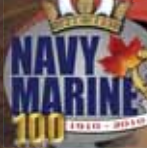


Volume 55 Number 48 | November 29, 2010

# LOOKOUT

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



## Wanted: Canadian expertise

Lt(N) Michael McWhinnie, BPAO  
PO2 Christina Wruck prepares Philippino trainee Lt Servano for his descent down a shipping container tower. Lt Servano was one of seven international sailors who recently attended Naval Boarding Party Training at Work Point. Read the full story on page 2.

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### NEWS 3

*Freezing temperatures at sea*



### COMMUNITY 6

*Divers hold charity run for turkeys*



### FEATURE 13

*Buy your pet some bling this Christmas*



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# Fleet School exports skills to Latin America and Caribbean

**Lt(N) Michael McWhinnie**  
Base PAO

The high calibre skill of Canadian sailors in naval boarding is a much-wanted expertise by other nations' military.

So much so, some countries are sending their military members to the Naval Boarding Party (NBP) Training Facility in Work Point to gain the judgement and physical skills required to support contemporary maritime operations.

The most recent course, which concluded Nov. 15, saw seven military members from the Philippines, Bolivia, Jamaica, and Peru join five Canadian sailors for five weeks of intense education.

"The training is rigorous and very physically demanding," says PO1 Paul Parent, Senior NBP Instructor. "No special consideration is given to the foreign students. They must adapt to the English environment and meet the set standard.

However, like the Canadian students, these are all highly motivated personnel who have demonstrated genuine enthusiasm to the course. They appreciate how the training will allow them to contribute to their nations' security objectives."

In addition to the countries represented by the latest course, Belize, Columbia, Chile, the Dominican Republic and Mexico have all sent military personnel to Canada for NBP training as part of an international Counter Terrorism Capacity Building Programme (CTCB), negotiated and administered by the Department of Foreign Affairs and International Trade (DFAIT). Under a memorandum of understanding, DND delivers the training to foreign

students of beneficiary countries in order to bolster their military capacity to meet international maritime criminal and security challenges in the Latin America and Caribbean regions.

The modern maritime environment has increased the need for professionally trained crews to support sanction enforcement, counter-terrorism and counter-piracy missions. Navies are also being called upon to support other government departments in domestic and international operations that include stemming illicit trade and narcotics trafficking.

A body of Canadian experience and knowledge, hard-earned through years of naval boarding work at sea, combined with the specialized purpose-built training facility at Work Point, allow Canadian Forces Fleet School Esquimalt to offer first-rate NBP instruction.

The course covers a wide range of topics that include insertion, search and vessel securing techniques, container inspection and evidence gathering.

"In order to perform the requisite tasks, candidates are taught legal considerations, tactics and procedures," explained PO1 Parent "They acquire and practice an array of skills including climbing techniques, naval combat first aid, and close quarter combat, the use of non-lethal weapons and restraints. They also undergo enhanced small arms training."

For more information on NBP Training: <http://esquimalt.mil.ca/cffs/SeaDiv/NBP.htm>

***These are all highly motivated personnel who have demonstrated genuine enthusiasm to the course. They appreciate how the training will allow them to contribute to their nations' security objectives.***

-PO1 Paul Parent  
Senior NBP Instructor

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photos by Lt(N) Michael McWhinnie, BPAO

**Above:** PO1 Paul Parent directs snap-shooting drills to AB Ramsay of Jamaica.

**Top right:** Lt Servano prepares to conduct an elevated container search.

**Middle right:** Lt Fernandez of Bolivia perfects his ASP baton technique during drills.

**Bottom right:** OS Mathew Childs (foreground) masters one tool of the trade under the close watch of MS Anthony Goodwin.





Cpl Croskery, Base Imaging Services

Sea spray with strong Arctic outflows caused icing conditions during the patrol in Knight Inlet last week.

# HMCS Whitehorse has icy patrol

**Lt(N) Tim Downey**  
HMCS Whitehorse

*Meteorology For Seamen*, printed in 1950, gives the following advice for dealing with freezing spray at sea: "There are counter measures such as steam jets or hot water hoses, or applying a special de-icing mixture, such as grease and asbestos (known as compound de-icing), over all surfaces likely to be affected. De-icing grease or paste does not prevent ice forming but makes the task of removing it a great deal easier."

HMCS Whitehorse, foregoing special de-icing mixture aboard, saw some icing from sea spray while heading up northern fjords, against the recent strong Arctic outflow on the B.C. coast. The icing was captured artistically by Cpl Croskery, base imaging technician, embarked for the Maritime Security Patrol (MARSECPAT) in Whitehorse. The MARSECPAT saw Whitehorse patrol the major inlets and fjords of the B.C. mainland coast by day and reposition to the next patrol area during the night.

The juxtaposition of the two photos above, demonstrate with dramatic effect the extreme of conditions to be found along the B.C. coastline, from idyllic placid calm, to gales and uproarious seas with snow and ice.

