

Volume 55 Number 43 | October 25, 2010

LOOKOUT



MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Year of the Canadian Naval Centennial



Rising to the challenge

Shelley Lipke, Lookout

Six teams contended for bragging rights in the 2010 Chopper Challenge at 443 Maritime Helicopter Squadron on Oct. 16. The Government of Canada Workplace Charitable Campaign fundraiser brought in more than \$1,800 as teams tried to be the fastest in pulling a Sea King helicopter across the tarmac.



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Pulling together for charity

Shelley Lipke
Staff writer

It was an unusual sight last week on the tarmac at the Victoria Airport as teams of men and women grabbed loops on a long thick piece of rope, looking something like a human bob sled, and hauled a Sea King 75 feet.

Six teams took part in the 2nd annual Sea King Chopper Challenge held Oct. 16 at 443 Maritime Helicopter Squadron.

Dressed in camouflage pants and navy blue t-shirts, it was the Aircraft Servicing Organization (ASO), dubbed the Air Pullers, who came out on top with the quickest time of 12.34 seconds.

Second place went to the Victoria Flying Club (13.21 seconds) and third to the Victoria Airport Authority (14.37 seconds). Also involved were the Ping Bosuns from the Department of National Defence, the Saturday Pullers from 443 Maritime Helicopter Squadron, and a United Way team.

The event raised \$1,808 for the Government of Canada Workplace Charitable Campaign, which will be split between 443 Maritime Helicopter Squadron and the Victoria Airport Authority's fundraising goal for 2010.

Organizer Melinda Orłowski was very pleased with the results this year which raised \$400 more than the pull in 2008.

"Sgt Patricia Kyle, Lt Eric Girard, Lt David Anderson and I would like to thank the sponsors for their support in making this event a success: Save-On-Foods, Jenner Chevrolet, The Sidney Pier Hotel and Spa, Harbour Air Seaplanes, The Fairmont Empress, Ocean Promotion, Butchart Gardens, Think Communications, Canem Systems, Canadian Construction Association and Victoria Airport Authority and 443 Maritime Helicopter Squadron were instrumental in helping make the day a successful fundraising venture."

MMA Contest. See page 3.

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Immunization nurse Marjie Hanks gives Maritime Forces Pacific/Joint Task Force Pacific Commander, RAdm Nigel Greenwood his flu shot while Formation Chief Petty Officer CPO1 Robert Cookson (back left) and Health Services Group Commander Capt(N) Tim Kavanagh await their turn. The fall and winter flu season is just around the corner and vaccinations for military members began with about 50 officers in building D100. Mr. Pokey was on hand to boost morale.

Shelley Lipke, Lookout

It's flu shot time again, get yours

Marjorie Hanks Immunization Nurse

H1N1 is included as part of the seasonal influenza vaccine this year. The pain associated with last year's H1N1 shot should not be as prevalent. There is no extra ingredient added, such as last year's "adjuvant", which caused those sore arms.

Influenza is a highly contagious, acute viral disease of the respiratory tract that is usually preventable with an annual flu shot. The Surgeon General strongly recommends that all CF members receive the influenza vaccine. The Chief of the Defence Staff endorses this recommendation.

Influenza is not to be confused with the much

milder common cold, or with stomach flu. Influenza is usually a more severe illness, producing fever, weakness, cough, headache and muscle aches. These symptoms may render one unable to perform normal duties during the week or so of the illness.

The influenza season usually runs from November to March inclusive; therefore, the best time to get influenza vaccination is from October to mid-November.

Since the influenza virus strains circulating in the world tend to change each year, a new vaccine is produced annually to match the strains expected in the coming influenza season. Even if the vaccine-strain match is not perfect, the

Travelling Road Shows for November:

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- Nov. 1 - BOR, 1300-1430
- Nov. 2 - NOTC, 1300-1430
- Nov. 3 - 443 MH Squadron, 0900-1030
- Nov. 4 - CFFSE, 0830-1030

vaccine will still provide some protection.

Benefits of influenza vaccination include:

- personal protection against influenza. This benefits individual health, and enhances CF operational readiness by reducing personnel losses from work.
- prevention of the spread of influenza to vulnerable persons. By protecting oneself with the vaccine, one helps prevent the spread of influenza to

those in whom illness may require hospitalization and/or be life threatening. Provided there are no medical contra-indications (allergy to eggs or previous severe reaction to a flu shot), influenza vaccine can be given to any CF member, Regular or Reserve Force, who is entitled to ongoing health care from the CF Health Services. Entitled CF members are strongly encouraged to receive the free vaccine.

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The tips line will be regularly monitored by Military Police. All calls will be kept entirely confidential and anonymous. Military Police urge you to make the call, it helps our community!

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CDS MESSAGE: MR. RUSSELL WILLIAMS

CDS on sentencing of former colonel

On Oct. 21, Mr. Russell Williams, former Commander of 8 Wing, was sentenced to two concurrent terms of life in prison with no chance of parole for 25 years for the first-degree murders of Cpl Marie France Comeau and Mrs. Jessica Lloyd.

