marksmanship program teaches cadets self-discipline, builds

confidence and allows them to compete equally in a recreational sport that is gender neutral.

The Cadet Marksmanship program has produced several world class athletes, such as Canadian Olympians Pat Vamplew and Mike Ashcroft and Commonwealth Games participants Des Vamplew and Garry Bowman.

Voorthuyzen may one day join this group as she has just received notice she will join the Canadian team for competition at the 2011 World Long Range Championships in Brisbane, Australia. Of the 42-person team, she is one of eight members on the roster for the under-25 category.

To help with costs of competing in Australia, the Dominion of Canada Rifle Association will contribute 20 per cent to her airfare and accommodation, rifle licenses, ammunition and shipping costs. But she will still require several thousand dollars before this dream is a reality. She has started her own web site in search of community donations - [www.alix.voorthuyzen.com](http://www.alix.voorthuyzen.com). If you would like to assist Voorthuyzen visit her website.



**Cadet MWO Alix Voorthuyzen prepares this week to trek Mt Everest as part of a 16-person cadet expedition. Voorthuyzen is also looking for financial donations so she can represent Canada at next year's world Long Range Championships in Brisbane, Australia.**

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## YOU'VE WON THE NAVAL BALL EARLY BIRD DRAW!

Two guests attending MARPAC's Canadian Navy Ball will start their celebration early. On Oct. 4, 2010, an "early bird" draw was conducted at the Canadian Naval Centennial offices under the supervision of Cdr deRosenroll, MARPAC CNC Coordinator. Special prizes, contributed by supporters of the Navy Ball were awarded to two ticket purchasers.

**Congratulations to Jim MCleer** winner of a "Free Makeover Party" at the urban-styled studio of Sharon Rai Hair and Makeup Artistry. The \$250 prize will be a unique treat for three ladies to prepare for the Ball and continue looking and feeling radiant all evening following their makeup party with champagne and gourmet treats.

**Second prize winner CPO2 Fred Madill** can also add a special touch to his celebrations with his \$50 spa and \$50 dining gift certificate. Haven Spa at the Sidney Pier Hotel & Spa will provide the pampering service of choice to primp or unwind. Add a visit to Pescatores Seafood & Grill, and the magic of the Navy Ball will continue to sparkle.

Prize winners can claim their prizes at the CNC offices during normal working hours.

## Chopper wrangling for charity

**Shelley Lipke**  
Staff writer

In one of many fund-raising efforts to blow the red gauge off the United Way thermometer this year, 443 Maritime Helicopter Squadron has teamed with the Victoria Airport Authority for the 2<sup>nd</sup> Annual Sea King pull on Oct. 16.

It will take a Herculean effort to haul the 20,000 pound helicopter 75 feet down the tarmac at the 443 hangar, but for the team of 10 who is the quickest, the pay off will be just as great - a hefty contribution to the campaign, a trophy, a photo and a year's bragging rights.

Last year's winner, the Victoria Flying Club, is back to defend the title. Out of the five teams who hitched themselves to the chopper, the flying club took only 13 seconds to cover the mandatory distance.

"We're trying to put the 'fun' back in fundraising," said event coordinator for the Victoria Airport Authority's United Way campaign, Melinda Orłowski. "Joining forces with 443 Squadron gives us the opportunity to work closely with

one of our valued airport tenants, and creates positive, lasting relationships."

To pre-register a team contact [kyle.pa@forces.gc.ca](mailto:kyle.pa@forces.gc.ca). Registration on the day of the pull is at noon and the event begins at 2 p.m.

All civilian and military personnel working for DND age 18 and older can participate, but they must bring their ID and sign a waiver prior to the pull, which will be held at the 443 Squadron main hangar. Participants are encouraged to wear gloves, and no more than 10 people per team is allowed.


Participants pay \$20 with all proceeds going to support local programs funded by the United Way's Government of Canada Workplace Charitable Campaign (GCWCC).

Jenner Chevrolet of Victoria and Save-On Foods is sponsoring a free barbecue, but people should bring a little extra money for the bake sale and raffle draw.

This event will run in dry weather, so if heavy rains are forecasted people should call Orłowski at 250-953-7524 to confirm it is still on.

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# Clearance diver war

**Shelley Lipke**  
Staff writer

PO1 Gord Williamson says it takes determination, enthusiasm, drive and physical and mental stamina to become a clearance diver.

It's not a job for everyone, and in the annual Clearance Diver Preliminary Selection Process, only the personnel with the right combination of the above attributes survive.

This two week program held Sept. 20 to Oct. 1 at Fleet Diving Unit (Pacific) was a grueling test of strength, motivation and staying power.

"We began with 18 candidates and are now down to eight," says PO2 Williamson.

