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LOOKOUT

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Despite sitting high and dry in the Esquimalt graving dock, HMCS Calgary is getting closer to its destination as the Pacific Fleet's first ship to undergo Halifax Class Modernization.

The vessel is in month five of a 12-month refit entailing 70 engineering changes that will transform and advance the capabilities of this class.

Victoria Royals vs MARPAC/Media
Details on page 11

Military Appreciation Night
back page

Photo by Lt(N) David Beldeuré

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September 30 to December 31 2011

Firefighters showcase safety for Belmont Park residents



Left: CFB Esquimalt Fire fighter Alex Donald shows Jakob Doucette how to use the fire hose. Hundreds of resident from Belmont Park came out to the former fire station on Saturday Oct. 15 to learn about fire safety during Fire Safety Week.

Below: Fire fighters brought plenty of items to give away.

Bottom left: Gord Butts grills up some free bar-becue on the Jenner Grillarado.

Bottom Right: Sparky the Fire Dog poses for a photo.

Photos by Kate King, Lookout



Fog and fun for ship at Fleet Week

SLt John Wentworth
HMCS Ottawa

After four-and-a-half months at sea and eight port stops along the way, *HMCS Ottawa* found itself in the middle of the hustle and bustle of San Francisco's Fleet Week for three days from Oct. 8-11.

This was *Ottawa's* last port visit of WestPloy '11, and it could not have been a more suitable stop to end the deployment. The city was full of American and Canadian sailors all proudly wearing their uniforms, while taking part in numerous festivities and enjoying all the generosity the "City of Love" had to offer.

The celebrations started with a parade of ships entering San Francisco Harbor under its iconic blanket of morning fog. As each of the 10 warships passed under the Golden Gate Bridge, it was escorted by security vessels and given a gun salute.

After an explosion and cloud of smoke from the ceremonial cannon ashore, *Ottawa* gracefully arrived at its jetty to the waves and cheers of a crowd gathered along the pier, and hundreds



of small boats in the harbour. It seemed as though San Francisco would be as welcoming to Canadian sailors as any port in Canada.

This was proven correct the following night when *Ottawa* hosted a reception on behalf of Cassie Doyle, Consul General of Canada, San Francisco/Silicon Valley, and Commander Maritime Forces Pacific, RAdm Nigel Greenwood. Among the many guests were VIPs from the U.S. Military and San Francisco business community, including VAdm Gerald R. Beaman, Commander US 3rd Fleet.

All were there to enjoy

the now world famous hospitality put forth by the Commanding Officer of *Ottawa* and her crew. Speeches, food, and lively conversation were enjoyed throughout the night while the aura of Fleet Week made for a fitting conclusion to *Ottawa's* impressive record of warm hospitality abroad this summer.

The entire port visit was a success leaving lasting impressions on both the city and the various ships' companies. It seemed as though Canadian sailors and San Franciscans have quite a bit in common, as the mood during *Ottawa's* departure

on the morning of the 11th was bittersweet. For some sailors, with *Ottawa's* homecoming only two days away, feelings of excitement to return home were mixed with regret to be leaving such a wonderful city and the fantastic experience of Fleet Week.

However, no matter how many hearts were 'left in San Francisco', one can say with certainty that for most of the crew, upon seeing Esquimalt and the 250-plus friends and family members greeting the ship upon its arrival in Canada, the comforts of home were all that mattered.

Show your kids what work is all about

David Lin
Contributor

"Bring your Kid to Work Day" (Grade 9 students) Nov. 2 is an initiative supported by local Victoria school districts as part of an annual nation-wide program for Grade 9 students. It allows them to job shadow their parents at their workplaces.

The program teaches students the importance of staying in school and finishing their high school diploma in order to pursue post-secondary studies. They also develop an appreciation for their parents' roles in making a living and supporting their family. Students also gain exposure to the skills required in today's workplaces and a better understanding of the com-

plexity of career choices and the benefits of early exploration.

Maritime Forces Pacific will host two events for students, in addition to job shadowing their parents. The first is a Harbour Tour on board *Firebrand* from 10-11 a.m. and a Dockyard Walking Tour from 1:30-2:45 p.m. on Nov. 2. Please note this event is for Grade 9 students only, and dress of day requirement for youth is shoes that cover their feet fully.