The crimes committed by Mr. Williams are deeply upsetting to us all. Over the last few months, I have spoken with many of you in town halls across the country and on missions overseas. Like all Canadians, you and I have been shocked and repulsed by the crimes he committed.

During these conversations, you expressed your sympathy and compassion for the victims and the families affected by this terrible tragedy. I also listened to Canadian Forces personnel of all ranks as they expressed their bewilderment and anger at the betrayal of our institutional ethos of truth, duty, and valour. Because of his heinous crimes and his subsequent criminal conviction, Mr. Williams has lost the privilege of calling himself a member of the CF community.

With the conviction and sentencing completed, and following my recommendation, the Governor General has revoked his commission, an extraordinary and severe decision that may constitute a first of its kind in Canadian history.

Further, the following actions will now be taken:

- Stripping Mr. Williams of his medals
- Termination and recovery of his pay from the date of arrest
- Denial of severance pay; and
- His prompt release from the CF under "service misconduct," which is the most serious release item possible.

As a consequence of his release from the CF for quote service misconduct unquote and of the revocation of his commission, Mr. Williams no longer possesses a rank as a member of the CF.

I wish to point out that under the CF superannuation act, there are no grounds to revoke his pension and a court martial would not have any impact on these accrued benefits.



Pte Gisèle LeBlanc, 8 Wing Imagery
Chief of the Defence Staff Gen Walt Natynczyk addressing the media at the 2 Air Movement Unit, Pax Terminal at CFB Trenton, shortly after Russell Williams was arrested in February.

Some have questioned why Mr. Williams has not also been charged under the military justice system. I believe we need to understand why this is so. This is because there is no jurisdiction under the code of service discipline to try persons charged with murder where those murders took place in Canada. Mr. Williams was therefore tried and convicted of all of these 88 charges under the Criminal Code of Canada by a civilian court. Additionally there will be no further court martial on these matters because the National Defence Act specifically prevents an individual from being tried by court martial where the offence or any other substantially similar offence arising out of the same underlying facts have been previously dealt with by a civilian court. This basic principle sometimes known as "double jeopardy" is fundamental within our civilian and military justice system. With his current convictions and sentence to life imprisonment justice has already been served.

Now more than ever, this is a time for us to come together and heal as a community. We are doing everything we can to assist those in need of counselling or other support. I urge anyone who is feeling upset or concerned to seek assistance and to talk about it. While doing so, we will not forget Cpl Marie France Comeau, Mrs. Jessica Lloyd, and the many other victims and their families who will remain in our thoughts and prayers forever.

It is time to move forward, be strong and proud because the actions of Mr. Williams are not reflective of the values of the men and women who serve in the CF, whose integrity and self sacrifice come through loud and clear in words and deeds each day. Whether helping Canadians at home, abroad, or providing the hope of a better future to the people of Haiti, Africa or Afghanistan, I have seen our ethos of truth, duty, and valour at work and making a difference in the world. You have reason to hold your head high. Be strong and proud! I am proud to be your Chief of the Defence Staff.

General W.J. Natynczyk, CDS

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WHAT SAY YOU

Living the dream at Ironman Hawaii

LS Kirsten Arensen
Contributor

On Oct. 9, I had the opportunity to take part in one of the greatest sporting events on the planet, the Ford Ironman World Championship in Kona, Hawaii. Getting there was no easy task, for of the 60,000 plus athletes that race Ironman triathlons around the globe each year, only 1,700 qualify to race at the world championship.

I earned my slot by qualifying at Ironman Cozumel in Mexico in November 2009. I'll never forget looking at the results and realizing that I had made it to Kona. As an athlete it changed me forever, giving me confidence to believe that I could accomplish anything that I set my mind to.

My first introduction to Ironman was back in 2000 when I belonged to the YMCA triathlon club, and there was a couple, Bob and Carolyn Gebbie, who were training for an Ironman. These guys were my heroes. I thought they were crazy though, training to race a 3.8 kilometre swim, 180 km bike and then run a full 42.2 km marathon. Who does that? I honestly believed that I could never be like them, but crazily enough, there I was 10 years later, on my way to the Ironman World Championship.

During athlete registration, I couldn't believe my eyes when there, volunteering, were my original two Ironman heroes, Bob and Carolyn Gebbie. They hugged me and wished me a great race; I took it as a good omen.

As race day approached I tried my best to take the advice of all my triathlete friends, who said, "All the pressure is off you now. You made it to Kona, so just enjoy it."

My brain doesn't work that way though, there was always the looming thought that making it to the start line of an Ironman is no guarantee that I will finish.

On race morning I managed to overhear a few words of wisdom in the port-a-potty line up: "I've worked too hard to be disappointed with the outcome of today."

With that thought in mind, I headed for the swim start in Kailua Bay. At 7 a.m. the cannon sounded, and I found myself in a sea of thrashing limbs, choking and fighting for my space in the water. It wasn't exactly pleasant, and I was thankful to get it over with and head out on the bike.

It was baking hot biking through the lava fields, which sucked up the sun's heat and raised the temperature of the asphalt to 60 degrees Celsius. That, combined with the legendary Kona winds (one guy got blown right off the road into the ditch), made the prospect of running a marathon a welcome change after six hours in the saddle. My legs tended to disagree though as I jumped off the bike and ran into transition; it's almost as if they were laughing at me, saying, "You want to do what now? Run a marathon - forget it."