Although busy with force generation training, including flood and fire exercises, and completing operational readiness requirements, everyone



LS Croskery, Base Imaging Services

Bute Inlet, five days earlier, and only 30 miles south of Knight Inlet.

aboard made a point of going top-side at some point during the day to witness the natural splendour all around.

Commanding Officer, LCdr Angus Fedoruk remarked, "On this patrol we saw a working coast. From tourist lodges, to fishing cabins, to log skids, fish farms and communities along the water's edge, large and small, it's a vibrant coast; serviced by all manner of working boats from ferries and fish packers and coastal transports to trawlers, seiners and tugs with barges and log sections. It's important that all these people, who live by the sea and depend on the sea lines of communication, see their navy to be active

where they live and work."

During the voyage, Whitehorse patrolled Jervis Inlet, Toba Inlet, Bute Inlet, Douglas Channel, Gardner Canal, Ursula Channel, Princess Royal Channel, Dean Channel, Burke Channel, Sutlej Channel, Knight inlet, Fitz Hugh Sound, Queen Charlotte Strait and Johnstone Strait. Calls were made on Coast Guard Stations Port Hardy and Bella Bella, with lesser time spent in Kitimat, Bella Coola, Ocean Falls, Powell River, Campbell River and Alert Bay.

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# matters of OPINION

## FILM *friday*

# Burlesque unconvincing as a sultry tale

W. Andrew Powell  
The GATE

Steve Antin's *Burlesque* proves once again what so many directors have proven before: it is possible to take a decent cast, a proven concept, and half naked actors and still make a movie that's more laugh-worthy than enjoyable.

Before I even went into the theatre I had a bad feeling about *Burlesque* – the filmmakers involved in *Burlesque* frankly inspire anything but confidence. Most notably on that list of would-be talents is Antin himself; a director whose biggest claim to fame is the fact that he played Troy in *The Goonies*, although maybe it's worth mentioning that he's also Pussycat Dolls founder Robin Antin's brother.

There is a sparkle of something interesting in *Burlesque* though. If you can ignore the fact that the premise reeks of a basic rip off of *Moulin Rouge* and *Showgirls*, Cher is still an astounding lead, which frankly amazed me, and the supporting cast is filled with interesting, talented character actors like Stanley Tucci, Alan Cumming, and even newcomer Cam Gigandet.

And we haven't even started talking about Christina Aguilera.

Following the resourceful young Ali, played by Aguilera, *Burlesque* is essentially a musical about a middle-American waitress who moves to Hollywood to make a name for herself. After little success in the big city though, Ali happens to wander into a burlesque club run by the hard-working Tess, played by Cher, where Ali begs for a job on the stage.

Making enemies with the venomous Nikki, played by Kristen Bell, Ali eventually convinces Tess to take her on as a dancer where she quickly becomes the star of the show. Her life is somewhat complicated though by a chance robbery that leaves Ali with no money, and no place to stay. The only solution, of course, is for her to end up bunking with the dreamy-yet-taken bartender, played by Cam Gigandet, as the extremely wealthy Marcus, played by Eric Dane, also begins to take an interest in her.

Meanwhile, Tess is fighting to keep the club in business as her ex begs her to sell to Marcus before she forfeits on her mortgage.

Featuring the reliable camera work of cinematographer Bojan Bazelli, and art and set direction by Chris Cornwell and Dena Roth, respectively, *Burlesque* looks exactly as promised. The sets sparkle like every 20-something's brightest Hollywood dream and there is glitz and glamour mixed in with the ruddiness of a club that has seen better days.

*Burlesque* suffers though because Antin and film editor Virginia Katz constantly stumble all over each other. Initially, it's the editing



Stephen Vaughan, Screen Gems

### Christina Aguilera stars in "Burlesque."

that drove me nuts because Katz's edits are frequently bone-jarringly timed, cutting scenes at moments that do not feel natural, or missing important continuity errors. Overall though, it's obviously Antin who deserves the blame.

As a the writer and director, Antin turns *Burlesque* into a wavering farce that soars almost every time Cher has a scene with Stanley Tucci, who plays Tess' club manager, and then falters during the next scene when the singing and the dancing begins. He simply can't weave a compelling story amongst the singing and dancing, and coupled with the uneven editing, it makes for a laugh-worthy experience.

For a film that's also supposed to be steamy and sultry, *Burlesque* feels safe and mild with only a few costume choices belying any sense of the sexy burlesque spirit. Maybe the pro-

ducers tamed the whole movie down a bit, to make the film easier to sell, but it was a mistake for a film that feels like it otherwise coasts along on Cher's charisma and Aguilera's vocals.

Aside from her vocals, Aguilera is a surprisingly wonderful lead though. She stands out in all of her scenes, and she nailed the cutesy girl routine. She also had great chemistry with Gigandet, and with Cher for the brief moments they shared the screen.

