

# LOOKOUT



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Year of the Canadian Naval Centennial

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## FLEET WEEK



Duncan Ayre, Navy Public Affairs

**Top:** The crew of HMCS Whitehorse prepare for the San Francisco Fleet Week Parade of Ships event on Saturday, Oct. 9. The route took them under the Golden Gate Bridge and past Alcatraz Island.

**Bottom:** RAdm Nigel Greenwood, Commander Maritime Forces Pacific, greets RAdm Robert Girrier, Commander Carrier (Nimitz) Strike Group 11, while in the background LCdr Angus Fedoruk, Commander of Whitehorse, greets June Girrier for a reception hosted by the Canadian Consulate in San Francisco on board Whitehorse.

HMC Ships Whitehorse and Brandon transited to San Francisco for Fleet Week activities on the Canadian Thanksgiving weekend. San Francisco Fleet Week is an annual event hosted by the city to maintain the positive relationship between the citizens of the San Francisco area and their Navy/Marines.

**Calgary changes hands**  
p. 3

**Sub gets a coat of paint**  
p. 8

**Art funds research**  
p. 9

**Editorial & Opinion** 4

**Bravo Zulu** 12

**Classifieds** 14-15

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# New leader takes the reigns of Calgary



Ed Dixon, MARPAC Imaging Services  
**Top:** Members of HMCS Calgary man the side of the ship as officers pull the chuck wagon for the roll past of outgoing Commanding Officer Cdr Ron Pumphrey's during Calgary's change of command ceremony. Cdr Pumphrey relinquished command to LCdr Sylvain Bélair on Oct. 8.



**Bottom:** (Left to right) Cdr Pumphrey, Capt(N) Paul Dempsey, Deputy Commander Canadian Fleet Pacific, and LCdr Bélair sign the change of command certificates.

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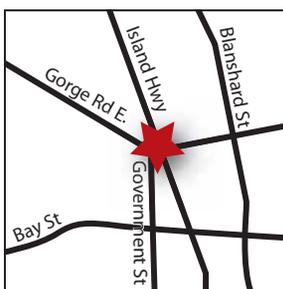
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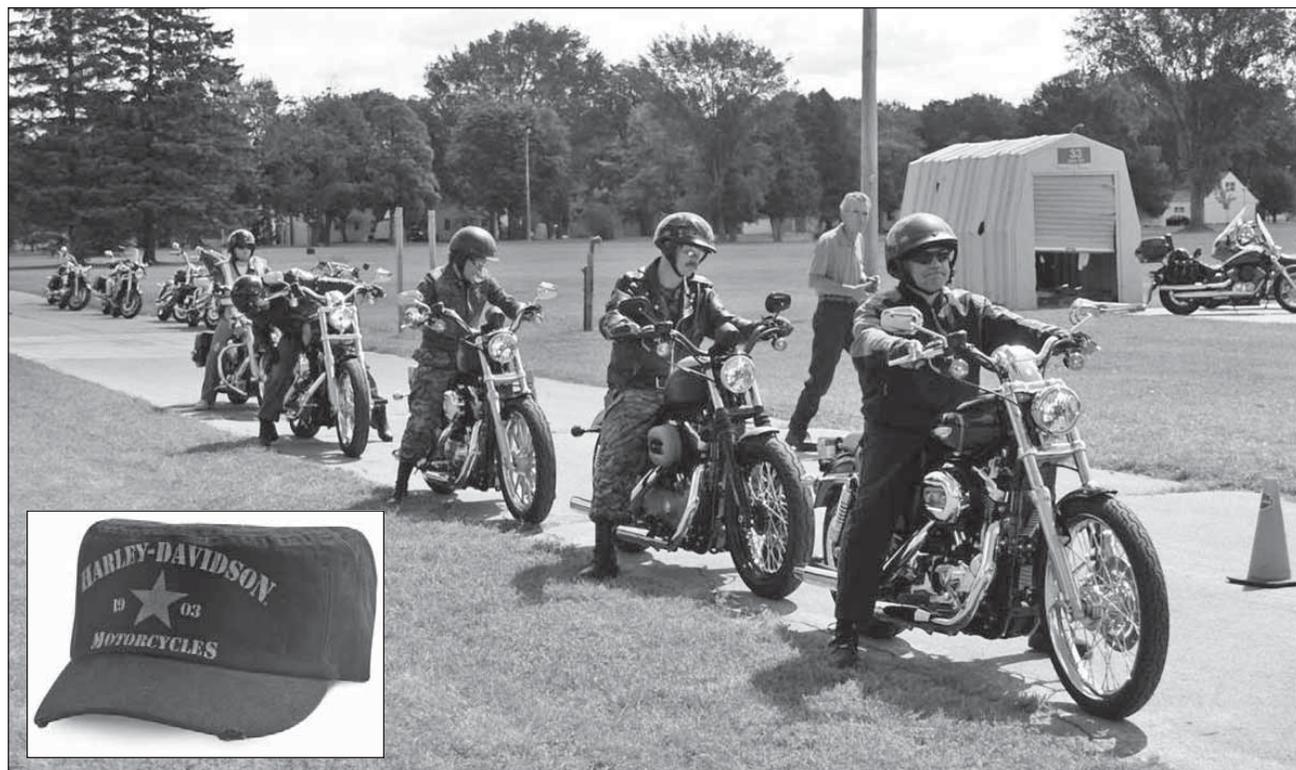
Celebrate the Canadian Naval Centennial and support military families by buying a commemorative brick at "The Homecoming" statue. Each brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and of the sea through the first century of Canada's Naval Service.