Parents are to drop off and pick up their student. For the Harbour Tour on the *Fire Brand*: ML Float Number 3; for the Dockyard Tour: in front of New Wave Café.

Your son or daughter must be registered ahead of time for one or both of the tours with David Lin, 3-7626 or david.lin@forces.gc.ca by Oct. 31.

The Victoria District Office of Veterans Affairs, Occupational Stress Injury Social Support (OSSIS), and Bureau of Pension Advocates (BPA) are moving from their current location at 816 Government Street at the end of October.

When:

On Thursday November 10, 2011, the Victoria District Office of Veterans Affairs, OSSIS and BPA will be closed for moving.

On Tuesday November 15, 2011, the three offices will open to the public at their new location in the Atrium Building at the corner of Blanshard and Yates Street.

Where:

The new location and address is:
The Atrium
320 - 1321 Blanshard Street
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The building can also be accessed via the entrance at 800 Yates Street.



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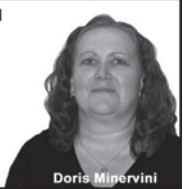
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WHO WE ARE

MANAGING EDITOR
Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS
Ben Green 250-363-3130
ben.green@forces.gc.ca
Dawn Bennett 250-363-3672
dawn.bennett@forces.gc.ca

PRODUCTION
Francisco Cumayas 250-363-8033
production@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT
Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS
Raquel Tirado 250-363-3127
raquel.tirado@forces.gc.ca

SALES REPRESENTATIVES
Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca
Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR
Lt(N) Michael McWhinnie 250-363-4006

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CFB Esquimalt, PO Box 17000 Stn. Forces,
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E-mail: frontoffice@lookoutnewspaper.com
Web: www.lookoutnewspaper.com
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WHAT SAY WE

BPSO's Bits and Bytes: Better to Die on Your Feet

LCdr Kathryn Hodgson
Contributor

For the first time in the history of the Esquimalt Base Personnel Selection Office (BPSO), all the PSOs in our office are women.

This fact is not something that should be written down in history books, but it has made me pause for reflection, especially this month. October is Women's History month and I am very proud to help celebrate the significant role and impact women have had, and continue to have in our society. Without women, and specifically some very strong and determined women, our society would look very different.

Next month on Nov. 11, I will be privileged to stand alongside you to honour all of our veterans, men and women. Again, without their efforts and sacrifices, we would not be

here in our positions today.

In truth, I feel so utterly thankful and blessed for all of those courageous people who have faced seemingly insurmountable obstacles, beyond which we can ever imagine, because they have all paved a way for us to enjoy the freedoms we do today.

In Glasgow, Scotland, there is a sculpture called 'La Pasionaria' (the passion flower). It is of a young woman with outstretched arms and on the plaque underneath the sculpture the following words appear: "Better to die on your feet than live forever on your knees."

For me, 'La Pasionaria' is an icon of courage, passion, and determination, and when I think of her, I also feel a great sense of gratitude for all human beings who have risen off their knees.

Beyond that, I feel empowered to continue to carry the torch, not as a bra-blasting feminist, but as a human being who stands up for the respect and dignity of everyone.

We all have tremendous energy, spirit, determination, intelligence and abilities and we all contribute in our own ways to our community and to this world. We have the power to be kind, to be respectful, to care, to love, to connect, and to value each other. Indeed, many of us in our community are privileged in that we have the power to help others find a way to live life on their feet, not on their knees.

As we celebrate and honour the historical contributions that others have made to our society, I invite you to take stock of your worth and what special energy you bring to this world. Then I invite you to be especially mindful of your interactions with others: notice them, let them know they are worth their place here on this earth, and if necessary, extend them a hand and help them to rise to their feet.

Next Week: "We will find a way"

People Talk

Lookout asked this question:

What has been the most terrifying moment in your life so far and why?



"In 2002, I was sitting at the kitchen table eating breakfast with my mother. She looked over at me and then fell to the floor. She died on the kitchen floor while I was doing CPR. That was the most terrifying moment in my life."

CPO1 Bob Anderson
HMCS Regina Coxswain



"My most terrifying moment was following my mother's ambulance to the hospital and seeing them turn on the lights and sirens along the way. She was fine but that really scared me."