The program gives divers a taste of the one year QL5A clearance diver course to see if they can hack the longer course and the eventual job of a clearance diver. It allows instructors to evaluate candidates and select only those suitable for the job.

"It tests character, and often the majority of divers quit because they arrived unprepared for the level of physical training required," said PO1 Williamson. "We lose many to injuries, and sometimes we terminate the candidate for negative attitude and lack of teamwork. The success rate for this selection process is less than 50 per cent."

Five candidates from Halifax and two instructors flew from Fleet Diving Unit (Atlantic) to be involved in the selection process.

Day one began early in the morning with a 1.5 mile run, followed by a grueling array of sit ups, push ups, chin ups and a 900-metre surface swim.

"We can tell right away who is prepared and who is not fit and won't make it through the process," said standby diver and assistant instructor LS Pat Moulden. "We look for the motivators in the group who will help others first and put their kit together last. This shows character and proves the diver will work well under stressful situations."

Divers considering being a clearance diver are selected from the following groups: Navy Ship's Team Divers, Army Engineer Combat Divers and Naval Reserve Port Inspection Divers.

"Ship's team and combat divers are considered secondary duties and routinely perform dives to a maximum of 30 meters of sea water (MSW), while Port Inspection divers can go down to 40 MSW. Clearance diving is a primary duty and it involves diving to a depth of 100 MSW while performing a multitude of tasks such as mine counter measures, bottom searches, major maintenance on ships, light and heavy salvage, body recoveries and battle damage repair," said LS Moulden.

Once they step up to this new challenge they find out about the deep diving equipment and what a day in the life of a clearance diver entails. Strapping on a 27-pound helmet makes some divers queasy and claustrophobic. This experience alone is enough to send them packing their bags.

"The assessments are conducted by instructors from both Fleet Diving Unit Atlantic and Pacific. We assess their ability to use the equipment and see if they have what it takes to progress onto the actual clearance diver QL5A course," said LS Moulden. "We watch them very closely and ensure they do what they are told, and do it with a lot of enthusiasm."

Clearance divers dive with technical equipment such as rebreathers with pure oxygen or a mixture of oxygen nitrogen. Also in their "hard hat" they routinely use special helium-oxygen gas mixture to depths greater than 50 MSW. This mix alleviates nitrogen narcosis that can overcome a diver with an intoxicated state.

"Nitrogen narcosis is like drinking a beer for

every 30 feet you go down," said LS Moulden. "That said, some people can't handle the helium-oxygen mix because of medical problems or can experience other difficulties like claustrophobia. This preliminary selection helps the divers determine if they are fit and able to perform at the appropriate level or if they suffer from any medical issues," he said.

Each day involves at least two hours of physical training.

"We get them into diverse physical fitness training and make them as uncomfortable and stressed out to verify they can perform under any situation or environment. The first day we lost three candidates. That first day ended at around 3 a.m. We give them homework and tell them the course will not get easier. The second day we turn it up a notch and then the third day is the worst. They get very little sleep. This really demonstrates their true character," he said.

LS Moulden was confident the remaining eight divers would pass the selection process and was proud when they did.

**The annual clearance diver selection preliminaries weeded out 10 candidates over the ten-day course, which allowed divers an inside look at what the one-year QL5A clearance diver course entails.**

**Below: RAdm Nigel Greenwood arrived for a tour of Fleet Diving Unit and was able to meet the eight remaining students who finished this course.**





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Shelley Lipke, Lookout

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**IN BRIEF**

**Old artefacts raise new concerns**

**Ben Green**  
 Staff writer

A few months ago, a student cataloguing military artefacts at the Bay Street Armoury stumbled across something that caused a bit of a stir.

While sorting through various items, the student came across a compass that had radium paint on the face. Expressing concern, the student's mother contacted Michael Iddon, Formation Safety Programs Officer at CFB Esquimalt.

Radium, which is no longer in used in items such as compasses and watches, is a radioactive element that was commonly used when many of the artefacts were first made or

commissioned.

The concern over the compass led to an investigation at the armoury, where it was eventually found the radium levels in the artefact were within acceptable safety parameters.

Iddon says this event was definitely a wakeup call.

"If anything, it gave a reminder for us that we have to be cautious with these things."

Iddon says if the item does contain radium or other potentially dangerous materials, or is cracked or broken, the transfer to a museum could pose a concern for those handling the item.

He says before donating old war items, seek advice and have them checked for these materials.

**Spouses spice things up for sailors**

**Ben Green**  
 Staff writer

With the return of *HMCS Algonquin* and *HMCS Protecteur* less than three weeks away, one local business wants to make sure spouses welcome their partners home in style.

Outshine Hair Design and Esthetics in Esquimalt is offering discounts to

the husbands and wives of those serving on board the vessels.