The characters only go so far when you look at the whole picture though, and *Burlesque* is simply too silly, unconvincing, and safe to make it worth the cost of admission. Considering how frequently the audience laughed during the screening I attended, when they really weren't meant to, the only thing I can recommend is checking this dud out when it sings and dances its way onto home video.

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# Picture perfect contest

**Ryan Cane**  
National Recreation  
Manager

The 42<sup>nd</sup> DND Photography Contest wrapped up Nov. 18 at the Director General Personnel and Family Support Services Headquarters in Ottawa with an awards reception.

The reception honoured the major winners, thanked sponsors and celebrated another successful year of participation and excellence in photography.

A highlight of the evening was the unveiling of the Deputy Minister's Award. This award is chosen by the Deputy Minister of National Defence and is the photograph that best depicts the Canadian military. The photographs are chosen from both the professional and amateur category.

The Honourable Robert Fonberg chose "Helping Hands" captured by Cpl Johanie Maheu from HMCS Athabaskan.

"The image I have chosen depicts the work of our Canadian soldiers and the impact they make in the communities in which they serve," Fonberg said. "The earthquake in Haiti was devastating, but in this time of disaster stories of bravery and remarkable courage were shot on film."

Fonberg, who is the patron of the program, displays all the winning photographs at

his office at NDHQ.

"When I pass the images I am reminded of attributes the photographers captured: courage, perseverance and determination. The very qualities of the Canadian Forces and National Defence Team."

To view all the winning photographs and to watch for information on the 2011 program, log on to [www.dndphotocontest.ca](http://www.dndphotocontest.ca).



**Top:** Robert Fonberg announces his choice for the Deputy Minister's Award in this year's DND Photography Contest.

**Bottom:** His choice, "Helping Hands," taken by Cpl Johanie Maheu while on HMCS Athabaskan.

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**GOODYEAR** **DUNLOP**



Left to right: LS Marc Bibeau, PO1 Joe Tremblay, LS Paul Paquette, A/SLt Simone Stawicki, PO2 Rene St-Pierre, AB Brett McColl and LS Donnie Allan prepare for this weekend's inaugural West Shore Christmas Hamper Turkey Run. About 60 divers will run around the West Shore community in a 41 kilometre relay dressed in bomb suits, rebreathers or dive helmets in an effort to raise \$6,000.  
Shelley Lipke, Lookout

# Divers take to the streets for Christmas hamper turkeys

**Shelley Lipke**  
Staff writer

It will be a sight to behold, and one that should stop onlookers in their tracks.

On Dec. 5, nearly 60 members of Fleet Diving Unit (FDU) Pacific will strap on eight kilogram brass and fiberglass dive helmets, bomb disposal suits and diving re-breathers sets to take turns running 40 kilometres through the West Shore communities – all in the name of turkeys.

FDU(P)'s Christmas Hamper Turkey Run aims to raise \$6,000 or more to help the hamper drive provide turkeys to 688 families in need this Christmas.

The deep sea diving helmets weigh more than the heaviest bowling ball, but anything for a good cause, says FDU(P) training officer Lt(N) Walter Dubeau.

"This year's rising food costs and the economy have made it a diffi-

cult year for the Christmas hamper drive, and we have set out to help put a turkey on every table," he said.

Of the 85 personnel at FDU(P) that includes clearance divers, engineers, administrative and logistical staff, about 60 eagerly volunteered their Sunday for the six-hour event.

"From the very first mention of this idea, participation and support from the divers has been outstanding," said Lt(N) Dubeau. "We are hoping this event is successful and it will be the first of many to come."

The unit has been part of the West Shore Christmas Hamper Drive for four years, but this year their goal stepped up a notch. "We want to buy the turkeys with the money we raise and then have a uniformed diver hand-deliver a nice big juicy turkey to each family," he said.

At 9 a.m. the run departs FDU(P) located in Colwood and sets out by travelling through Belmont Park, Goldstream Avenue, Veterans

Memorial Parkway to Millstream Village and then onto West Shore Town Centre, Sooke Road and finally back to Goldstream Avenue. The divers will run three loops of this route with at least four runners going strong at all times.

Trailing behind them will be the new bomb disposal truck and other support vehicles, and a net to collect donations.

"I think our biggest challenge is to make the community aware of the number of families that need our support, especially when you consider that half of these families requiring support have children. It's important that we help. We are of the opinion that no child should go hungry," he said.

To help the divers attain their goal, Lt(N) Dubeau says, "Either sponsor a diver you know, or call 250-391-9627 to make a donation. Any donations by cheque should be made payable to the West Shore Christmas Hamper Fund."

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# Displaying art and personal growth

**Shelley Lipke**  
Staff writer

For the past five years, sea logistics officer Lt(N) Laurene Drapeau has embraced painting as a creative outlet for expression.

Submersing into the world of brushes, canvas and acrylics helped her personal development, and before she moved onto the next stage of her military career, she shared her art with friends and colleagues on base.

On Nov. 19, about a week before departing for Ottawa, she hosted a potluck art show at D102 to share the artistic side not many of her colleagues have seen.