CPO1 Guy Ledrew
HMCS Algonquin Coxswain



"It was seventh grade wood shop and I got too close to the band saw while cutting a piece of wood. I cut my hand so badly from wrist to fingertip that they didn't know if they could save it. It was only when I woke up from surgery that I knew I hadn't lost my hand. I still don't have any feeling in half of it."

MS Warren Danforth
HMCS Regina Steward



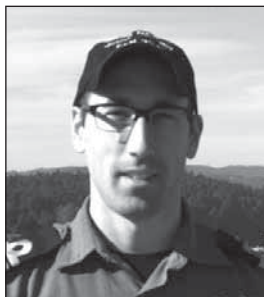
"It was the day I received a phone call that my second oldest sister, Michelle, had been in a car accident. They said she was in the hospital and was asking for me. I was living alone at the time and drove 45 minutes from Halifax to the hospital in Kentville, but I don't remember the drive at all. It was scary seeing her covered in blood, but she was okay."

PO2 Patti Cadwell
HMCS Regina Cook



"I was 16 years old and witnessed the motor vehicle accident of a hockey coach and his wife. I remember they were driving a Pontiac Fiero. I was about four vehicles behind them when they hit a mini-van, and was the first person on the scene. She had blood all over her face and he was pinned behind the steering wheel. She survived, but he died of a punctured lung."

PO2 Tim King
HMCS Regina
Naval Sensor Operator



"I went white water rafting and the raft flipped. I got caught at the bottom of the river by an undercurrent and it wouldn't let me up. I was afraid I was never going to come up, but then the current moved me along until finally I could. What a relief!"

Lt(N) Gregory Atkinson
HMCS Regina
Underwater Warfare



"It was my first day of basic training. I was only 17 and had just moved out of my mom's house. I was so far away from home and it was a shock of reality. And my Section Sergeant was a very scary guy."

AB Max Tulloch
HMCS Regina
Sonar Operator

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As Halloween is upon us, here are a few tips to be discussed with your children (and a friendly reminder for mom and dad). Some points may seem obvious to most people, but our detachment would like to take this opportunity to remind our community that safety is our priority.

- Never, ever go into a stranger's house or even ring their door for treats unless your parents are with you and say that it's okay. Always make sure that your mom or dad is within sight when you go out trick-or-treating.

- Be careful when you cross a street. Make sure to look in both directions and make sure that there are no cars coming. If you have a little brother or sister with you, take their hand and help them get across the street, too.

- If your parents give you a curfew, be home when they say. It builds trust between you and them

and they are doing it for your own safety. If you are going to be late, call them and let them know.

- Vandalism is never cool! Throwing eggs at cars and houses is not cool. Someone has to clean it up and it will be you, when you get caught. It's never the right thing to do! Think about how you would feel if someone did that to your house and how bad it would make you feel.
- Costumes should be made of flame retardant material. If they are home made, make sure and use either a fire retardant spray or fabric that has been treated with fire retardant.

- Make sure to work into your child's costume reflector strips, a flash light or light stick to make them more visible at night. This will assure that they are seen by drivers and that you can keep an eye on them as well if they get ahead of you while trick or treating.

- Do not include high heel shoes or long dangling pieces of costume that your child could trip over

- If they are carrying a prop such as a scythe or sword, make sure they are made out of a flexible plastic that will bend if fallen on. Most of the props available today are made of flexible plastic.

- If your child is wearing a mask, make sure that the eye holes are big enough to see not only in front but peripherally as well. You may have to cut them open further yourself. If so, use some black or gray grease paint around the eye socket to cover skin.

- Instruct your children not to eat any treats until they bring them home to be examined by you. This way you can check for any problem candy.

Have fun and enjoy Halloween!