During the three days prior to the ships' expected arrivals, the salon will take only military spouse appointments. They will also extend their hours from 9 a.m. to 8 p.m.

According to Danielle Hickman from Outshine Hair Design and Esthetics, spouses will save 10 per cent

off all retail products and 15 per cent off waxing and other services.

"Basically we have four different packages and each of them has a mixture of hair and aesthetic services," said Hickman. "Packages make it about 15 per cent off of it."

Spouses will also be able to enter a draw to win a gift basket of Italian hair products.

**Protecteur crew get fund-raising creative**

**SLt Kevin Millman**  
 HMCS Protecteur

Two weeks ago a charity auction was organized by *HMCS Protecteur's* Coxswain CPO1 Petten and aided by Sgt Jack.

Up for bids were donated items, hats, stress balls, mugs, sunglasses and some highly cherished items. Among the top sellers were one-of-a-kind

mounted and framed pictures of the Executive Officer and a Logistics Officer, sunglasses of the Chief Boatswain Mate, and a couple of unclaimed crossing the line ceremony cards, which brought a hefty donation from the unfortunate few not wanting to re-live moments that would rather be forgotten.

The Chief used every trick to "encourage" the

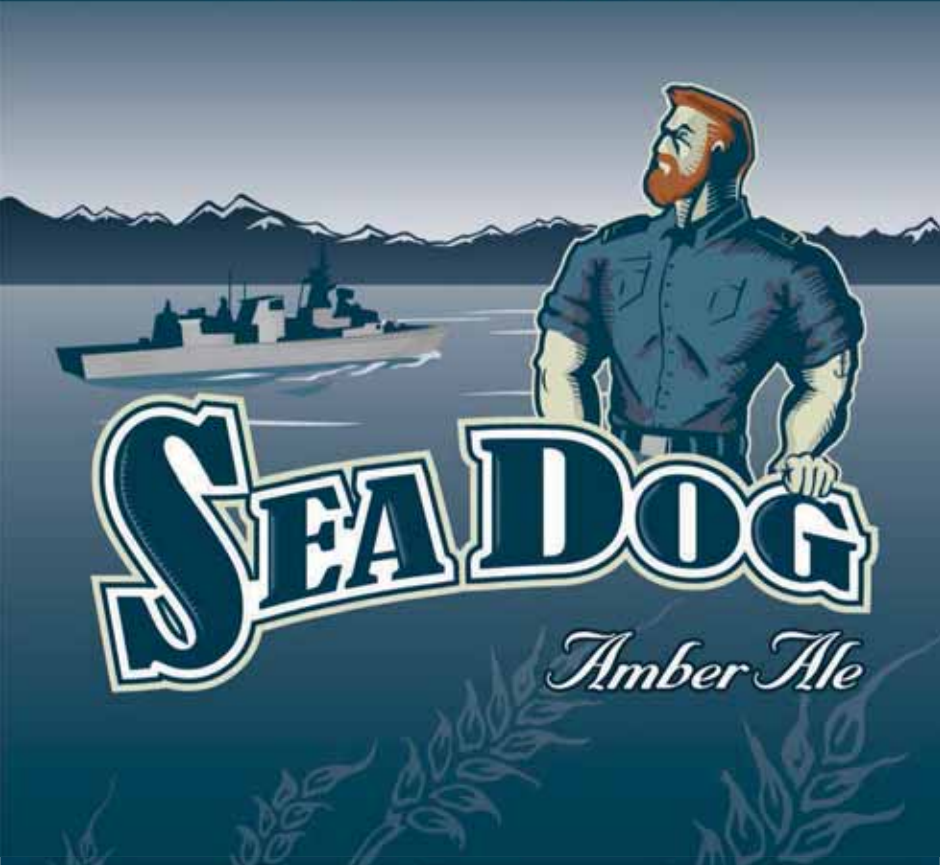
ship's company to get the edge with just one more bid. Those in the wings laughed watching the bidding frenzy over a plastic pair of starred sunglasses, and a dollar store makeup kit.

The crew's generous and, at times, somewhat competitive bidding had the final effect of raising approximately \$3,000 for charity. Not only was the auction a huge success, it also

cleared out the Coxswain's lost and never claimed box.

Just days after the tremendous outpouring of support for the auction, the Engineering Officer, Lt(N) Gaetz, rallied the sailors again, this time with a Bingo game with numbers drawn and broadcasted via televisions throughout the ship. Amount raised through this event, \$700.

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# Guatemala visit was wet and wild

**CPO2 Gordon Howe**  
HMCS Algonquin

Most of the ship's company was not looking forward to the port visit in Guatemala. It had been 24 years since the last visit to this country by a Canadian warship, and checking out Puerto Quetzal, Antigua or Guatemala City on the Internet led to a rash of horror stories zipping throughout the ship.