Photos by Wendy Navas, Contributor
Wearing her Canadian Forces singlet LS Kirsten Arensen was greeted with cheers of "Go Canada" and "Go Canadian Forces," filling her with pride and motivation during the race.

I pushed the thought aside and ran into the change tent, and took an extra bit of time to change into my Canadian Forces running singlet. This turned out to be a very wise decision because constantly hearing "Go Canada!" and "Go Canadian Forces!" filled me with pride and motivation to press on. My friends and family who travelled with me, nine in total, were scattered along the course, and hearing their cheers and getting high fives from them was awesome.

The aid stations every mile were like an oasis in the sweltering afternoon heat. The offerings of cold sponges, ice, water and cola were like a god send and I convinced myself that I could run another mile to the next aid station - 25 times.

For me, the most important part of Ironman is to finish strong, and somehow, in those last nine miles, despite the pain and fatigue, I managed to pick up the pace and ran strong all the way back into town. As I turned onto Alii Drive the crowd was roaring, and I was elated as I crossed the greatest finish line in the world. It was a personal best Ironman time, 11:27:15 and my strongest finish ever.

Special thanks go out to my family and friends, HMCS Winnipeg, HMCS Regina and the base triathlon team for their support.

If you are interested in triathlon, (all levels and abilities), the base triathlon club and team is always welcoming new members. For information about the club and our training schedule, please contact: kirsten.arsen@forces.gc.ca



Correction

In Volume 55 Number 39 | September 27, 2010, page 13 there was a picture of Cmdre Ellis promoting an individual. However the caption under the picture incorrectly had his rank as Cdre - Commander. *Lookout* apologizes for this error.

Thanks to PO2 Nathaniel Keats for pointing this out.

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For sale: crown assets

Penny Rogers
Staff writer

You never know what you'll find on the new Crown Assets Distribution Centre website these days. From office equipment to vehicles, jewellery to aircraft, it is an ever-changing shopping centre at your fingertips.

Over 90 federal departments and agencies, including the Department of National Defence, Fisheries and Oceans Canada, and Parks Canada supply surplus goods to Crown Assets, and anyone can purchase

those items through www.gcsurplus.ca.

Since DND is Crown Assets Distribution Centre's largest client on Vancouver Island, they have agreed to locate Supply Specialist Pat Wass at CFB Esquimalt. He manages the surplus goods from the base.

"You can get some really good deals on the website; military personnel and the civilians who work in this area are able to buy surplus assets and keep them in the community," said Wass.

Wass' job includes taking pictures of items for sale

and uploading them to the website, escorting potential clients on to the base to view items, and notifying clients when they have the winning bid.

"The whole idea of the website is to give as much information as possible so people don't have to come down and look under the hood or kick the tires or look through the box," he says. "But that doesn't preclude people from coming down. If they really want to, all the contact information is on the website so they can arrange a viewing."

As soon as the space inside this 53-foot semi trailer is filled, it makes the trek to Crown Assets Distribution Centre warehouse in Surrey where it offloads all DND's surplus items that are to be sold online.

Penny Rogers, Lookout

www.gcsurplus.ca

The search mechanism on the website allows people to find items in their region. However, most items are not warehoused on Vancouver Island. Every two weeks, a semi-trailer is filled with material goods and sent to the Crown Assets warehouse in Surrey.

"Feedback from clients is they're disappointed there's not a warehouse here," said Wass. "I'm constantly encouraging the guys to keep a little bit back on the Island, because then the local community has an opportunity to buy something at a really good value, and not have to take into consideration the cost and inconvenience of having to figure out how to get the item shipped back from the warehouse in Surrey."

Currently, all items are won through a silent auc-

tion. There is a minimum bid listed and bidders decide how much above that minimum they would like to offer. But there is no way to know if someone has outbid them.

"We are hoping to have real-time bidding, like eBay, in place early next year, so when clients go to the website they can see exactly where the bidding is at or if they have been outbid," said Wass.

People can buy from anywhere in Canada, but they are responsible for arranging and paying the shipping. More often than not, says Wass, the site contact will assist any way they can with the process of getting the items to their final destination, but that is done unofficially.

"We don't have a set module for shipping right

now, but I know they are working on that because it would be great if you could buy something and it would be shipped automatically [at cost]," said Wass.

What is not sellable is recycled, such as scrap metal and wood, or computers that end up in the Computers for Schools program. But Wass says about 70 per cent of the items sell on the website; the 30 per cent that don't sell right away go up for sale a second time. From that second posting online, only about ten per cent of the items are not sold and are subsequently recycled in one way or another.