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WE SAY YOU *Letter to the Editor*

You helped us raise the bar

To those of you who made a difference here in B.C. and Alberta,

On behalf of Cpl Paul Grantham, the National Chair for the 3rd Annual Military Police National Motorcycle Relay Ride 2011, it is indeed my pleasure to represent beautiful British Columbia in saying thanks to everyone who have over the past several months took the time to:

"Step Up - Take The Lead - Be Accountable - Make A Difference"

Everyone who took the time to believe in our charity, in any way, I want you to know how proud I am of each and every one of you. This being our third year at this ride, was the most successful to date. Not only in your kindness and compassion, but in awareness to our two charities; the Military Police Fund for Blind Children and the Children's Wish Foundation of Canada. Together we have raised the bar and thru your generosity, we raised over \$11,000, the

second highest in all of Canada, second only to Alberta who raised almost \$17,000.

I take great pride in knowing the fact that each year our event is getting bigger and more popular. Riders and businesses from all across British Columbia and Alberta have shown their big hearts and have taken on this challenge once again.

Once again, my most heart felt thanks, both personally and professionally to those of you who believed what it is we did here this year and will hopefully continue to do in the future. I want you all to know that the children, our future, and their respective families, to whom you are making that difference are grateful. By simply making the choice you did, they will benefit from your kindness, gracious nature and compassion, and they will remember what you each did for them.

Sincerely yours
Lamont French



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Photo by Cpl Katie Hodges, Imagery Training

The 2011 Pacific Region Men's soccer team take their team photo for the Canadian Forces National Soccer Championships, held at CFB Borden from Sept. 10-16. Team members are: back row (from left) Matt Carlson, PO1 Fred Torres, LS Jean-Paul Richard, A/SLt Oscar Vanderzaag, SLt Landon Zeeman, OS Steve Coates, LS Kyle Weatherby, and Cpl Tony Bertovic. Front row (from left) OS Dan Hyatt, Lt(N) Eloi Gunn, OS Matthew Kettle, LS Tamas Harmati, SLt Kevin Darling, MCpl Pineda, LS Jermaine Pedro, MCpl Andy Murphy, and Lt(N) Blake Zazula.

Men's soccer success despite defeat

Dawn Bennett
Staff Writer

When Matt Carlson discovered his star soccer player, Pte Roch Delorme, broke his wrist and wouldn't be able to play in the CF Men's National Soccer Championships, his heart sank.

"He is a great asset to the team and would have helped our roster considerably," said Carlson, manager of CFB Esquimalt Tritons. "If he'd been able to play, I know we could have made it to the finals."

Despite losing Pte Delorme, the Tritons went to the Nationals, held Sept. 10-16 at CFB Borden, and

made it to the semi-finals; but they lost by one goal to CFB Petawawa.

"We were so close it hurts," says Carlson. "But we did beat CFB Halifax, so we're still the best navy team in the country."

Tritons had advanced to the Nationals by beating 19 Wing Comox in a best of two out of three at the Regional Championships held July 21-23 at CFB Esquimalt.

Five teams made it to the Nationals: CFB Esquimalt, CFB Petawawa, CFB Edmonton, CFB Halifax and CFSU Ottawa, with CFB Edmonton the final winner after five days of round robin play.

After winning their first game 2-0 against CFB Halifax, Tritons advanced to the semi-finals. But a packed schedule saw them play two teams the same day, Halifax at 9 a.m. and Petawawa at 1 p.m. where they lost 4-0. It was a humid day and team members were cramping, and suffering from heat exhaustion.

"I think we reached a breaking point after the first Petawawa loss," says Carlson. "It was a highly emotional day and the team was unravelling a bit. We were exhausted and jet-lagged and needed to regroup. I called a team meeting where we

all decided to leave our egos off the field, and that's when we really started playing like a team."

In game three they lost 5-0 to CFB Edmonton, but rallied back the next day only to lose again by one goal, 2-1 to CFSU Ottawa.

In the Tritons semi-final game against CFB Petawawa they were tied until they were red-carded on a close call on the 18-yard line.

"The ref said that one of our players had impeded the Petawawa forward and knocked him down," recalls Carlson. "The ensuing penalty kick put them one goal up, which for us, was a momentum killer. It was a game breaker and left us one man down. That was probably the defining moment for us, and I'm still not convinced we should have been red carded."


From the Tritons team emerged some recognition for a few players.

MCpl Andy Murphy was named Most Valuable Player in the game against Halifax, which they won. "He created a lot of chances to score," said Carlson. "It was a great game and he was a great team player."