By Sculptor Nathan Scott

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Motorcycle enthusiasts cue up for their Harley test ride. Inset: Harley-Davidson has introduced a new military-inspired line of clothing to this year's ride.

# Harley is back with Test Our Metal

**Shelley Lipke**  
Staff writer

The cream of motorcycle products is coming to CFB Esquimalt.

Next Wednesday Oct. 20, from 11 a.m. to 5 p.m., the parking lot at CANEX will be filled with the 2011 line of Harley-Davidson® motorcycles.

Looking will be only half the pleasure. Members of the defence community, including retired members, are exclusively invited to ride the bikes as part of the annual Canadian Forces Test Our Metal event, hosted by Deeley Harley-Davidson® Canada staff.

"Each year, in conjunction with CANEX, they host six to eight Test Our Metal events on Canadian Forces bases across Canada," says Ken Stilwell, CANEX Manager, Corporate Programs. "They answer questions about their new line of bikes, and escort rides of approximately 25 to 35 minutes on a pre-determined route, allowing riders to experience a variety of

driving experiences during a safe and controlled ride."

Those who want to ride must bring an approved motorcycle helmet, valid motorcycle licence, proper boots and riding jacket.

To satiate the hunger pangs, there will be United Way fundraising barbecue of hamburgers, hotdogs, pop and Tim Horton's coffee.

New to this year's event is the introduction of the Harley-Davidson® 2011 military-inspired MotorClothes® Collection. This collection of 15 styles in sportswear, casual outerwear and accessories apparel boasts nostalgic graphics and style reminiscent of Harley-Davidson's role during the Second World War, and highlights some key moments in Canadian war history.

From Nov. 1 to Dec. 24 2010, every qualifying \$300 purchase will be rewarded with a free Military Archive Collection: framed images valued at \$75, featuring one-of-a-kind images straight from the Harley-Davidson Museum™ archives.

Last year, Deeley Harley-Davidson® Canada donated a custom Road King® motorcycle to CANEX for the Harley for Heroes Raffle that raised \$80,000 for the Military Families Fund. The money raised will provide emergency support to military families who need help.

"A fund raiser such as the Harley for Heroes, in support of the Military Families Fund, would not be possible without individuals like Mr. Don James, CEO, and owner of Deeley Harley-Davidson® Canada. Mr.

James is the driving force behind Deeley Harley-Davidson® Canada's tremendous support of Canadian Forces personnel."

In light of this contribution, CFB Esquimalt CANEX manager Sara Johnson will present a plaque to Mr. James at the Test Our Metal event

Additionally, Deeley Harley-Davidson® Canada offers all regular or reserve force members a \$500 parts and accessories instore credit with the purchase of a new motorcycle, and extends members' warranty period for the amount of time they are deployed on duty.

"Deeley Harley-Davidson® Canada has visited over 20 Canadian Forces bases in the past three years in their continuing commitment to demonstrate their support for the men and women of the Canadian Forces. I hope that the CFB Esquimalt Canadian Forces Community will join us at the Harley-Davidson® Test Our Metal event," says Mr. Stilwell.

**New to this year's event is the introduction of the Harley-Davidson 2011 military-inspired MotorClothes Collection.**

## Your morning coffee is coming to you...



Until November 5, Serious Coffee is setting up shop on D Jetty to provide Blue Boat riders (and anyone else who wants to venture to Colwood) with their morning caffeine fix.

**WHERE:** The Blue Boat, D-Jetty, Colwood

**WHEN:** Now until Nov. 5

**TIME:** 0550-0750

**COST:** Donation to GCWCC-United Way Campaign



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# matters of OPINION

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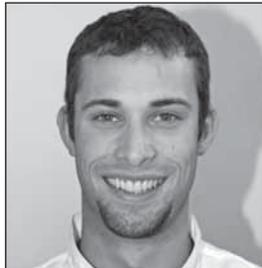
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## People Talk

In light of the recent International news about the rescued Chilean miners, Lookout asked: *If you were one of the miners trapped for 69 days, what would be the most difficult aspect of that experience for you? Once you surfaced how would you view life differently?*



While they were used to being down in the mines with each other, I think the hardest part would be working together and being stuck in a tight situation. For me if I was stuck in that situation dealing with everyone else keeping them calm would be the hardest part. It's important to keep the positive morale in a situation like that. I think it would be a big eye opener not only knowing that you've made it out, but I wouldn't take as much for granted and would focus on enjoying my life to the fullest, even more than I do now. I think I'd be thankful to be around and appreciate what I have even more.

**Kevin Schaftlein,**  
Machinist Shop 162



I think it's about surviving life. Physically and mentally it would be very difficult. Being away from loved ones would be hard. I think keeping your mind and body active would be very important. There were people going around everyday making sure the men were doing something daily to keep active. I think I would have a whole different outlook on life after this experience. I found that a lot of different people from other nations came together on this one to help the miners, and I found it interesting that one of the news reporters said why can't we come together in times of conflict to help each other like we are doing to help these miners.

**Chris Nixon,**  
Shop 171



I think the hardest thing to deal with would be not having outside interaction with the world. I would want to find out what is going on around me. Not having contact with my family would also be difficult. After an experience like that I would value my life, my family and friends much more. You would never know if any day with them was your last.

**AB Sandra Vandenharm,**  
Cook



I think being disconnected from the world and wondering if you are going to make it out alive to see your family would be a very challenging situation. I think I'd be happy to be alive and I would never go into a mine shaft again.