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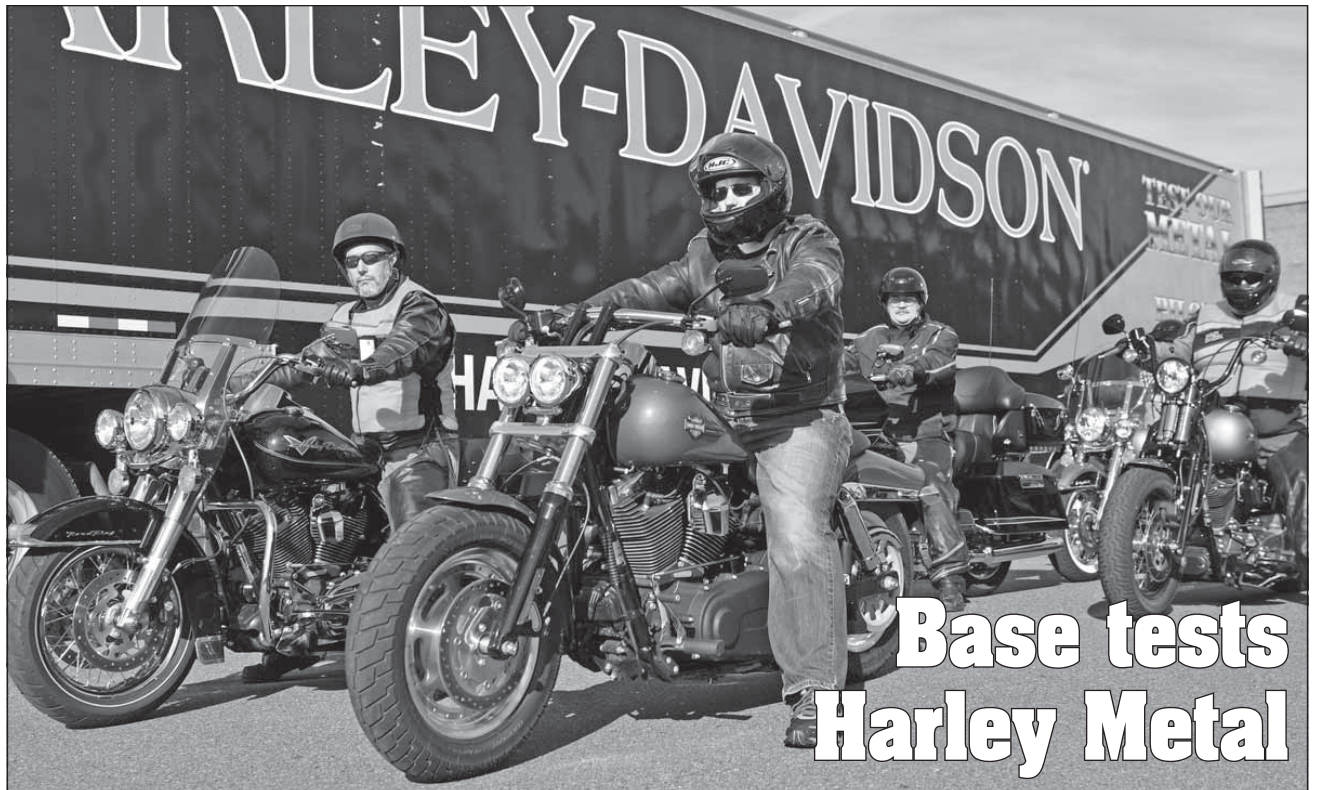
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Base tests Harley Metal

Photos by Shelley Lipke, Lookout
Deeley Harley Davidson brought its 2011 lineup to CFB Esquimalt on Oct. 20 for the annual Test Our Metal program.

Below: Acting Base Commander Cdr Allan James (left), CANEX Manager Sara Johnson (second from right), and Express Mart Belmont Park Associate Manager Iris Shiplack present a plaque to Deeley Harley Davidson CEO Don James to thank him for his donation of a motorcycle to raffle off in the Harley for Heroes raffle this year, which raised more than \$80,000 for the Military Families Fund.



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Sailor takes the lead in musical

Shelley Lipke
Staff writer

When 39-year-old Fleet School instructor PO1 Joe Scheubel received a call in early September from his friend Capt Brett Macneil suggesting he audition for the lead role in the musical *Joseph and the Amazing Technicolour Dreamcoat*, his first thought was, "You've got to be kidding."

It was a last minute replacement as the lead, who won the role in May, had to leave the production.

Capt McNeil thought of his long-time friend, and cajoled him into grabbing his guitar and coming to the Edward Milne Community Theatre in Sooke to audition that night.

The cast was starting rehearsals, and the curtain was set to go up in November, leaving little time for anyone to learn the part, or the songs.

While navy work is his day job, music is PO1 Scheubel's passion. High school memories are full of musical productions that included drumming and singing. Even after he swore an oath of allegiance to Canada in 1991, he continued to dabble in the art, playing in a band for four years.

Taking on the part of Joseph was too tempting to turn down.

"I played a very choppy version of Matchbox 20's Push and then I

waited for five other people to do their audition. I was competing with a bunch of young kids and I really didn't think they'd pick an old navy guy," he said. "I was totally flattered when they offered me the part right on the spot."

In the two months that followed, the sailor learned 16 songs.

"I was not familiar with this production at all and was going right into it cold," he said. "As soon as I was cast for the role I got a hold of the DVD with Donny Osmond, which was a little intimidating to watch. That man can really sing."

As the weeks wind down to opening night, PO1 Scheubel can be found under the spotlight three times a week for rehearsal.