Both MCpl Murphy and SLt Landon Zeeman were named to the CF National Soccer All-Star Team at the awards banquet following the final game. They received inclusion in the All-Star Team photo, a medal and a gift bag.

Lt(N) Padre Eloi Gunn, who couldn't play because of an injury, helped with morale and strategy. "He went above and beyond the call of duty," says Carlson. "He really helped me with strategic planning in the semi-finals."

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08:08	08:13	08:15	08:16	08:21	08:22	08:23	08:24	08:25	08:26	08:27	08:28	08:33	08:34	08:35	08:36	08:37	
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09:16	09:21	09:23	09:24	09:44	09:45	09:46	09:47	09:48	09:49	09:50	09:51	09:56	09:57	09:58	09:59	10:00	
10:05	10:10	10:12	10:13	10:18	10:19	10:20	10:21	10:22	10:23	10:24	10:25	10:30	10:31	10:32	10:33	10:34	
10:39	10:44	10:46	10:47	10:52	10:53	10:54	10:55	10:56	10:57	10:58	10:59	11:04	11:05	11:06	11:07	11:08	
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12:34	12:39	12:41	12:42	12:47	12:48	12:49	12:50	12:51	12:52	12:53	12:54	12:59	13:00	13:01	13:02	13:03	
13:08	13:13	13:15	13:16	13:21	13:22	13:23	13:24	13:25	13:26	13:27	13:28	13:33	13:34	13:35	13:36	13:37	
13:42	13:47	13:49	13:50	13:55	13:56	13:57	13:58	13:59	14:00	14:01	14:02	14:07	14:08	14:09	14:10	14:11	
14:16	14:21	14:23	14:24	14:44	14:45	14:46	14:47	14:48	14:49	14:50	14:51	14:56	14:57	14:58	14:59	15:00	
15:05	15:10	15:12	15:13	15:18	15:19	15:20	15:21	15:22	15:23	15:24	15:25	15:30	15:31	15:32	15:33	15:34	
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				16:15													

16:20 Buses will only stop at highlighted bus stops except for pick-ups or drop-offs.

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Sentry Commander chosen for Ottawa

CPO1 Helston
MARPAC Formation CPO

PO2 Jason Bode, Boatswain aboard *HMCS Ottawa*, has been selected for the Canadian Forces Sentry Commander at the National War Memorial in Ottawa.

He was selected through a rigorous selection process across the Royal Canadian Navy to represent the Canadian Forces at the commemoration of our war dead and wounded.

I had the pleasure of meeting PO2 Bode aboard *Ottawa* alongside San Francisco during Fleet Week just prior to the ship's return from a four month mission over seas.

This mission, like so many conducted by the RCN, is vital to Canada's national security interests and though not a combat mission is typical of what the men and women of the RCN do routinely throughout

their careers.

It was with this in mind I had the opportunity to present PO2 Bode with the Formation CPO coin and congratulate him on his selection.

Ottawa's Commanding Officer, Cdr Jon Allsopp wrote that PO2 Bode is wholeheartedly dedicated to the navy and with his outstanding attitude and professional attributes, he has achieved a high level of respect, receiving excellent feedback from all on board. These accolades are in acknowledgement of the pride, professionalism and enthusiasm he continually puts forth.

Jason's support to the City of Langford as a volunteer fire fighter is one example of his commitment to the local community.

His positive attitude, high fitness level and demonstrated professionalism combine to exemplify the qualities desired in future leaders of the Royal Canadian Navy.



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By Sculptor Nathan Scott

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INTERNATIONAL NEWS: SERVICE WOMEN CELEBRATED



Photo by MCpl Dan Shouinard, Senior Imagery Technician

Women from the Mission Transition Task Force rallied together in support of Woman's History Month at Kandahar Airfield, Afghanistan, on Oct. 12. October is Women's History Month and the Minister for Status of Women announced that the theme for this month is *Women in Canadian Military Forces: A Proud Legacy*. Mission Transition Task Force women came together at Kandahar Airfield in Afghanistan to celebrate their bravery, dedication and leadership as soldiers. Activities will be happening across Canada to celebrate women in their communities during the month of October. The Mission Transition Task Force is comprised of approximately 1,000 personnel of all ranks that are responsible to conduct mission closure of Operation Athena in order to enable the Canadian Forces to transition to subsequent operations as directed by the Government of Canada.