**Kyle Owens,**  
Boilermaker Shop 112



I think not having a routine would be the hardest aspect of this situation. I never thought I was much of a routine person but I can't imagine how they dealt with this. Also being without family for so long would be very difficult. I think as soon as I felt the fresh air and felt life around me again I would realize that it was a changing experience. I think it's amazing that people can survive something like this.

**Shannon Cyre,**  
Project Coordinator FMF

**Got a question for us to ask?**  
Email it to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)

## WHAT SAY WE

# Where do I go for help with gambling?

Dear Jessie,  
I'm worried about my husband. Could you please provide me with some information about gambling? In the past couple of weeks my husband and I have been arguing about his financial spending, and his amount of time on the computer every weekend. He told me that he has a "lucky streak" but I'm afraid that it's getting out of control.

-Anonymous

Dear Anonymous,  
Gambling has evolved from the days of horseracing. Over the past century, the industry has gained momentum through bingos, lotteries, casinos and today, can be accessed through the Internet.

Social views and opinions have also changed. Gambling was once considered a sin, but is now viewed as a form of entertainment when approached responsibly and legally. Problem gambling can occur when increased amounts of time, money, and emotional investment in gambling or planning to gamble lead to negative consequences. It could potentially jeopardize relationships, work, health, mental health, personal or family finances, school or housing (Problem Gambling Victoria, 2005).

Sometimes it can be difficult to know when our gambling decisions are healthy. Signs that gambling might be a problem include: chasing losses/unable to let it go,

neglecting relationships, growing in debt from gambling, lying about the extent of gambling, feeling a loss of control, or other addictions develop or worsen. Thinking patterns may change as well to include: thinking one is lucky, using superstitious characters, and believing the machines like you.

Responsible gambling can be achieved through strategies that may include: hope to win but expect to lose (you play you pay), set limits (financial and time), don't borrow money to gamble, leave credit cards at home, lower your bets, don't neglect personal responsibilities. Since you've described your concerns with your husband as internet gambling perhaps a strategy that might help

your husband is to take frequent breaks.

Some additional information: B.C. casinos have voluntary self-exclusion options. If in doubt, there are many resources such as free counseling, education and help-lines. For more information contact an EAP referral agent and they can help you find the services that would best support your situation.

Dear Jessie is an informal anonymous EAP column. You can write a question and address it to, "Dear Jessie, Building D29 room 107, PO Box 17000 Stn Forces, Victoria BC V9A 7N2" You can sign the letter from anonymous. In all circumstances Jessie in EAP respects confidentiality. Answers are for guidance purposes only.

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# FILM *friday*

## Hereafter another Clint classic film

**W. Andrew Powell**  
The GATE

Opening this weekend in theatres: Matt Damon stars in Clint Eastwood's emotional drama, *Hereafter*; Bruce Willis plays an aging CIA agent on the run for his life in the action-comedy, *Red*; plus a look at the drama *Conviction*.



**Matt Damon plays factory worker George in the powerful drama "Hereafter."**

### Hereafter

Clint Eastwood has been a busy guy over the last 40 years. Aside from his acting career, the legendary star has directed almost a film each year since 1971, with the largest gap between projects being a mere three years.

Since *Unforgiven* in 1992, Eastwood has proven himself countless times as a legendary American director, creating classics and Academy Award winners like *Million Dollar Baby*, *Mystic River*, and *Letters from Iwo Jima*.

Now, working with writer Peter Morgan, Eastwood directs an emotional film that looks at life and death, and three people's experiences with the world beyond.

Matt Damon plays George, what you might call an average work-a-day man who is trying to put his past behind him. Working in a factory, George is trying to get away from his former life where he worked as a psychic, reaching out to speak to the dead. For

George though, the problem is that people still come to him, asking for his help, and the mere act of touching a person's hand connects him to the spirits in a person's life.

On the other side of the globe, a French journalist named Marie, played by Cécile De France, has a near-death experience that leaves her with clear memories of the world beyond her life, while a young boy, played by Frankie McLaren, deals with death in his family.

Told as three separate, but converging stories, Eastwood directs this stunning cast with wit and pure skill. Damon might be the weakest of the group, but he's still a vital and engaging lead as this simple man looking for a simple life.

Cécile De France was my favorite part of the film, however, as she's simply wonderful as this journalist who is slowly losing her

way to secrets she wants to discover in her soul.

While I did find *Hereafter* slightly loose, with an ending that I didn't feel really gave the story a powerful enough conclusion, the film was nonetheless riveting and moving. It treaded lightly on a lot of topics that deserved greater breadth, but it paints a vivid portrait of three characters that are well worth getting to know.

### Also opening this week...

#### Red

In this comic book adaptation from director Robert Schwentke, Bruce Willis stars as Frank, one of the CIA's top agents who is now being framed, along with his former CIA cohorts, for a high-level assassination.

Co-starring Morgan Freeman, Helen Mirren, and John Malkovich as Frank's CIA agent compatriots, the group will have to avoid capture and execution if they're going to

uncover a huge conspiracy that lies at the heart of the CIA headquarters.

Earning some of the best reviews of the week, *Red* is certainly one of the falls more hotly anticipated action films, especially since it has serious tongue-in-cheek appeal.

As Roger Moore wrote for the Orlando Sentinel, "*Red* has enough acting flourishes and incidental action pleasures to make it an adrenalin-jacked giggle, if not exactly the romp one so fervently expects."