"This is my private collection of paintings," said Lt(N) Drapeau gesturing towards an assortment of easels circling the room. More than 20 paintings were set up for viewing, and, with remote control in hand, Lt(N) Drapeau also showed her friends a PowerPoint presentation of 50 additional slides of other artwork.

Guests chatted with their host, gave her roses and wished her well on her next journey while they reviewed her acrylic paintings. One featured her beloved cat Simmi, another her sailboat, each had a personal anecdote attached that she was happy to expand on.

Lt(N) Drapeau says her first painting was inspired from having lunch in the Wardroom.

"I was having lunch one day with people from my French course and one of the men was commenting on



Shelley Lipke, Lookout

Lt(N) Laurene Drapeau poses with two of her paintings during a private art show she held for friends and colleagues on base.

the beautiful painting in the main dining area. He said he wanted to have a grand statement over his fireplace and I offered to paint him one if he bought me the materials."

She admits it was a risky venture because acrylic paint was a new medium at the time.

"He was very pleased with it and I later ended up also painting a portrait of both of his dogs," she said.

The former landscape architect says she's always had an artistic eye, but when she moved to the West Coast, the Pacific scenery inspired her to paint.

She experimented with water

colours, but decided she liked acrylics best. "I found that with layering, depth and free flow, they could look like any medium including water colours and oil paints."

She delved into painting on weekends, then began painting several projects on base, including black and white sketches for the museum, and adding life to the faces of their manikins.

Now off to Ottawa, she says she'll miss the West Coast and the many things that have inspired her to paint, but she is also eager to paint the Eastern scenery, especially the brilliant colours that are typical of fall in Ontario.

# Get into the holiday spirit with PSP activities

**Ben Green**  
Staff writer

With the holidays approaching quickly, Personnel Support Programs (PSP) Recreation Department has another line-up of unique activities that will hopefully balance out all that turkey and Christmas pudding!

### Polar Bear Swim

Come down to the Naden pool on Saturday, Dec. 18, for a Winter Wonderland themed swim. Enjoy a relaxing soak in the hot-tub or participate in some wild reindeer games, it's free and will take place from 1-3 p.m.

### Next Ryan Cochrane?

A new set of swimming lessons are beginning on Jan. 17, 2011. Whether your child is already an accomplished swimmer or just starting out, call the Aquatic Supervisor for a free 15-minute assessment at 250-363-4070. Who knows, maybe your child is the next hometown Olympian?

### Lock It Up

Looking for an exciting night in? Come hang out with the PSP crew for the Teen Lock In at the Youth Activity Centre in Belmont

Park. On Saturday, Dec. 4, from 8 p.m. to 8 a.m., teens age 11-14 can stay up all night playing video games, watching movies, listening to music, and enjoying pizza and beverages! It's \$25 for the 12 hours.

### Girls Night Out

On Friday, Dec. 17, from 5:30-7:30 p.m., girls age 10-14 can enjoy an evening of pampering. At CPAC, for \$20 the girls can enjoy getting their hair and nails done, have tantalizing facial treatments, and watch a movie the whole time! Pjs and slippers encouraged!

### Ho, Ho, Ho

Despite Santa's busy schedule around this time of year, on Sunday, Dec. 19, from 2-4 p.m., PSP has arranged an exclusive skate with him and some of his elves. Santa will be leading all the skaters in some on-ice games and activities so come on down and bring your skates! This is for all DND families; all children must wear a helmet. It's completely free at Wurtele Arena, hot drinks and food available for purchase.

### Hit the Slopes

For those looking to

enjoy the seemingly endless mounds of snow we'll be getting this year, register for the first Mt. Washington Ski Trip. All DND families can pre-register at the Naden and CPAC kiosks. The trip will be on Thursday, Dec. 16, from 6 a.m. to 6 p.m. with the bus departing from the CANEX parking lot. The bus will cost \$17; there are military discounts for lift tickets and rentals.

As always, any questions concerns don't hesitate to contact PSP at 250-363-1009.

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# Keep your eyes peeled

**Ben Green**  
Staff writer

Last Monday, while most of us were trying to avoid the winter ballet of bumper cars throughout Victoria's streets, our waterways were just as turbulent.

One would think being in open ocean might prove less costly than the ice-themed demolition derby we experienced, but it seems at least one of our ships couldn't escape the weather woes.

HMCS Nanaimo was training in the waters just north of Sidney when the storm hit the Island. At around 11 a.m. while in Swanson Channel, just between Beaver Point and Wallace Point, crew on board the vessel realized one of their 20-person life raft canisters was missing.

The \$15,000 canister fell into the sea when a nylon line attached to the release pin broke. Manufactured by DBC Marine Safety Systems, it is unusual for the rafts to launch accidentally.

Gerald Pash, Navy Public Affairs Officer, says they are unsure of the circumstances around the raft breaking



**HMCS Nanaimo lost a life raft canister at sea while its crew was training near Sidney.**



loose. Its retrieval will allow investigators to determine the exact cause and prevent similar incidents in the future.