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Contest open to military kids to illustrate special books

Fay Maddison pens children's series in support of military families and the MFRC

Ben Green
Staff Writer

For the next two weeks, children of active military members can participate in an art contest that will see some of their works illustrate a series of early-reader books. The series, titled *Natasha's Wood*, is from author Fay Maddison and will be published later this year with the best paintings and drawings from contest applicants.

Maddison has devoted every spare moment of the past four years penning the series. A naval wife and mother for the past 25 years and a professional writer by trade, Maddison saw a lack in the marketplace for literature addressing mental health impacts on children from long deployments of their parents.

After speaking with a multitude of military spouses, and raising her own daughter during her husband's deployments (her husband is VAdm Paul Maddison, Commander Royal Canadian Navy), she began to write the series directly geared towards the

military child.

The first in the series (due out near the end of the year) is called "Twiglet's First Birthday", a story about a baby tree befriended by colourful fairies after she sprouts from the ground. Maddison says her main character represents the strong family unit that is the foundation of military families.

"We all come from different places, different backgrounds," she says. "The tree, in many cultures, represents family."

Rather than simply producing a book for children to read, Maddison wants to involve her audience in the creation of the series. Until Nov. 10, children aged four to seven of active Canadian Forces members can submit drawings, paintings, or other art that may eventually illustrate the pages in the series.

All artwork must be a child's own original creation (an exception for children with special needs who may need assistance from a parent or teacher), and it must be on letter-sized paper (8 1/2 x 11) with the child's name printed neatly on the

back. Artwork can be created using coloured pencils, crayons, water colours, markers, pastels, and even cut-outs. With the series divided into three books, a child can submit one artwork for a specific section, or one artwork for each section.

"When they read that story with their artwork, they become part of the legacy," she adds.

Maddison says how many pieces of artwork they'll choose is still undetermined, but she's hoping the cover, the back cover, and the inside pages will all be adorned with submitted work. At the end of November, Maddison and members from the Military Family Resource Center (MFRC) in Ottawa will choose the winning pieces. The winning art will be published with the name and age of the artist, and all proceeds from book sales featuring the children's illustrations will go to support MFRC locations across Canada.

"We got the first picture mailed in the other day!"



An artistic creation of Twiglet, courtesy of author Fay Maddison. Maddison is calling on military children across the country to create art works of their own and submit them for her contest. Winning pieces will illustrate her three-part series when the first of the books is printed later this year.

Maddison says excitedly. "Oh my gosh, I almost cried."

All artwork and applications must be mailed to the MFRC-National Capital

Region at:

MFRC-NCR c/o: Children's Art Contest 330 Croil Private, Building 471 Ottawa, ON K1V 1J1

For more information on the series and contest, visit www.natashaswoodfoundation.com or visit your local MFRC location.