### Conviction

Oscar winner Hilary Swank stars as Betty Anne Waters, the real-life woman who spent 18 years to free her brother from prison for a crime she believed he never committed.

Going through her brother's case for nearly two decades, Betty Anne's story is a dramatic tale of one woman who would not give up on hope for her older brother Kenny, played in the film by Sam Rockwell.

While the film has not been wowing critics, it has earned a decent level of praise and positive reviews.

Critic Cole Smithey writes for his website, "Tony Goldwyn's deceptively rote telling of one woman's 18-year effort to exonerate and free her brother from prison for a murder he didn't commit, packs more of an emotional punch than expected."

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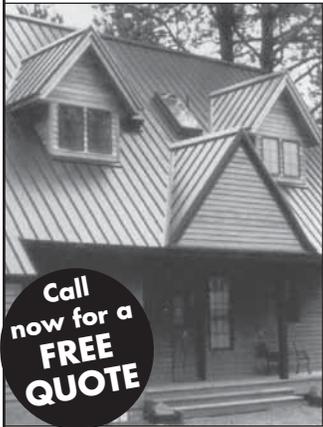


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Shelley Lipke, Lookout

The Intersection Hockey League season officially opened on Oct. 12 when Base Commander Capt(N) Craig Baines dropped the puck for the first game. Facing off were Lt(N) Michael McWhinnie (for last year's intersection hockey league champions - the FMF Outlaws) and John Hestnes (for the FMF Stars). The Outlaws emerged the victors of the season opener with a score of 7-1.

**PSP Esquimalt opens a new gateway to morale and welfare**

**Heather Watters**  
PSP

Ongoing improvement of physical and mental well-being programs is an everyday focus at Personnel Support Programs (PSP), CFB Esquimalt. So it makes sense that enhancement would also inspire the creation of the new PSP Esquimalt website.

Recently launched, the online portal is a rich collection of information about health, wellness, and social support programs that benefit local CF members, DND employees, and the public.

The new site at www.pspesquimalt.ca makes exploring morale and welfare programs and services easier than ever before. The menu structure is consistent

throughout the site, and an intuitive search tool allows for quick browsing through a variety of topics.

An expanded subject matter is an added plus for users.

During development, no stone was left unturned as all PSP Esquimalt employees sifted through service details to find those most useful to the diverse audience. Finding the right balance of simplic-

ity and usefulness was a vital objective.

Dave Molinari, PSP Manager, explains that careful consideration was given to the needs of military and public audiences.

"The new website provides more helpful information about PSP Esquimalt than we could supply in the past," he says. "Since our clients on and off the base are increasingly looking online for immediate, detailed answers, we took time to ensure that pspesquimalt.ca contains the content they need, and can easily retrieve. Despite the large versatility of our services, I'm pleased that our new site will connect us with our clients, and enrich their lives."

Special pages cover major events such as the Navy 10K and Formation Fun Day, and provide a look back or look ahead at popular activities. A twitter feed reveals the most recent PSP news, and online calendars provide current Fitness and Health Promotion classes, sports events, and pool schedules.

In addition to providing details about local PSP programs and services, the new www.pspesquimalt.ca website contains links to other morale and welfare services, including CFB Esquimalt base services and units, as well as a connection with the National Canadian Forces Community Gateway project.

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GCWCC: UPDATE

## Tracking system shows United Way outcomes

**Shelley Lipke**  
Staff writer

As the 2010 Greater Victoria United Way Campaign ramps up throughout the city, so are unique fund raising ideas.

University of Victoria students will push a Volkswagen beetle around the Ring Road, teams of military members will haul a Sea King helicopter across the tarmac, and the downtown business community is paying to dunk each other in the Inner Harbour dunk tank.

This year, United Way of Greater Victoria launched at the kick off their first ever outcomes report. "This is the first year the community has an opportunity to see the entire report on what we accomplish with time and money donated," said Linda Hughes, CEO for Greater Victoria United Way. "It's the first time a report on the successes and achievements of our community partners can be viewed. This means people can see

how their donation made a difference."

The report covers the results of three years of funding to United Way community partners from 2007 – 2009.

The Greater Victoria United Way Campaign assists 63 partners in areas of family and community well being, mental health and addictions and housing for homeless, low income and working poor. From these 63 partners more than 120 programs are created to help in the target areas.

"When clicking onto [www.outcomes2010.uwgv.ca/](http://www.outcomes2010.uwgv.ca/) you will see the background to why there is a community outcome report, our promise to the community and also a

**People can see how their donation made a difference.**

-Linda Hughes  
CEO, Greater Victoria United Way

message telling what has been achieved in the three areas," says Hughes.

For example, in housing 7,500 people were supported by 16 housing projects and 138 new housing units were created during last year's campaign. It shows the percentage of women who were previously on the street or in a shelter, but have moved into a housing unit.

"United Way is the organization that links people in the community who are able to give, with the people in the community who need assistance. It allows funds to be allocated fairly and appropriately as voted on by the community," says Hughes.

The overall fundraising goal for the Greater Victoria campaign has been set at \$6.2 million, compared to \$6.35 million last year.

This year Department of National Defence has also increased their fundraising goal to \$700,100, which is up from last year's \$700,000 target.

## From the Leadership chair

I am very pleased to join the MARPAC Government of Canada Workplace Charitable Campaign this year as your new Leadership Chair.

To begin with, I wanted to send you my sincerest appreciation for your incredible generosity during the 2009 campaign. It was an interesting year as we continued to exercise economic caution throughout our community. Yet, collectively the Defence Team of CFB Esquimalt still managed to raise \$699,000, with \$393,754 of that coming from your Leader dollars. Our Leader Giving Program continues to remain one of the most successful in Canada. Well done!