However, the senior hands could only smile and nod because we knew, after many years of this sort of scuttlebutt, that the truth more often than not, was far less exciting.

We were told that HMC Ships *Vancouver*, *Protecteur* and *Algonquin* would be nested together. *Protecteur* would be alongside the jetty, *Vancouver* outboard, and we would snuggle in between the two of them. Many of the crew had already booked hotel rooms in nearby Antigua, a tourist resort. But, even before we came alongside things began to change.

The port informed us that half way through our stay we would have to change jetties to facilitate a container ship unloading cargo. The port was so small it meant *Algonquin* and *Vancouver* would have put to sea on Oct. 1 and wait for *Protecteur* to get situated before coming in again. This was deemed a bit too much and approval was sought to leave port on Oct. 1, cutting our port visit by three days.

Nobody seemed all that put out by the idea of a shorter stay and a small flurry of calls was made to cancel bookings and tours.

Finally the day arrived. The ship waited in the rain and fog outside Puerto Quetzal for *Protecteur* to report alongside. And waited, and waited. Finally we were given to the word and we sailed into the harbour. The rain was intense. The word was given that the buses to and from Antigua would stop running at sundown, and as it was a two hour trip; those who wanted to go ashore the first day would have very little time before having to return to ship. The Commanding officer authorized the setting up of the awning on the flight deck to provide an informal "bar" area. *Vancouver* followed suit. Those of the crew who still had hotel rooms booked quickly departed.

When sundown came and the buses stopped running, the music started. At first the music was canned, but then the ship's band started playing. LS Ahl on lead gui-

tar and vocals, the executive officer, LCdr MacLean on rhythm guitar, MS Fraser on bass guitar and Lt(N) McKeracher on drums.

As if in response to the rockin' tunes, the wind picked up and drove rain to a constant downpour. Without warning *Vancouver's* awning ripped open. Frantically, the crew rushed to take it down before it was totally demolished. By a herculean effort by all concerned, they managed to haul the awning down with no further damage and in record time.

With the *Algonquin's* flight deck as the only remaining "lounge", members of *Vancouver's* and *Protecteur's* crews made their way over and the band started in with a vengeance. The tunes ranged all over the spectrum. An early Beatles' song was quickly followed by a Jimi Hendricks' song. It was hard to believe that in the midst of a torrential downpour, and while confined to our ships, the three ship's companies were having a good time. The band's line-up changed off and on as other members of the crew joined in. PO1 Colley slipped in for a while on rhythm guitar and the Logistic Officer LCdr Butler took over on the drums. The band was a big hit, rocking the night away.

The evening was a big success.

The next day wasn't. Although the rain had

**Meanwhile back on board, reports were coming in that many people were trapped on rooftops in an area of town called San Jose. The ship sprung into action.**

stopped sometime during the night, it started up again the next morning. By noon, all buses had stopped going into Antigua because the highway was flooding. Buses were still running to the cruise ship terminal, less than 10 minutes away, where there were tourist shops and a restaurant. Some of the crew took advantage of these buses to make their way ashore. The party of volunteers for the Guatemalan Outreach Program had been told early that day that their initial plan, that of cleaning out a flood trench to lessen the risk of flooding had been cancelled because the trench was too flooded to work on. They stood by waiting for a new plan to be formulated.

By the middle of the afternoon with no sign of the rains easing up it was decided that measures should be taken to ensure the safety of the crew. A general recall was initiated. The few local phones the ships had use of were soon busy calling hotels and telling the sailors to get back to their ships as soon as possible.

Over at the cruise terminal, the restaurant that had been expecting only a few tourists from the cruise ship *Norwegian Pearl* had run out of food from the demands placed on them from three ship's worth of Canadian sailors, so crews started to trickle back to their ships.

Meanwhile back on board, reports were coming in that many people were trapped on rooftops in an area of town called San Jose. The ship sprung into action. The ship's divers and the outreach volunteers added by many off duty crew members, launched the ship's two Zodiacs. The bosuns brought them around to shore where other volunteers man-handled them on to flat-bed trucks.

The boats were taken to a marshalling area on one of the smaller rivers. The Zodiac crews consisted of a bosun to drive the boat, divers to assist with rescue and some locals for rescue and navigation. They took off down the river to the main source of flooding. As they reached the main river, it was quickly apparent the engines of the Zodiacs were not powerful enough to fight the rushing currents in the main channel. They returned to the marshalling area to figure out a new strategy.

By now night had fallen and the buses from town were starting to arrive back at the ships. One by one, the departments reported to the Coxswain as they ticked off the last of their missing members.

The Force Protection Component was mustered and sent out to relieve the volunteers at the marshalling area as it had been determined no further rescue attempts could be made that night.