"I also practice with my 10-year-old son who is in the children's choir and also in the production. It's a good opportunity for us to spend time together. This is his first production and he really likes singing with his dad. He's also pretty confident that girls like guys who can really sing."

PO1 Scheubel describes the whole experience of singing in a musical as a humbling one. "In a musical you are singing everything and there is no spoken dialogue. First you have to learn the material with proper techniques of breathing and timing, and then you have to group that in with the choreography. I had to re-learn singing techniques

that I haven't practiced since high school. Sitting around with a guitar is not the same as singing in a musical production."

Approximately 50 people are involved in this production including two other Canadian Forces members: Capt Brett Macneil, who sailed with PO1 Scheubel in *HMCS Winnipeg* before remustering to the regional air control element, plays the role of one of the brothers and the butler; his wife is the director. Capt Isabelle Malcynki, Regional Cadet Support Unit Staff Officer, is a singer in the choir.

Joseph and the Amazing Technicolour Dreamcoat was written by Tim Rice and Andrew Lloyd Webber in 1969. The musical has nine shows during the first three weekends in November at the Edward Milne Community Theatre in Sooke. Show starts at 7 p.m. on Friday and Saturdays, and at 2 p.m. on Sundays. Tickets are available at www.sookeharour-players.com or www.selectyour-tickets.com and are \$20 for adults and \$12 for children.

"I hope people can come out and see the show. I think this musical is great. It's very family-oriented and it encourages the involvement of children. It's definitely fun for the kids, and it is very light. As challenging as it is to sing, the music is excellent," he said.

Shelley Lipke, Lookout

Fleet School Instructor PO1 Joe Scheubel has a passion for singing and was recently cast as the lead role in the musical *Joseph and the Amazing Technicolour Dreamcoat*.

Thank You for Supporting your Navy in 2010



Beginning in the fall of 2009 and throughout this year, community response to the events celebrating the Canadian Naval Centennial has been without precedent. Individuals, businesses and organizations have embraced our Centennial year theme to "Commemorate" the past, "Celebrate" today, and "Commit" to the future.

There is much historical commentary about how the social and economic fabric of Greater Victoria is and has been influenced by the presence of the Navy. As early as 1850, the Royal Navy fleet musicians were

credited with introducing a high level of musical entertainment to Victoria Society. The arrival of a naval ship invariably occasioned a round of parties, dances and balls. Since its inception in 1910, the Canadian Navy has met the challenges of two World Wars, the Korean War, keeping watch during the Cold War and more recently the global fight against terrorism and piracy, and continually protecting Canadian sovereignty and interests at sea. Today the Navy is one of Greater Victoria's largest employers and a major economic force in British Columbia.

Highlighted by two Royal visitors as well as Her Excellency, the Governor General, the amazing public turnout for the Freedom of the City Parade and a warm welcome to the visiting sailors of the International Fleet Review, it was indeed an outstanding year. The legacy that is the result of the "Homecoming Statue" continues as new bricks are purchased to honour the community's naval and military connections. Everyone at Maritime Forces Pacific and

Canadian Forces Base Esquimalt is proud to be part of the Greater Victoria Community.

While we look back on 2010 with great pride, the Canadian Navy has much to do as we enter our second century. Your Navy has delivered success in operations in the past, and continues to deliver success in operations today. We are committed to continuing that support to Canada into the future.

Recent government announcements provide the Canadian Navy the resources to embark on a challenging, decade-long process of acquisition and modernization. Over the next fifteen years, the navy will substantially upgrade or replace all of its major surface combatants, and introduce a new class of patrol ship and a new maritime helicopter. Positioning the navy for future success recognizes that Canada is a maritime nation, and is one of the world's most important coastal states. Three things make Canada sovereign at sea; effective surveillance, meaningful presence and an ability to control maritime events in our own waters and at a distance to keep the great "ocean commons" open for the free passage of trade and commerce.

It is that commitment to the future that will ensure that Canada may be different because the Navy is seen to be important in the lives of Canadians. Thank you for your interest and support.

Nigel Greenwood
Rear Admiral
Commander
Maritime Forces Pacific



Navigational course tests officers' limits

Shelley Lipke
Staff writer

It takes skill, a sound technical background, and a lot of confidence to safely navigate a \$1.5 million warship through Canadian and international waters.

Key to maneuvering the ship is the navigational officer.

"Not everyone can do it, and those who can have an outstanding level of knowledge within their field," says Lt(N) Andrew Wetmore, fleet navigational course lead instructor at the Naval Officer Training Centre Venture.

At the course end two weeks ago, only two of seven students graduated, hitting home just how tough the requirements are to do the job.

"Because Canada is among the leaders in navigational training, we maintain a very high standard to our training and this course is tough,"

said Lt(N) Wetmore. "Most people who took the course remarked on how difficult it was."

Graduates Lt(N) Teri Mullin and Lt(N) Phil Durand will take their skills to the bridges of *HMC ships Toronto* and *Athabaskan*.

What sets them apart from the others in the class is their natural ability to think quickly and accurately. Lt(N) Wetmore describes it as "a raw sense of what needs to happen with the ship's movement to safely maneuver the ship." They have to be able to transit through tight areas at high speed with limited information and use their resources properly, he adds.