As you are aware, your Leadership Gift is a personal decision and a commitment to help those in need, but it also sets a positive and motivating example to others here within the Defence Team. I would like to extend the invitation to you to once again join this kindly group of Leader Donors during the 2010 MARPAC Government of Canada Workplace Charitable Campaign. Your gift is a generous contribution that continues to nurture a strong and healthy community for us all.

Again, my sincerest thanks.

**Randy Callan,**  
Lieutenant Colonel  
Leadership Chair  
MARPAC 2010 GCWCC-  
United Way Campaign

## BIS kicks off campaign with barbecue

**PO1 Chris Lockley**  
BIS

If you heard some excellent rock'n'roll over the laughter and splashes behind Dockyard building 199 or smelled the aromatic flavour of barbeque sauce on a grill on Sept. 22, you might of wondered what was happening. It was the Base Information Services GCCWC 3rd Annual Kick-off Barbecue.

On the morning of the event, organizers breathed a sigh of relief as they awoke to see the weather report - sunny with a

high of 17 degrees Celsius.

The weather was the only facet of organizing the event that was beyond the control of the GCCWC representative, PO2 Chris Janosik. He had worked tirelessly planning and co-ordinating all the critical factors, but the only thing that was unattainable was ensuring the weather was favourable.

Beef tenderloin steaks had been marinating, ears of corn shucked, potato salad prepared and beef/vegetable kabobs made under the guidance of the two "BBQers" - CPO2

Steve Lesperance of the Naval Communication Section and Customer Service Technician Pierre Charpentier.

The band Pack Dog, consisting of LS Rolly Barrett, PO2 Pat Goulet, PO2 Rod Holt (retired) and Brad Hawkes from the Department of Forestry were staged to put on an excellent performance. Guitars were tuned, microphones in place and amplifiers plugged in.

The Dunk Tank (courtesy of the Langford Fire Hall) was filled with icy cold water

thanks to the DND Fire Hall and the volunteer "Dunkees" were getting dressed in their finest to taunt and entice their co-workers to give them the plunge into the tank.

As well, a 50/50 draw organized by Sgt Sharron Beauchamp and heavily supported by all BIS personnel was climbing to epic proportions thanks mainly due to the salesmanship of AB Kirk Murray.

After all expenses were paid, the kick-off raised \$1,085.50 to start of this year's campaign for Base Information Services.

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# “Racing stripe” more than aesthetics

**Ben Green**  
Staff writer

Those who've walked past *HMCS Victoria* in drydock lately may have noticed an unfamiliar, black “racing stripe” along its hull. And while it may give the sub a somewhat sporty look, the purpose behind it is far more essential than trying to catch peoples' eyes.

When a vessel is commissioned, the hull's surface is coated with an anti-fouling layer that prevents biological matter from forming or growing. Biological growth can harm the hull and constantly needs to be removed. With traditional anti-fouling techniques, this coating often forms small peaks and valleys during application, which creates a rougher outer surface on the vessel.

The “racing stripe” on the submarine is composed of a biocide-free foul-release system called Intersleek 7180 Linkcoat. This dual-care system combines the fluoropolymer-based Intersleek 900, which is quick drying and has protective properties, with the silicone-based Intersleek 700, which enhances adhesion to existing anti-fouled surfaces. This system is much smoother and environmentally friendly, says Darren Wilson, Acting Supervisor of the Paint Shop.

This system has delivered the proven benefits of an ultrasmooth hull surface on thousands of ships resulting in reduced fuel consumption, cost and reduced greenhouse gas emissions.

The new Intersleek technology can be applied to vessels that already have anti-fouling protection and will reduce

existing roughness by more than 70 per cent.

“Without actually having to strip the ship right down to the bare surface and start from scratch, you can use it over existing traditional anti-fouling technologies,” said Wilson.

Wilson says this antifouling system has never been used on a Canadian vessel in this repair facility on the Pacific Coast,

and especially not on a submarine's hull.

Although the “racing stripe” is the most visible use of the new coating, Wilson says that the nose and keel box have also been covered.

FMFCB is expecting future savings through shorter times in drydock and reduced surface preparation and application costs, compared with the application of the older antifouling systems.



Ben Green, Lookout

**HMCS Victoria was recently painted with a new anti-fouling system to prevent biological growth on its hull. The system leaves the hull smoother after application and will increase fuel efficiency.**

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Bull frog prints by Sonia Urquhart are being auctioned off to raise money for cancer research.



## Buy a bull frog, beat cancer

**Shelley Lipke**  
Staff writer

Bull Frogs for Cancer is an evening of art, fund raising, and interaction.

On Oct. 29 from 7 – 9 p.m. Griffin Gallery, an online art gallery representing Victoria area artists, is hosting a special art sale fundraiser for cancer.

This two hour event at Pacific Fleet Club involves silent bidding on 30 original works. Each piece is a framed, mixed medium watercolour original featuring bull frogs in various locations within Victoria.

The majority of the pieces are 16" x 20" and bidding will start at \$200, while the 18" x 24" feature piece entitled *Visiting Politicians* will start at \$250.

Only originals will be available for bidding and no prints will be made of these pieces.

"Our fundraising goal for this event is \$10,000," said Griffin Gallery owner LS Melinda Urquhart. "Sonia Urquhart put numerous

hours of devotion into creating this series that showcases the influx of American bull frogs on Vancouver Island. This event represents the decline in native species and the need to raise funds for cancer research," she said. "We hope this event helps raise awareness of both."