Talk throughout the ship that night was highly speculative. Would we leave tomorrow? Would we stay and provide disaster relief?

Late that night, the rain finally stopped. By the next morning there were moments that looked like the sun might actually break through the clouds. With the local authorities handling the rest of the post flood clean up, we made preparations to get underway.

That afternoon we sailed out of Puerto Quetzal just as the sun broke through the clouds. It's rare that a crew leaves a port feeling more tired than when we arrived, but it had happened at this port. Standing on the upper decks looking out over the sunlit Pacific, we weren't looking back, we were looking forward. Forward to Task Group Exercise, to San Diego and finally home.

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# Bravo ZULU

## Boatswain QL3 0128 graduate

**PO2 Ian Biller**  
Contributor

On Sept. 27, the culmination of 12 weeks of training for nine Boatswain QL3 graduates took place during CFFSE Seamanship Division. The students represented a cross section of the nation from Newfoundland to Vancouver Island. The QL3 course consisted of 59 days of classroom and practical instruction including: fabricate rope work, operate small arms, maintenance of small boats, crew small boats, operate lifting devices, basic demolitions, and participate in seamanship evolutions such as RAS, towing and mooring operations and anchorages. Looking to the future, the graduates will report to their appointed ships on both the East and West Coasts. The graduates will continue to develop their core trade skills through the completion of their On the Job Performance Records (OJPRs) consolidating the knowledge gained during their QL3.



MCpl Ryan Vincent from HMCS Regina is promoted by Lt(N) Andrew Willis (left) and CPO2 Hugh Pollard (right). He also received his CD from Cdr Arthur Wamback.



The Reviewing Officer, LCdr Aaron Gyorkos, presents the Boatswain QL-3 Top Student Trophy to OS Peter Fitzgerald. OS Fitzgerald is posted to HMCS Charlottetown.



PO Peter Storie, from HMCS Regina, was promoted to PO1 by LCdr Mathew Bowen and Lt(N) Andrew Willis during the Navy 10K run.



Cpl Mathieu Lortie receives the HMCS Regina Sailor of the Quarter from LCdr Mathew Bowen.

**Got a Bravo Zulu?  
Send It to the  
editor:**

[melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)



**Above:** Duane Simpson was presented a Bravo Zulu by Scott Stevenson, ADM(IE) - National Champion of Defence Advisory Group for Persons with Disabilities (DAG-PWD), on behalf of the Defence Diversity Council in recognition of his many contributions as National Co-Chair of the DAG-PWD. Seen here Cdr Barb Clerihue, military co-chair for the regional DAG-PWD, Dan Mooney, civilian co-chair and new national co-chair, Duane Simpson and Scott Stevenson during the awards ceremony.

**Left: Boatswain QL1 0010 Graduates**  
Aug. 26 marked the culmination of nine weeks of training for 15 Boatswain QL1 graduates. The QL1 Graduating Course 0010 and Seamanship Division Staff posed for a group photo at the Naden Drill Shed.



Photo by LS Derrick Rees

# Naden Band members join Symphony for Naval Centennial musical salute

**Shelley Lipke**  
Staff Writer

Royal Tea is the Victoria Symphony Orchestra's Centennial Salute to the Canadian Navy.

So it's only fitting they invite two sailors to join them on stage for the musical tribute.

On the afternoon of Oct. 13 at 2:30 p.m., Naden Band musicians CPO2 Pierre Cayer and PO2 Karen Shields will don their best military dress and accompany the Symphony at the Royal Theatre.

The concert is at 2:30 p.m. and features a naval theme.

"CPO2 Pierre Cayer has performed with the Victoria Symphony for more than 10 years and plays with them any chance

he gets, and PO2 Karen Shields is a fantastic soloist that will represent the band well during this concert," says Lt(N) Robert Byrne, Naden Band Commanding Officer.

PO2 Shields has been featured as a piccolo soloist on concert tours and on the Naden Band's recent CD *Fair Winds and Following Seas*, while CPO2 Cayer taught oboe at the Victoria Conservatory of Music and has performed regularly with the Victoria Symphony Orchestra and the Palm Court Orchestra.

"Heart of Oak, Hymn to the Fallen, Fantasia, British sea songs, and Overture to HMS Pinafore are a few of the nautical theme songs and pieces that will be featured in relation to the Centennial," said PO2

Shields.

"I am very excited to be involved in this. It's been seven years since I've had an opportunity to perform as a soloist. I'm playing the Shanghai Sailor by D. Bridger. This piece was originally written for a military band, but because the orchestra has string instruments the parts needed to be rewritten so that it could be performed with the orchestra, so PO2 Roy Kaighin arranged it," she said.

CPO2 Cayer is performing Vancouver Variations by Michael Conway Baker and will be playing the oboe.