The Course

The 18-week course begins with theory; officers are taught how to interpret hard copy and electronic navigational charts. They use a sextant to plot courses based on the stars, and learn



Lt(N) Teri Mullin and Lt(N) Phil Durand passed the challenging navigation officer course at Naval Officer Training Centre (NOTC) Venture. Seen here, Lt(N) Mullin is on the peloris while Lt(N) Durand is on "coms" in the bridge simulator at NOTC Venture.

Shelley Lipke, Lookout

how to navigate away from dangers.

"Normally they wouldn't have to navigate with the stars, but it's useful to know how to if a GPS malfunctions. It's the next alternative to use," explains

Lt(N) Wetmore.

It's the navigation officer's job to provide the bridge crew with information on dangerous areas, tidal streams, and safe water. They constantly measure the ship's progress along a

pre-planned route to arrive at their destination safely, and on time.

After instruction in the classroom and in the bridge simulator, students move into live theatre. For 10 days on board an Orca training

vessel, they test and hone their skills. From there they go to a bigger forum, the bridge of a warship. For the recent class, they spent three weeks in *HMCS Calgary*.

Using the ship's hangar as their classroom, they care-

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By Sculptor Nathan Scott

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It's a little scary every time you go alongside because you are putting a five ton ship against a cement wall. If you do it right it's rewarding, but if you do it wrong it is so bad.

-Lt(N) Durand

fully plotted the moves they would carry out on the bridge, under close review of their instructors and the ship's bridge team.

"The navigator will plan ahead by putting tracks on a chart and have detailed knowledge of how far the dangers extend off each point of land, and plan the timings they need to be at a way point," explains Lt(N) Wetmore.

It takes at least four to six hours preparing, plotting and planning for every hour a navigational officer spends on the bridge executing commands to move the ship.

"There is a lot to learn as the navigational officer is the leader of the bridge team and advisor to the Commanding Officer on elements of navigation and ship handling," says Lt(N) Wetmore.

Navigators also set the arrival time, and coordinate the berthing location in port and the logistical support of tugs.

"During the sea phase, we graded the student's on their ability to see the ship arrive within two minutes of its scheduled time frame," said Lt(N) Wetmore. "The navigator has a very significant responsibility and must be able to research and execute a navigational passage while pulling information from a variety of sources, and manage a bridge team."

Coming alongside is no easy feat, said Lt(N) Durand.

"It's a little scary every time you go alongside because you are putting a five ton ship against a cement wall. If you do it right it's rewarding, but if you do it wrong it is so bad."

Over the last decade the navigation course has adjusted its lesson plans to meet the advancements in technology. Paper charts have been replaced with computer-generated maps.

"We still use many of the old methods, and the philosophy and methods of conducting a piloted passage have been maintained, but are more centered around electronics these days," says Lt(N) Wetmore.

The heart of the bridge

Now that Lt(N) Durand and Lt(N) Mullin have become navigational officers and have found a home on the bridge of *Toronto* and *Athabaskan*, they'll always be aware of the ship's movements, and be on call 24 hours a day. They're now considered the right hand to the Commanding Officer and Officer of the Watch for final maneuvering decisions. In their "tool box" is a pelorus to take visual bearings, radar to provide vessel information, and ship's phone to communicate with the engineers on the status of equipment.

"I like instructing this course because it's very rewarding to see students go through an intense course like this and see them learn and become exceptional," says Lt(N) Wetmore. "There is also a personal element in seeing the students contend with the hardest thing they may come across in their careers and seeing the ways they fight through, find their limits and then move beyond them. I'm very proud of the students for their personal growth and the challenges they overcame," he said.



Shelley Lipke, Lookout

Left to right: Instructor Lt(N) Wetmore, Lt(N) Teri Mullin, Lt(N) Phil Durand, and instructor Lt(N) Sandy Shearer stand by the navigational artefacts display at NOTC Venture.

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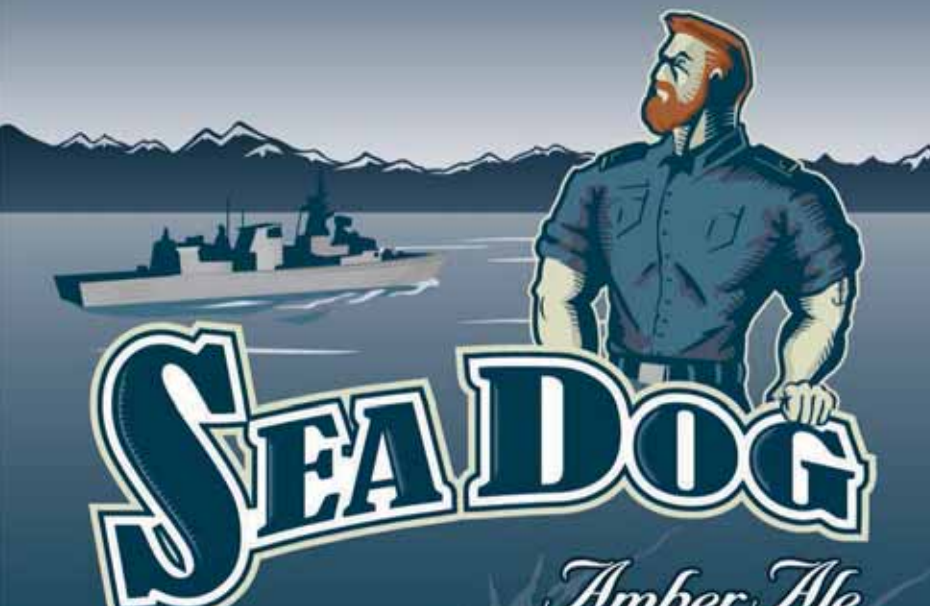