Vegetable and cheese platters will be served and

the bar will be open for drinks.

"We look forward to your attendance at this charitable event," said LS Urquhart. Tickets are \$25 per person or \$40 per couple and can be purchased online at [www.amiando.com/CJGHLDQ](http://www.amiando.com/CJGHLDQ). To view portfolios of local artists featured on Griffin Gallery go to [www.griffin-gallery.com](http://www.griffin-gallery.com).

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# Lieutenant Governor officially launches MFRC's Imagination Library

**Ben Green**  
Staff writer

Two weeks ago, Steven L. Point, Lieutenant Governor of British Columbia joined Military Family Resource Centre (MFRC) staff in the launching of their Imagination Library.

Hosted at the Chief and Petty Officers' Mess on Oct. 5, the official unveiling revealed that children of military families can receive a free, age-appropriate book each month to help families build connections through reading.

The program has been made possible through a donation of \$50,000 from the Homecoming Statue Committee, which will guarantee children will receive books for at least the next five years. Families with babies born each year from 2010 to 2014 who have a member serving, or are class B/C reservists at CFB Esquimalt, are eligible for the program.

Created in 1996

by Dolly Parton, the Imagination Library was brought to Canada in 2006 by the organization Invest in Kids.

"She believes in literacy and started it in her community, and then it expanded into Canada," explains Linda Scott, program manager at the MFRC. "The Military Family Resource Centre felt it would be a good fit for our families because the books provide continuity for children who experience so much change through deployment and relocation."

Chosen from the Dolly Parton Imagination Library, all the books are mailed to the parents each month on a set day. The books are geared towards infants and toddlers and eventually lead to kindergarten-level reading.

"They start out with *The Little Engine That Could*," said Scott. "This book has the message 'I think I can,' which conveys a sense of capability, consistent with the resilience of military



Ben Green, Lookout

**CPO2 Jens Simonsen takes a few minutes to enjoy quality time with the children following the official launch of the Imagination Library.**

families. The books have a variety of themes such as the warmth of the family, nature and ABCs."

Twenty families have joined the program, and Scott is hoping even more follow in the next three

months of this year, and into 2011 and beyond.

Families can register their baby by showing military identification and the baby's birth certificate or health card at any MFRC location.

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# Learn to deal with conflict

**Shelley Lipke**  
Staff writer

No one can hide from conflict; it's a part of everyday life.

But how a person tackles conflict determines if it is a burden or a blessing.

On Thursday, Oct. 21, members of the defence team can discover avenues of dispute resolution during CFB Esquimalt's Dispute Resolution Centre (DRC) marking of Conflict Resolution Day. The theme is "going through conflict - growing through conflict."

"The idea is to provide maximum exposure of the conflict management processes to both leaders and workers of the defence team," says Louise Owen, conflict manager practitioner, mediator and group facilitator at DRC. "The goal of conflict resolution day is to promote the use of conflict resolution in schools, families, businesses, communities, governments, and the legal system through promoting awareness of mediation, arbitration, conciliation and other creative, peaceful means of resolving conflict."

During the lunch hour, tables will be set up at Nellie's Block, Fleet

Maintenance Facility (FMF) Cafeteria, and Naval Officer Training Centre (NOTC) Venture with pamphlets, stress balls and other items for people to take home and learn more about dealing with conflicts.

A meet and greet afternoon coffee party for dispute resolution staff will be held from 1:30 to 2:30 p.m. in the DRC classroom (Room 101 in the Learning and Career Centre, Naden 136).

"The idea is to thank everyone who assists people with conflicts on the base and allow them to network and share ideas," said Owen.

Statistics show the success rate for mediation is 80 per cent and the satisfaction rate of people who use this process is 90 per cent.

"When people encounter conflict it is easy to lose perspective and get caught up in a cycle of anger with the other person," said Owen. "If they reach out to the many resources available to them within units, and with the DRC, when conflict first erupts, we can help them figure out their most effective options to resolve the conflict early on."

Resources available for base personnel include the DRC, chain of command, union, harassment advisors, workplace relations advisors, social workers, padres, and coaches.

"When we think of alternative dispute resolution first we are more likely to step out of the conflict cycle early on, sit down and discuss the situation with others involved and potentially grow from conflict," said Owen. "One of our main principals at the DRC is self determination."

The DRC also holds courses designed to strengthen skills at resolving conflict. Upcoming courses include:

- Conflict and Effective Leadership Intervention Oct. 26 - 28.
- Resolving Conflict Effectively Nov. 1 - 4
- Military Civilian Cultures in DND Nov. 9
- Conflict Management for Leaders Dec. 7-9 (prerequisite RCE)

To view these course descriptions go to <http://esquimalt.mil.ca/marpac/n17/index.htm>

To register for a course contact Lt(N) Beth Lei at 363-5520 or MWO Michelle Cowperthwaite at 363-5506.

# Straight from the heart: speak for Veterans Week

**SLt Aaron Hawkins**  
Assistant to the BPAO

To support 2010 National Veterans Week the Canadian Forces is seeking the participation of currently serving members to give presentations to schools and community organizations in honour of those who have served and continue to serve our country today.

Veterans Week runs from Nov. 5-11 and while many CF personnel have already volunteered their time to make presentations at schools and community organizations in the Southern Vancouver Island region, opportunities still exist for interested men and women in uniform. Last year, over 1100 servicemen and servicewomen gave presentations across the country and were able to bring Canadian Forces history and heritage to some 500,000 Canadians face-to-face.