Tickets for general seating can be purchased at the Royal Theatre box office, and are \$25 for seniors and \$31.50 for adults.



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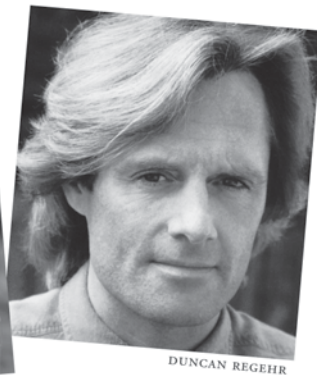
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Published November 8, 2010

# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$7.84 • ALL OTHERS: 20 words \$8.96 • Each additional word 17¢ • GST Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11 a.m.

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

### ANNOUNCEMENTS

DO YOU WANT to advertise in any or all 16 individual Canadian Forces Base Newspapers, across Canada? [www.forcesadvertising.com](http://www.forcesadvertising.com) or email: [joshua.buck@forces.gc.ca](mailto:joshua.buck@forces.gc.ca) or call Joshua Buck at 250-363-8602.

3005 11 Svc Bn ARMY CADETS has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email [3005army@cadets.net](mailto:3005army@cadets.net).

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

TREAT YOURSELF TO A VISIT FROM WELCOME WAGON! IT'S FREE. We are a community service whose aim is to bring you greetings, gifts, and information regarding the area you live in. Call Welcome Wagon 1-866-518-7287 and arrange a short visit. I look forward to bringing you my basket of goodies!

### APPLIANCES

**WESTCOAST APPLIANCE CENTRE LTD.**  
**LARGEST SELECTION GREAT PRICES**  
 • Reconditioned  
 • New • Builder  
 • In Home Services  
 #3-370 Gorge Rd East  
**382-0242**

### VOLUNTEER

VOLUNTEERS OF ALL AGES are needed to assist individuals with disabilities to get out and be active this fall! 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. For more information or to volunteer please call the Leisure Assistant Coordinator at 250-477-6314 ext. 15 or [volunteers@rivonline.org](mailto:volunteers@rivonline.org)

### BUS. OPPORTUNITY

LUCRATIVE ONLINE BUSINESS. Earn full-time \$\$, Work part-time hours. Turn 5-10 hours weekly into \$2000 - \$4000 monthly. [www.freedom-toma.com](http://www.freedom-toma.com)

Lookout Classifieds Work.  
363-3014

### VEHICLES FOR SALE

1999 CHEVY BLAZER, 5 speed standard, V6, 4x4, class 3 tow pkge, new tires and brakes in 2009, new clutch, 173,000kms, keyless entry/alarm. Well maintained. \$4,500 obo. 250-661-1269.

1999 FORD RANGER well maintained, new tires/batt/ altin. \$5300 OBO. 250-479-9402

2005 FORD FOCUS ZX4 Only 14,800 kms, mint condition, PS/PB, heated seats, anti skid, CD player/radio, sunroof, air conditioner, spoiler, sangria red colour. ONE LADY OWNER!! \$9950 or OBO.

### WANTED

NAVAL MESS KIT, NCM Jacket size 42 chest, Trousers 36 waist with 30" inseam. 778-785-0399 or cell 778-231-6033

### MOTORCYCLES

**S G Power A.T.V. CENTER**  
 Honda, Yamaha, Kawasaki  
**382-8291 - 730 Hillside Ave.**

### HAULING

**Father & Son** need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small. OAP rates  
 • Any weather  
 • Demolition  
**Refuse Sam**  
 250-216-5865 or 250-475-0611  
 SAME DAY SERVICE

Lookout Classifieds Work!  
 Call 363-3014 to advertise.

### REAL ESTATE • FOR RENT

HOUSE IN SOOKE FOR RENT. 4Bdrm, 2.5 bths, 2400sqft., \$1600 + util. Beautiful views. Nov. 1st or Dec. 1st NS/NP Contact Lisa. 778-678-7630

SOOKE VICTORIA FANTASTIC Ocean/Mtns view. 2 bdrm duplex, wrap-around decks, woodstove, recent reno. 1.7 acres. Suit non-smoking couple. Avail. Oct. 1st. 250-642-2268 or 250-642-6614

ESQUIMALT 2 BDRM Duplex For Rent fncd yd incl's W/D, DW Pets considered N/S references req'd 5 min walk to Naden Quiet safe area Avail Nov 1 \$1200+ util 250-294-9527

JUMP START YOUR CAREER WITH LOOKOUT CLASSIFIEDS  
 CALL 363-3014

NEW 1 BDRM SUITE in Langford, avail Nov 1st, \$800/mo. Separate entrance, pvt. parking, H/W, F/S, Internet, N/S, No laundry. 250-474-3300