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Matt Llewellyn, Contributor
Honorary Capt(N) Tung Chan, speaks onboard HMCS Winnipeg during a day sail out of Vancouver on Oct. 18 as RAdm Nigel Greenwood, Commander Maritime Forces Pacific/Joint Task Force Pacific looks on. The ship embarked members of the local business community and Asian-Canadian community to showcase the frigate's capabilities.

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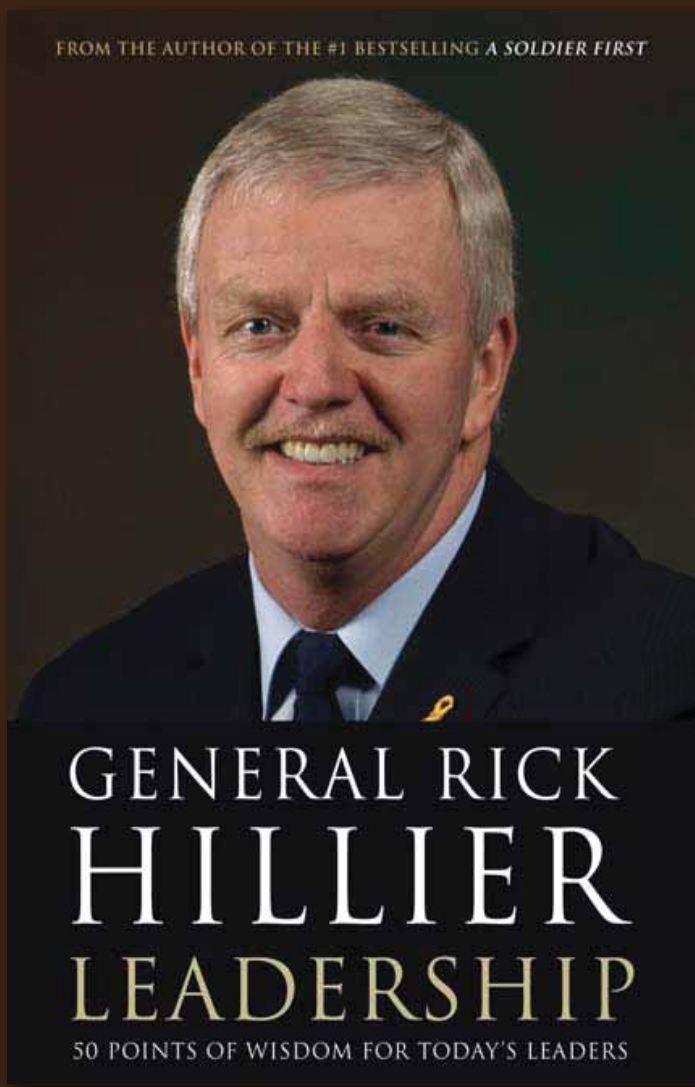
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Salmon Kings visit HMCS Calgary

Ben Green
Staff writer

Last Tuesday, the Victoria Salmon Kings hockey team paid a special visit to the men and women serving in *HMCS Calgary* in commemoration of the Navy Centennial. Posing for pictures and signing a few autographs, the team announced a special event coming in a few weeks - a "Canadian Armed Forces Night."

There is strong community support between the Canadian Forces and the Salmon Kings and in appreciation of this, the team is hosting an appreciation night for their Nov. 6 game against the Idaho Steelheads. At the game, the Salmon Kings will unveil a special jersey to be worn for that night; it commemorates the Navy and its 100 years of service to Canada.

The first 1,000 fans will receive a free CD of the Naden Band's music, and the concourse at the Save-On-Foods Memorial Centre will be decorated with military displays such as computer flight simulators and



Ben Green, Lookout

Members of the Victoria Salmon Kings visited HMCS Calgary on Oct. 19 to show their gratitude toward the partnership they have developed with the Canadian Forces. They were also promoting their military-themed night coming up on Nov. 6 against the Idaho Steelheads.

EOD robots. Several commemorative Salmon King jerseys will be auctioned off during the night, with proceeds going to charities that help the military community.

Lastly, the Military Family Resource Centre will host

a 50/50 draw with all proceeds going towards their cause of improving the lives of military families.

Special rate tickets for the Salmon Kings/Steelheads game are on sale at \$12 for military, and during the entire month of November

tickets are just \$15 for military personnel with proper identification.

To order your tickets call 250-220-7889, go online at www.selectyourtickets.com, or visit the box office with the promo code "Armedforces10."