If the raft were to have deployed from its canister it would be seen as a large orange object, or black if overturned. If it hasn't deployed, the grey canister is about the size of an oil drum marked DBC with an eight-digit serial number.

Pash says they have done a drift pattern to try and trace the canister and have it possibly heading down the east shore of the penin-

sula towards Cadboro Bay; but due to the volatility of Monday's storm, it could be anywhere.

Pash says it's very important to retrieve the raft not only to return a vital piece of safety equipment to the ship, but to figure out what went wrong so the situation doesn't repeat itself.

Anyone who finds either the raft or the canister is asked to refrain from touching it. Leave it in place, and immediately contact Navy Public Affairs 250-363-5789, or Navy's Operation Centre 250-363-5848.

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Lt(N) Michael McWhinnie, BPAO

Capt(N) Craig Baines (right) places a Paralympic torch for display in the Naden Athletic Centre foyer. Paralympic organizers gifted the torch to CFB Esquimalt. Personnel Support Programs Health Promotion Director Maryse Neilson (left) prepares to pass an Olympic torch for inclusion in the case. Lookout graphic designer Shelley Fox (centre) created the photo montage for the display, incorporating promotional posters from the events, as well as selected imagery of CF participation. "These torches are potent symbols," said Capt(N) Baines. "They remind us of what is possible when people approach their goals with determination and passion. The display will serve to remind us of an exciting time in the base's history, and hopefully will also serve to inspire those who visit the Naden gym to achieve their personal aspirations."

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# Channelling the inner child for charity

**Ben Green**  
Staff writer

Looking around the secluded base at Albert Head last Friday, you could have sworn a busload of children were going to roll through the gates at any moment.

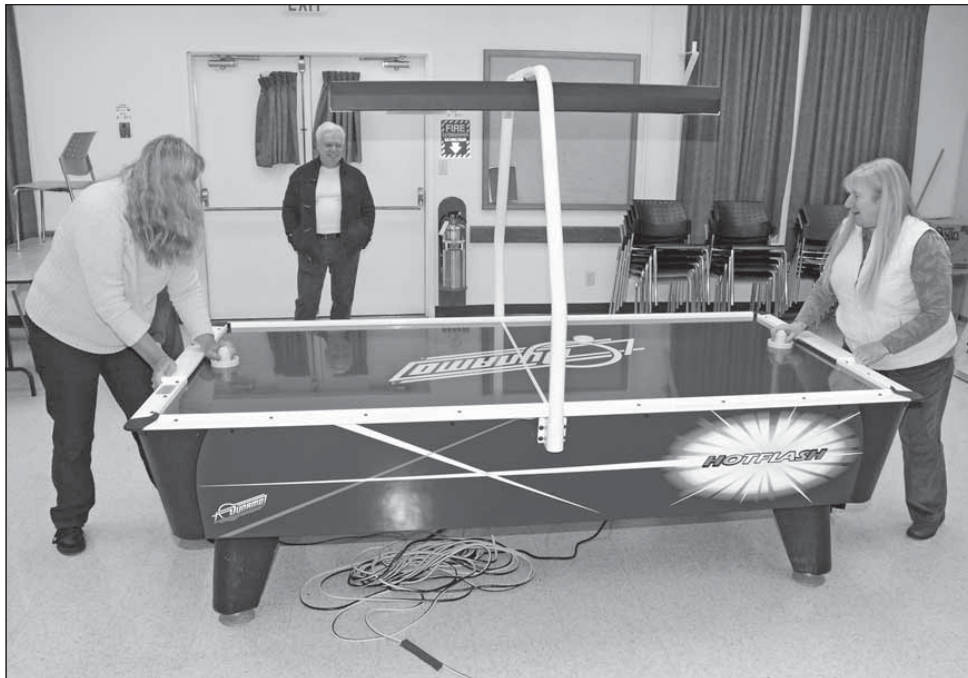
A Frisbee golf course weaved in and out of buildings and bushes, hockey sticks and balls lay strewn about the open drill shed, and directions to Wii bowling hung on the exterior of one building.

But no children came. This was for adults, for a good cause, mind you.

The Regional Cadet Instructor School hosted its first annual Non-Athletic Day with all proceeds going towards the Government of Canada Charitable Workplace Campaign. For \$20 participants could take part in a variety of games that were more luck-based than actual skill (hence the name Non-Athletic Day). Frisbee golf, hockey shoot, Wii bowling, and air hockey were just a few.

Each participant was given a scorecard where they kept a tally for each event. Trophies and awards were given out to the individuals with the best scores. On top of the entry fee, participants were also encouraged to bring any non-perishable food items that would be given to food banks over the holiday season.

Competitive scowls and



Ben Green, Lookout

**Julie Hillsden squares off against Linda Burke in a heated match of air hockey during the Albert Head Regional Cadet Instructor School's first annual Non-Athletic Day on Nov. 19.**

screams gave way for lots of smiles and laughter.