### STORAGE

**SELF STORAGE RESIDENTIAL & COMMERCIAL**  
 • 5'x5' - 20'x34' units  
 • Lit and Fenced  
 • 7 Day Computerized Access & Security System  
**VERY COMPETITIVE RATES**  
**ARDEN'S SELF STORAGE**  
 642-6363 (WEEKDAYS)  
 2059 IDLEMORE RD., SOOKE

Attention: DND  
**WATERFRONT LIVING**  
 Visit our rental office: **215 Gorge Road E**  
 Short leases available.  
 1 & 2 bedrooms starting from \$815  
 Close to Mayfair Shopping Centre.  
 Access to Gorge Waterway near Galloping Goose Trail.  
 Pet friendly community.  
**www.caprent.com • (250) 381-5084**

Your ad here  
 For word or display ads, call 363-3014

**BROWN BROS** SINCE 1918  
**250-385-8771**  
 \$860/\$875 - Russell St. - 2 BR family oriented building, near park, school & shopping, NS, cat considered. Available immediately, lease. Manager 250-217-1718

**Tara Place, 1039 View Street City and Ocean Views Downtown Victoria**  
 Special price for military  
 Spacious suites. Bach starting from \$700. 1 bdrms starting at \$930. Close to all major transportation routes. Close to Victoria core and Bay Centre mall. Cat friendly community.  
**250-383-1833**  
 www.caprent.com

**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.  
 Call to view  
**383-1731**

PROPERTIES OWNED AND MANAGED BY EY PROPERTIES LTD. **250-361-3690**  
**FREE Heat & Hot Water**  
**MACAULAY EAST** 948 Esquimalt Rd. Bachelor, 1, 2 & 3 Bdrm Manager 250-380-4663  
**MACAULAY NORTH** 980 Wordsley St. 1 & 2 Bedroom Manager 250-384-8932  
 To view these and other properties, visit Toll Free 1-866-217-3612 • [www.eyproperties.com](http://www.eyproperties.com)

**moving made easy**  
 why buy or scrounge when you can rent moving supplies? we deliver and pick up.  
**BOBO BOXES**  
 250-590-3882  
 www.boboboxes.com

**Devon PROPERTIES LTD.** No Pets allowed in any building  
**www.devonprop.com**  
**Esquimalt**  
**LARGE SUITES** 1180 Colville 2 bdrms from \$925 Available NOW 250-360-1983

**SERVICES OFFERED**  
 Military Discounts **expert carpet care**  
 Carpet and Upholstery Cleaning  
 www.expertcarpetcare.ca 250-665-7953

**TANGUAY Electric** BONDED INSURED  
**Robert Tanguay CD 882-8185**  
**Residential & Commercial**  
 • House wiring • Service Panel Upgrades  
 • Trouble shooting • Small Jobs  
 • Outdoor wiring • House Inspections

**ALL NEW SEASON ALL NEW COMMUNITY GUIDE**  
**SPORTS • RECREATION HEALTH • EDUCATION**  
 AVAILABLE AT ALL PSP & MFRC OUTLETS

FIND US ONLINE  
**WWW.LOOKOUTNEWSPAPER.COM**

# LOOKOUT Classifieds & Real Estate

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REAL ESTATE • FOR SALE

**Walk to the Base!**  
New Condo Units for Rent

- 1 Bedrooms from \$895
- 2 Bedrooms from \$1300
- Includes parking, internet, hot water, on-site gym

**OVATION** TheOvation.ca  
250-519-1024

**FREE Online Home Search!**  
Access to the HOTTEST new listings!  
(bank foreclosures, fix'er uppers, luxury homes, newly renovated)

[www.CanadianMilitaryRelocation.com](http://www.CanadianMilitaryRelocation.com)

Cell: (250) 882-3335  
Toll Free: (800) 663-2121  
Web: [www.AlexBurns.ca](http://www.AlexBurns.ca)

**Alex Burns & Associates**  
RE/MAX Camosun Real Estate  
Relocation specialist for Esquimalt DND

**HOW TO BUY WITH ABSOLUTELY NO MONEY DOWN**

[www.gotoyourteam.com](http://www.gotoyourteam.com)

GLEN GLOWINSKI 250-217-1205  
SHELLEY STANCIN 250-857-3044

**Sutton GROUP**  
West Coast Realty

7	8	6	5	9	3	1	4	2
3	5	2	7	4	1	8	9	6
4	9	1	6	8	2	3	5	7
2	4	3	9	6	5	7	1	8
8	7	5	1	3	4	6	2	9
1	6	9	2	7	8	5	3	4
6	1	4	8	5	9	2	7	3
5	3	8	4	2	7	9	6	1
9	2	7	3	1	6	4	8	5