Dozens of local CF members volunteered their time in November 2009 to provide young people with a reminder of the sacrifices made by Canadian Forces soldiers, sailors, airmen and airwomen throughout the years to guarantee the rights and freedoms we all continue to enjoy. Remembering and honouring the contributions of our service personnel becomes even more important as older generations are replaced by young Canadians who need to celebrate and learn from our history.

While speeches and slideshows will be provided to presenters, local organizer Gerry Pash of Navy Public Affairs notes that in many cases, off-the-cuff reminiscence can be the most effective means of presentation.

"This is the fifth year that we have coordinated this program to match Canadian Forces members to school Remembrance Day activities," he says. "Last year, of the 1,100 events across the Canadian Forces, 60 were animated by members from MARPAC and CFB Esquimalt. Those that participate say it is a most rewarding experience. While there is prepared material available, members generally get the best response when they speak to their own experiences and from the heart."

CF members interested in giving their time should contact Gerry Pash at MARPAC Public Affairs at 250-363-5086 or by email at [gerald.pash@forces.gc.ca](mailto:gerald.pash@forces.gc.ca).

Online forms can be found using the following links:

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# Bravo ZULU

RAdm Nigel Greenwood presented several promotions and awards to members of Fleet Diving Unit (Pacific) during his Sept. 25 visit.

Photos by Shelley Lipke, Lookout



CPO2 Rob Deploy receives his CD1 for 22 years of service.



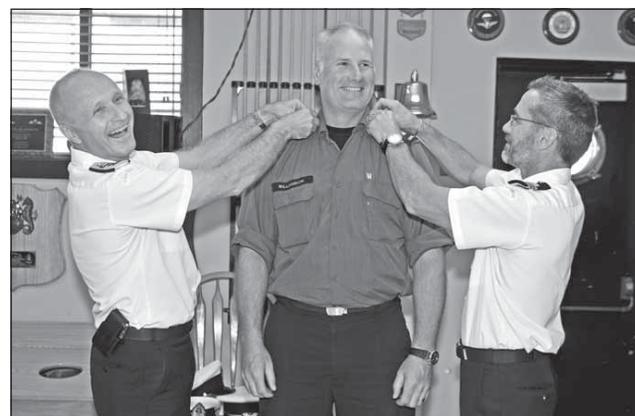
MS Giles Pease receives his CD1 for 22 years of service.



Fleet Diving Unit Commanding Officer, LCdr Bob Klein, helps RAdm Greenwood promote LS Keith Bruce to Master Seaman.



Fleet Diving Unit Commanding Officer, LCdr Bob Klein, helps RAdm Greenwood promote LS Dan Larche to Master Seaman.



Fleet Diving Unit Commanding Officer, LCdr Bob Klein, helps RAdm Greenwood promote PO2 Gord Williamson to Petty Officer First Class.

Commanding Officer of HMCS Winnipeg Cdr Richard Dowker, held an awards ceremony while anchored for the evening in Milbanke Sound, east of Price Island, while conducting a maritime security patrol Sept. 29.

Photos by Private Malcolm Byers, MARPAC Imaging Services



SLt Andrew Oickle is presented with a certificate of completion of his Officer Professional Military Education (OPME).



OS Jeremme Andrews is presented the General Campaign Star (South-West Asia) for service with Task Force Afghanistan.



Richard Moore (centre) is promoted to Master Seaman MS by Petty Officer First Class (PO1) Hedley Cullen (left) and Cdr Richard Dowker (right).



Francois Lègarè (centre) is promoted to Leading Seaman by Lt(N) Greg Bunghardt (left) and Cdr Richard Dowker (right).



Lisa Fortin (centre) is promoted to Leading Seaman by Lt(N) Greg Bunghardt (left) and Cdr Richard Dowker (right).



Michel Champagne (centre) is promoted to Able Seaman by Lt(N) Llewellyn (left) and Cdr Richard Dowker (right).

# Want to recognize someone?

Send your Bravo Zulus to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)

# Raising hope for sick kids – community unites

**LS Gerald Lacquement**  
CFB Esquimalt MP Det

Canadian Forces Base Esquimalt Military Police Detachment has once again stepped up to the plate in the goal to end cancer.

LS Brian Casey recently took part in the gruelling Tour de Rock in which local members of the law enforcement community raised funds for the Canadian Cancer Society by cycling down from the remote community of Port Alice on the North West coast of Vancouver Island, across to Ucuelet and Tofino in the West, and finally south to the finish line at Spirit Square in downtown Victoria.

Along the way riders met with young cancer survivors, their

families, and with members of the local community whose lives have been directly affected by cancer. Their inspiring stories stayed on the rider's minds, motivating them as they pushed to their final goal.

LS Casey had the opportunity to hear one of these stories when he was contacted by a Victoria resident after the ride was completed.