Maj Linda Hildebrandt, Officer Commanding the Regional Cadet Instructor School, says it was just a unique way for the staff to

end the week.

"It's kind of a cool day for them to get out of the office and have a bit of camaraderie," she said. "And it's going towards a good cause."

*It's kind of a cool day for them to get out of the office and have a bit of camaraderie. And it's going towards a good cause.*

-Maj Linda Hildebrandt  
Officer Commanding, the Regional Cadet Instructor School

The idea for the theme of the event came from a similar initiative the Regional Cadet Support Unit put on last year.

"They had a fundraiser last year around Wii bowling," said Maj Hildebrandt. "We just expanded off that concept."

The event raised a truckload of non-perishable food and more than \$850 for the charity campaign.

Albert Head is a multi-faceted base attached to CFB Esquimalt. During the summer months, it's used as the Air Cadet Summer Training Centre while the rest of the year it's operated by the Regional Cadet Instructor School (Pacific).

## Christmas Lighted Model Boat Parade

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# End of an era for Sea Cadet

**Ben Green**  
Staff writer

Two weeks ago, more than 50 sea cadets in their white-topped sailor hats marched two-by-two through Dockyard to HMCS Algonquin. Followed closely by their parents, they crossed the brow onto the destroyer's deck.

This was a special night for Royal Canadian Sea Cadet Corps (RCSCC) Rainbow. Not only did they tour the flagship of the Pacific Fleet, but their coxswain and most senior cadet, Michael Jarosz, finished his last night with the program after seven years of service.

Tall and brimming with confidence, it was obvious the 18 year old had the command and respect of everyone associated with the outfit. He seemed far from the young cadets standing alert before him.

Encouraged by his parents who often sailed in their native Poland, Jarosz followed a family friend already in the program and enlisted just shy of his twelfth birthday. As a new entry, he made a promise to himself to work hard and volunteer for as much as possible to get the most out of the experience. He kept that promise.

Seven years later, and now the Top Sea Cadet on Vancouver Island, Jarosz can confidently look back on his time and admire what he's done. His list of accomplishments is lengthy, so much so the medals and badges he's earned on his uniform seem to be attached to any available space.

In his years with RCSCC Rainbow, Jarosz has had a lifetime of achievements, from being involved with a sea cadet exchange to Australia, to deploying with HMCS Regina last year. In 2007, he set the provincial record for the Petty Officer First Class Performance Exam and was named Top Silver Sail Cadet at HMCS Quadra. Recently, Jarosz won the National Sea



Jarosz and teammate Quinn Lessing celebrate after winning the National Sea Cadet Sailing Regatta in Kingston, ON.

Cadet Sailing Regatta with other B.C. Cadet teams taking second, third, and fifth in the competition. The list goes on and on, but it's the less tangible feats that he will truly take with him into adulthood.

"I've learned how to deal with people, interact with them," said Jarosz. "Interaction with people is huge, really understanding how people think."

He also says Cadets has given him the confidence to practice and learn how to be an effective leader. This will undoubtedly come in handy as he is in the process of enrolling as a Cadet Instructor Cadre (CIC) officer. Jarosz will be a Pacific Region Sailing Instructor, teaching a new wave of cadets the knowledge that has made him so successful. Perhaps as a tune-up for his role as a CIC, he left his young apprentices on board Algonquin with something to think about courtesy of Mark Twain.

"Twenty years from now you will be more dis-

appointed by the things that you didn't do than by the ones you did do," he says to them. "So cast off the bowline. Sail away from the safe harbour. Catch the Trade winds in your sails. Explore. Dream. Discover."

But in terms of his distant future, Jarosz is a bit coy. His years with the Sea Cadets have given him the option to fully enlist, but as a second-year chemistry student at the University of Victoria, he has found another passion – chemical oceanography. Whichever path he chooses, whether it be sailing on top the waters or studying what's in them, there's little doubt he will continue to explore, dream and discover.

RCSCC Rainbow is the oldest Sea Cadet corps in Canada. Named after the first commissioned ship in the Canadian Navy, the Cadets meet at least once a week where they learn about seamanship, music, citizenship, fitness, drill, and life in the Canadian Forces.

Bravo  
ZULU



CPO2 Doug Morris of HCM Detachment West receives his CD2 from LCdr Landon Creasy signifying 32 years of service.



Katarina Greer (driver), daughter of Cpl Alex Greer from MARPAC HQ, looks to put the pedal to the metal during a recent field trip to the Royal B.C. Museum. Along with classmates Mikayla Schonert (very back), Maria Hietkamp (passenger), Abby Higdon (behind passenger), and Ceilidh Helmer (behind driver), the Pacific Christian School 7th graders were enjoying the trip just prior to Remembrance Day.



# The perfect pet gift: Ruff N Pretty pet collars

**Shelley Lipke**  
Staff writer

Dogs and cats in Victoria are stepping up their fashion attire by sporting colourful, custom-made pet collars thanks to Shelley Fox.