**ONE LEVEL LIVING**

Great one level home on landscaped lot offering spacious floor plan, living room with fire-place large dining room, eat in kitchen. 2 bed 2 bath, easy conversion of garage to family room or 3rd bedroom. Call Shelly direct to view 532 Normandy Rd 250-213-7444. MLS 283096

**\$529,900**

CALL DIRECT 250-213-7444  
**Shelly Reed**  
I listen and I care!  
For open house & photos:  
[www.shellyreed.com](http://www.shellyreed.com)

**Sutton GROUP**  
West Coast Realty

**PACIFIC VILLAGE II**  
1445 CRAIGFLOWER ROAD

SPACIOUS 1, 2, 3 BEDROOM TOWNHOUSES  
1 & 2 BEDROOM APARTMENTS

RENTALS CENTRALLY LOCATED  
PARKING INCLUDED  
FRIDGE/STOVE INCLUDED  
ON MAIN BUS ROUTES  
PETS: CATS ONLY

CLOSE TO SCHOOLS, ADMIRALS WALK,  
GORGE & CFB ESQUIMALT


**385-2250**



**SHAREN WARDE  
LARRY SIMS**

"Helping You Is What We Do"

**ROYAL LEPAGE** PH: (250) 592.4422  
COAST CAPITAL REALTY TOLL FREE: 1.877.812.6110  
WWW.WARDESIMS.COM



**Sell your home in the Lookout**

Call 363-3014 to advertise

**BUILD YOUR BUSINESS WITH LOOKOUT CLASSIFIEDS**

CALL 363-3014 TO ADVERTISE

**THE CONDO GROUP**

CONDO REALTORS Call **250-382-6636**

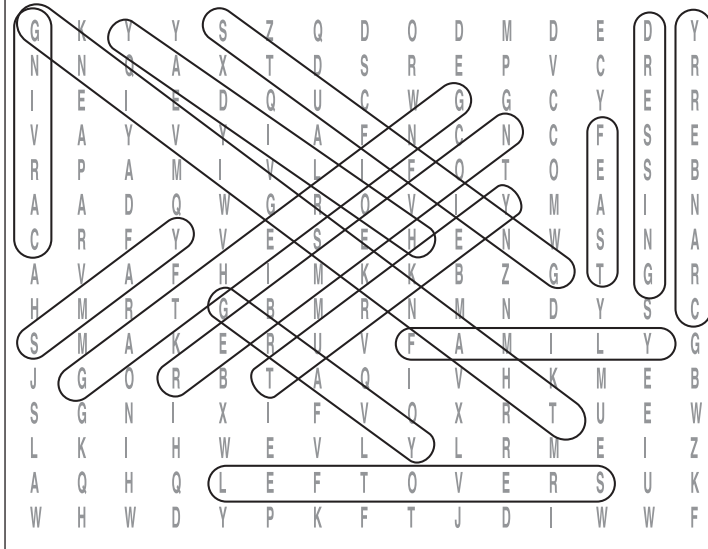
Burr Properties Ltd.



CONDO CONROY\* CHRIS GILL\* TONY ZARSADIAS\* ANDREW HOBBS AMY FRANCOEUR

Why rent when you can own?  
Find out how a Condo Specialist can **save you thousands.**

Call **250-382-6636** \*Personal Real Estate Corporation



S	P	A			K	P	H			B	R	A		
A	I	L	S		E	R	A	S		R	E	P		
C	L	U	E	S	R	A	N	A		H	A	F	T	
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E	S	E			S	I	D				G	S	A	

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**For women with single-track minds**

Join us on the trails - beginner, intermediate and advanced rides.  
Plus Clinics, getaways and shop discounts

**Dirty Girlz Bike Club**  
[www.dirtygirlzbikeclub.ca](http://www.dirtygirlzbikeclub.ca)

# LOOKING FOR A FEW GOOD RIDERS



## TEST OUR METAL

As a show of appreciation to the fine work done by our troops, we invite you to test out the latest Harley-Davidson® and Buell® motorcycles when our demo truck rolls your way. Bring a valid license, approved helmet, riding gear and see you on the field.



[www.harleycanada.com](http://www.harleycanada.com)

With the purchase of any new Harley-Davidson® model from an authorized Canadian Harley-Davidson® Retailer, you will receive a free, full one-year membership in H.O.G.® We support the Canada Safety Council Rider Training Program. Always ride with a helmet. Ride defensively. Distributed exclusively in Canada by Deeley Harley-Davidson® Canada, Richmond and Concord. Deeley Harley-Davidson® Canada is a proud sponsor of Muscular Dystrophy Canada. ©2009 H-D.

**Location: CFB Esquimalt  
Place Naden parking lot across from CANEX**

**Date: 20 October  
Time: 1100-1700 hrs.**