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Lunch time film: relieving stress

Ben Green
Staff writer

Bag your lunch on Oct. 29 and come to the Naden Athletic Centre's classroom above the pool. Part two of a three part film series on what makes people tick will be shown.

Called "This Emotional Life", the documentaries are narrated by Harvard psychologist Daniel Gilbert and are based on his best-selling book "Stumbling on Happiness."

The three films focus on a variety of interpersonal and intrapersonal health issues. The first film shown in September was called "Family, Friends, and Lovers"; this month's is called "Facing Our Fears" and deals directly with stress.

Maryse Neilson, Health Promotion Director at Personnel Support

Traditionally, we're not really very good at combating stress in the workplace from a community effort.

-Maryse Neilson
Health Promotion Director

Programs, believes this second video is possibly the most important of the three parts.

"Increasing stress is a worldwide phenomenon; it's the number one workplace disability issue," she says. "Traditionally, we're not really very good at combating stress in the workplace from a community effort. Everybody is struggling with stress

but there are some things you can do, some very simple, practical things you can do about it, and the number one thing you can do is change how you think about it."

Neilson says it's this proactive, open communication about stress and its triggers that will help people the most. She hopes members of the defence team will come and watch the film and become more self-aware, look more closely at stress in their lives, and see the things they need to change.

"Facing Our Fears" will be shown Friday, Oct. 29 from 11:30 a.m.-1:30 p.m. in the classroom above the pool in NAC.

The third and final instalment called "Rethinking Happiness" will be held Nov. 26 at the same time and place.

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IN BRIEF

International Day for Persons with Disabilities coming soon

The Defence Team is commemorating this year's International Day for Persons with Disabilities (IDPWD) under the theme Beyond Accommodation: Inclusion!

Events and awareness activities will be held across the organization. To obtain copies of IDPWD posters, please send your request to Jonathan Desjardins at 613-944-3289 or at Jonathan.Desjardins@forces.gc.ca.

For more information on IDPWD visit the EE commemorative events intranet site at <http://hr.ottawa-hull.mil.ca/eec-ece/index.html>. The site includes a handbook on how to organize an EE commemorative event; regions are invited to send in their agendas, success stories and photos via this website.

Nevermore Spirits and Ghosts

Urban Arts Productions and the Maritime Museum of British Columbia invite you to embark on a dark, mysterious journey into the life of American poet Edgar Allan Poe. The imaginative Canadian premiere musical *Nevermore* uses Poe's poetry and short stories as a base for the plot and his shifting obsessions with the women in his life as a catalyst. With hauntingly beautiful melodies, *Nevermore* breathes new life into Poe's work and explores a twisted true-life tale as bizarre as his classic stories of the macabre.

Nevermore runs Thursdays through Saturdays from Oct. 21 -30, and is staged in the round in the Historic Victorian Courtroom at the Maritime Museum of British Columbia in Bastion Square.

Tickets for this dark musical are available at the door beginning one hour prior to performance for \$15. Performance starts at 8 p.m. and runs for 90 minutes. Limited reserved advanced tickets are available for \$20. Please call 250-385-4222 ext. 113 for more information. See our website at www.mmbc.bc.ca for all upcoming events at the Maritime Museum of BC.

AFC 4 brings to MMA to Victoria

It's been a busy time for AFC promoters Jason Heit and Darren Owen. Between filming the *Dragons Den*, partnerships with Chek TV, *The Fight Network*, a soon to be announced U.S. TV deal, a reality TV series in development plus a major partnership with an online social media company, they have managed to find time to put together another great card. Victoria-based Armageddon Fighting Championship has announced the line-up for their fourth event, AFC: Revelation, to be held at Bear Mountain Arena on Saturday, Nov. 6.

Tickets are on sale now and can be purchased through the Armageddon Fighting Championship website:

www.armageddonfc.com, Sports Traders, Juan de Fuca Rec Centre, Island MMA, ZUMA or by calling (250) 478-8384. Prices range from \$30-\$100. Doors open at 6pm. Fights begin at 7pm.

See page 3 for a chance to win tickets.

Canada Post - free regular parcel service

Canada Post will again be providing free regular parcel service for family and friends of deployed CF members from Oct. to Jan 7. Parcels will be delivered free of charge from any Canada Post retail outlet to designated CF bases, where they will be forwarded through the CF postal system to CF members overseas.

Additionally, Canada Post will also continue providing free delivery of letters to deployed troops through 2011. Due to cargo limitations on military flights, this offer is restricted to those operations served by the Belleville, Ontario, K8N 5W6 address and to any deployed Canadian ship.

Additional mailing guidelines are available at the write to the troops link found at www.forces.gc.ca.

To ensure the proper customs declaration forms and correct addressing info, all letters and parcels must be deposited at a Canada Post retail outlet. Mail deposited in street letter boxes will not be delivered.



Lt(N) Richard Crowder (centre) receives his new shoulder slip-ons in PCT Renard from Combat Officer Lt(N) Matt Ullmark (left) and Executive Officer LCdr Matthew Bowen (right).



Sgt David Hahn, Pacific Naval Construction Troop Warrant Officer, receives his CD1 from LCol Darlene Quinn, Base Construction Engineering Officer.

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