From nine to five, she's busy bringing her artistic talent to Lookout's graphic design service, but when the clock ticks into moonlighting hours she puts her creative flair into beading unique collars for four legged pets.

They feature crystal beads, renewable exotic hardwood, bone beads from Africa, and vintage recycled beads.

"I make them specifically suited to the eye and coat colour," says Fox. "I choose colour, finish, textures, and bead size that will compliment the animal and please the owner."

The idea began in 2001 when she got her dog Amber Lou and went searching for a unique collar. The pickings were slim and somewhat boring.

Fox thought, "Why can't I make something fantastic for my dog?"

After a trip to the local bead shop, her first creation was underway. "I chose an array of the funkiest, biggest beads I could find," she said. "The first collar I made was wacky with bright colours. It ended up looking like an African ceremonial hippie necklace."

Amber's collar collection now includes some high fashion bling for dress-up to very natural designs that attractively offset by her blonde coat and eyes that match her name.

As Fox walked Amber, people commented, "Your dog has a necklace, how amazing."

Then friends asked for a special collar for their pet.

For the next seven years she tweaked the design and changed the material to ensure superior collar strength.

"I had to make sure they were durable and strong and had the right clasps. I wanted them to be a collar that you could hook your leash up to, and not just something that was pretty. I wanted them to be useful."

The result was a strong, durable, rust resistant stainless steel design that withstands a 96 lb test.

"They are comfortable designs that won't pinch, pull or chaff hair."

The collars range in size from eight inches for a Chihuahua or cat, to a 26-inch collar suitable for a St. Bernard. Cost ranges from \$30 to \$100 depending on materials used and the size. Ready made collars are adjustable up to three or four inches and can be chosen based on the breed and approximate weight of the dog if the neck size is unknown. People interested in ordering a custom fit collar for their pet should send a picture



Shelley Lipke, Lookout

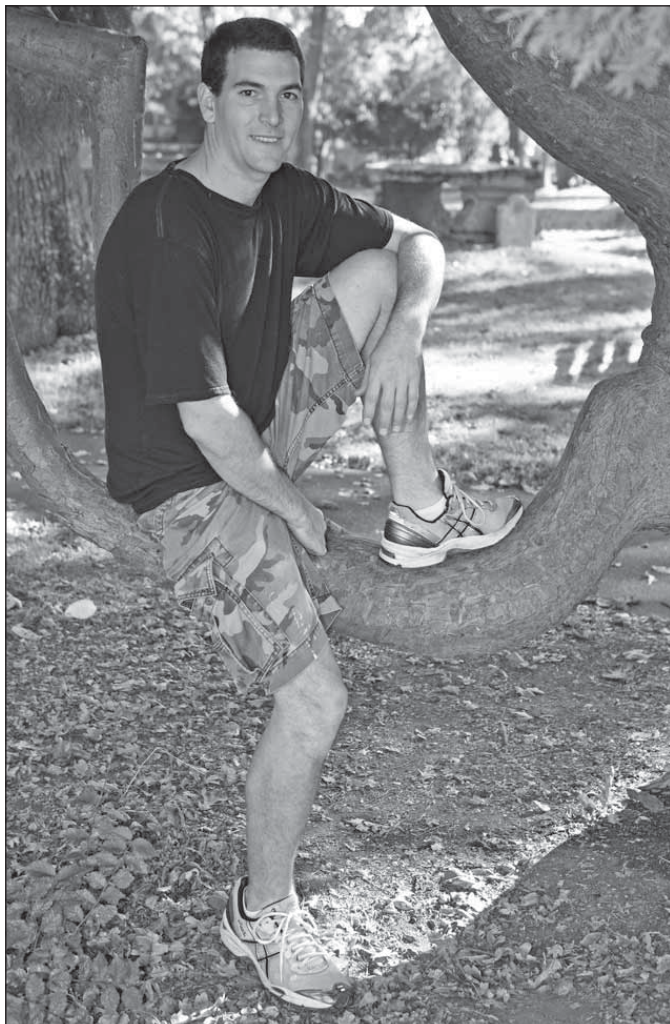
**Ruff n Pretty owner Shelley Fox holds up an assortment of her custom made pet collars while her dog Amber models one of her creative designs. Fox's collars will be on sale at upcoming Christmas craft shows and through her website.**

of their dog or cat to [ruffnpretty@gmail.com](mailto:ruffnpretty@gmail.com) and also measure their pet's neck size.

Additionally, Ruff n Pretty

can be found at the Dickens Fair on Dec. 4 at the James Bay Community School from 10 a.m. to 4 p.m. at 140 Oswego

Street. Keep checking the website for updates on further appearances and for retail outlets. [www.ruffnpretty.com](http://www.ruffnpretty.com)



Shelley Lipke, Lookout

**Jason Bacon knows first hand the benefits of United Way programs in the community. He's used family well-being, child development and mental health and addictions programs to bounce back from the rocky road he was once on.**

## Success thanks to United Way programs

**Shelley Lipke**  
Staff writer

Four years ago, Jason Bacon turned to the Esquimalt Neighborhood House for help understanding the needs of newborns. Little did he know at that time, the charity would be instrumental in helping him understand his own needs.