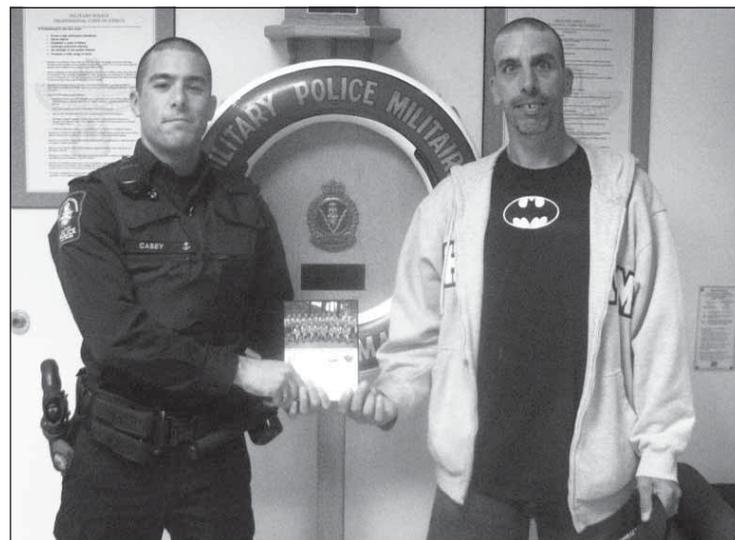
Patrick Spencer, a Vancouver Island native, visited the Military Police Detachment to present a donation of \$305 he raised by shaving his head. Cancer took the life of his father in 1991 and then his mother in 1993. The laboratory technician from Precisions Orthotics Lab made this donation, which is to be

followed by donations from his friends in Fort McMurray, Alberta, in the immediate future.

This is his first year making such a pledge, but has vowed to continue shaving his head and contributing the Military Police rider in the future.

It is estimated by year's end, that Tour de Rock riders will have collected a total of \$1.5 million donated by communities and local businesses on Vancouver Island.

Thanks to donations made by members of the local community, online donations, and through fund raising events co-sponsored by the MP Detachment, LS Casey exceeded his forecasted goal of \$3,500 and raised almost \$5,000.



LS Brian Casey accepts a \$305 donation from Victoria resident Patrick Spencer, who raised the funds by shaving his head in support of the Cops for Cancer Tour de Rock.

# Volunteers needed to be on-call detention barracks custodians

**Shelley Lipke**  
Staff writer

As the numbers of detainees at the detention barracks continues to rise this year, so has the need for volunteer custodians.

WO Michael Collet, Police Operations Warrant Officer, is looking for qualified detention barracks custodians to be on-call staff.

"If any member has this qualification please inform your chain of command,"

asks WO Collet. "Due to manning issues, on occasion this office requires qualified people to guard a person in detention and we need a list of names we can call when people are sick, deployed or go on courses."

This volunteer position is open to Master Seaman and above members who have taken the qualification course for detention barracks custodian.

"It's important work and it's a job that comes with a lot of responsibility because people have to be treated

appropriately," said WO Collet. "Our facility is used for overnight detainees as well as those formally sentenced to a period of 14 days or less. If the sentence is over 14 days they are usually sent to Edmonton. The job involves looking after their well being and making sure they follow the rules and regulations in the detention room standing orders."

So far this year, 33 members have been detained in the detention barracks. This number is already more than the previous two years.

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- *Earth (the Book)* by Jon Stewart/Daily Show
- *At Home* by Bill Bryson
- *Obama's Wars* by Bob Woodward



# HMCS Winnipeg on patrol

**Left:** HMCS Winnipeg's crew forms up on deck as the ship prepares to dock in Prince Rupert Harbour on Oct. 1.

**Right:** HMCS Winnipeg's Rigid Hull Inflatable Boat is launched in Bishop Bay of Ursula Channel on the east coast of Vancouver Island during a Maritime Security Patrol Sept. 30.

Photos by  
Pte Malcolm Byers,  
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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

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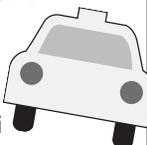


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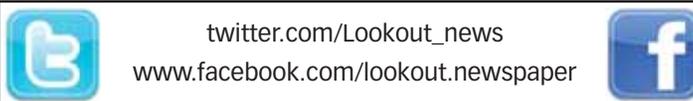
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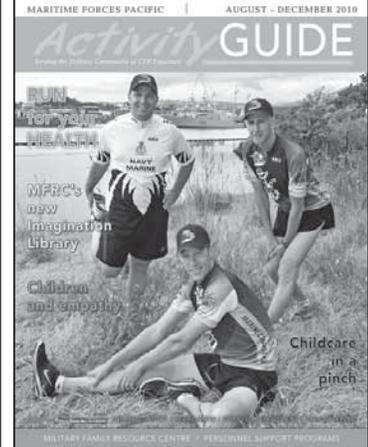
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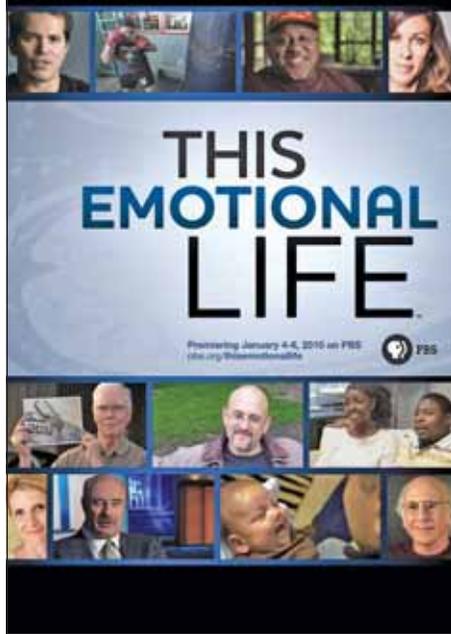


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 By the end of this series, viewers will have a deeper sense of what makes us tick and insights into how to use that information to improve their own emotional and social well-being.  
**Friday, Oct. 29 11:30-1:30**  
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**Date: 20 October**  
**Time: 1100-1700 hrs.**