When his first daughter was born, he and his wife at the time, turned to the charity for help with their Building Better Babies program.

As first time parents, the couple learned a lot.

"We were in the low income bracket and this program taught us everything from seat belt safety to dealing with purple crying and how to raise a healthy baby. We learned about the different phases of development, about diet and different behaviours that children exhibit."

This introduction to the Esquimalt Neighborhood House also taught them about the resources

*I'm a lot more grounded now and I don't do drugs anymore. My ex-wife is thrilled and says I've changed substantially. I owe United Way a lot.*

-Jason Bacon

available to low income families, including counselling services.

Three years later his marriage broke up and his new girlfriend was pregnant with his second daughter.

By this time Bacon was heavily into drinking and drugs.

"I got a DUI and had my driver's license taken away," he said. "I came home hammered and passed out. When my girlfriend came in we bickered. Then I took off for a few days on a bender."

His ex-wife pulled the plug on his visitation with his first daughter by calling the Ministry of Children and Family Services.

This was Bacon's wake up call.

"When I realized that I couldn't see my daughter all the time, I realized I had a problem," he said.

He went back to Esquimalt Neighbourhood House and was put on a waiting list to see counsellor Jay Morrissette.

"I started to see him on a weekly basis to deal with

anger and aggression, the divorce and my relationships. The biggest thing Jay helped me to understand was my own feelings. He reassured me that the feelings and thoughts I had were normal. Before I always thought I was in the wrong, and that is probably why I numbed myself out with drugs and alcohol," said Bacon. "Jay really built up my self esteem, which is the bottom line."

While receiving counselling, Bacon went through a four-month rehabilitation program at a mental health and addictions centre to learn how to deal with urges, addictions, withdrawal and cravings.

Bacon has been working at a local auctioneers and appraisals company for the past four months and now sees both of his daughters regularly.

"I'm a lot more grounded now and I don't do drugs anymore. My ex-wife is thrilled and says I've changed substantially," he says. "I owe United Way a lot."



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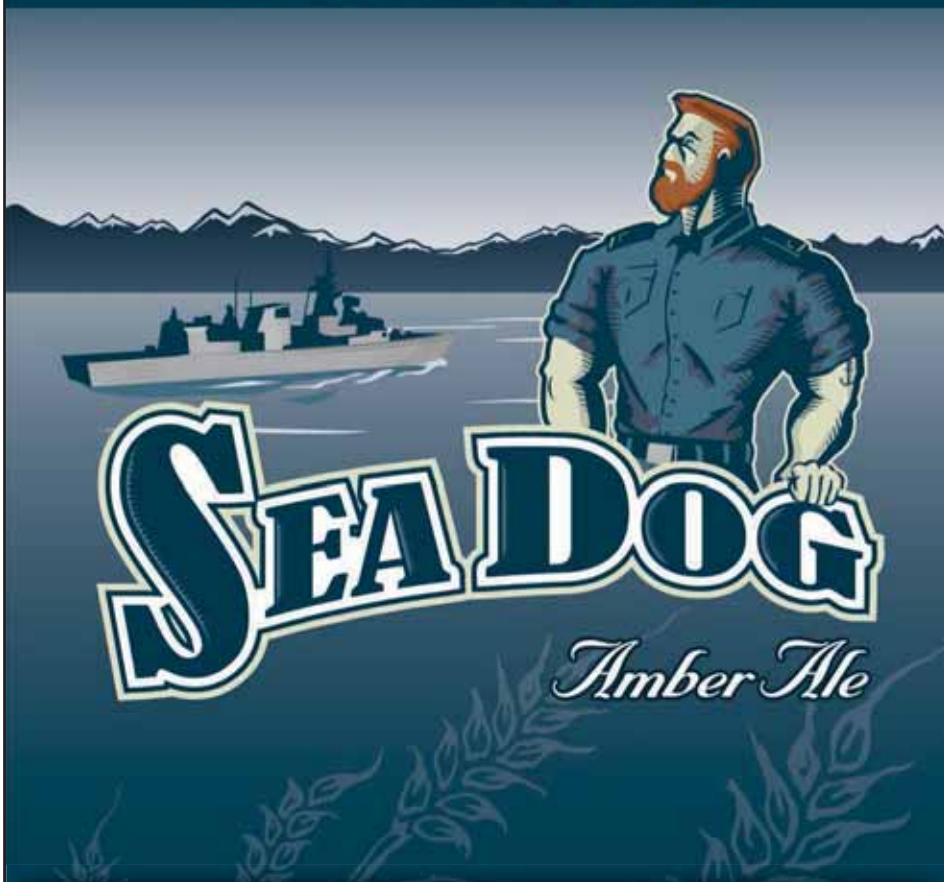
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