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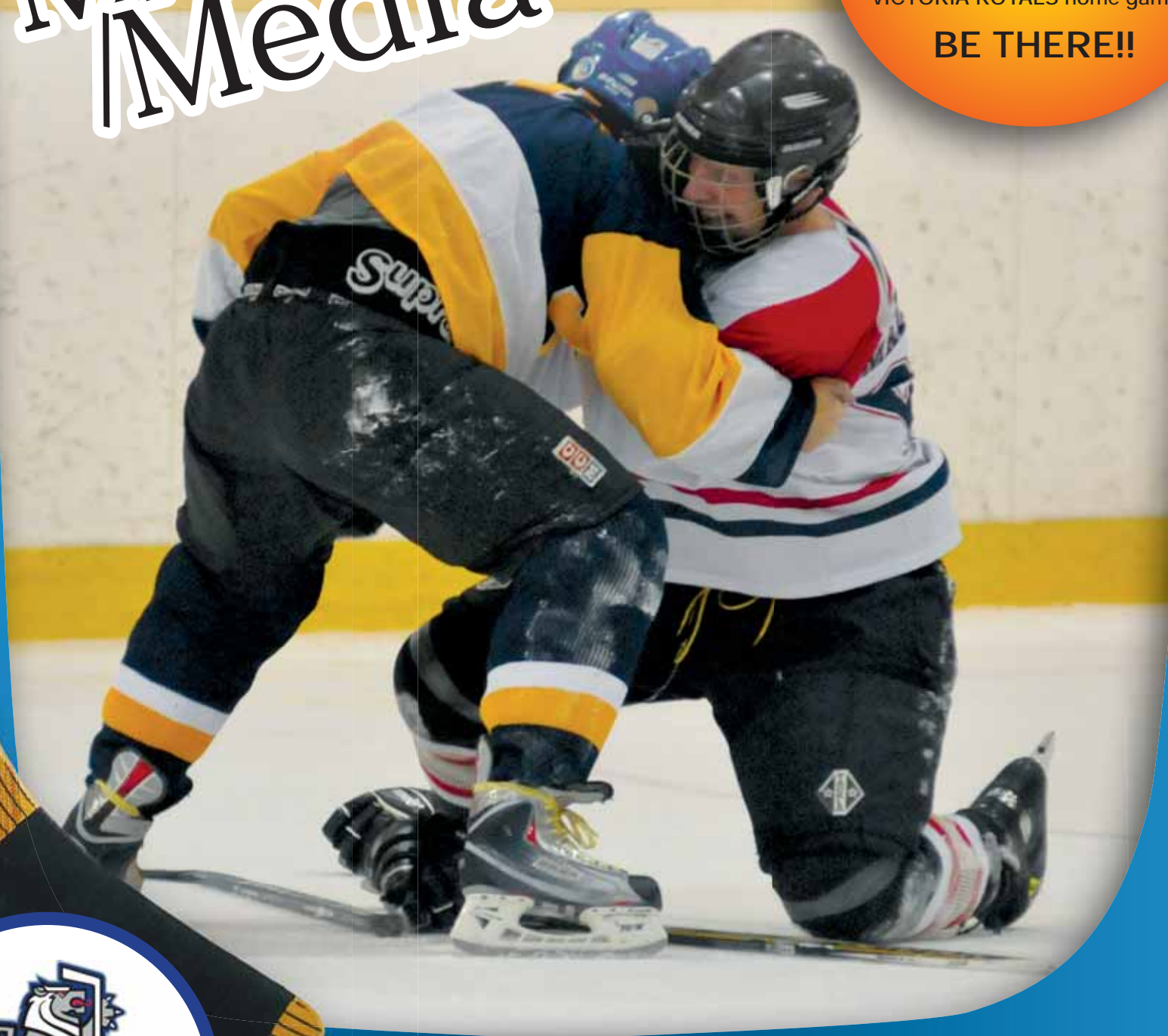
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HMCS Regina sets the bar for charity fundraising

Dawn Bennett
Staff Writer

CPO1 Bob Anderson of the HMCS *Regina* is challenging the rest of the Pacific Fleet to meet or beat their \$50,000 Government of Canada Workplace Charitable Campaign (GCWCC) goal.

"I want to set a new standard in fundraising for Canadian warships," says CPO1 Anderson. "The kick-off was the key to ensuring everyone was motivated to help. Most don't know where the money goes or just how great the need is."

In order to help his crew understand where their dollars go, CPO1 Anderson invited charitable organizations to their official kickoff on Oct. 5 to talk about their charities.

The Chief says everyone on the ship has to get involved in fundraising.

"If you want it to be successful you have to do more than just donate. You need to be personally involved."

Regina has a 12-member GCWCC committee dedicated to coming up with ideas. As of Oct. 13, they had 40 sailors who've pledged \$500 each. They've already reached \$32,000, which is 62 per cent of their goal, without a fundraising event.

But events add the fun to the campaign. On Oct. 28, the crew is at TNT Paintball in Metchosin. For \$25 each, sailors get to play paintball all day, eat lunch, receive a charitable tax receipt and have a chance to win the coveted 2nd Annual Regina Paintball trophy.

They are also planning an auction of the Command Team's parking spots, a golf tournament called 'The Stoker's Open' (think mini golf meets Halloween) and a Texas Hold'Em champi-

onship in November while at sea. The entry fee for the poker game is \$20 for a chance to win \$600 in prizes. Ocean Promotion is producing a jacket with an HMCS *Regina* Texas Hold'Em Champion crest for the winner.

CPO1 Anderson has donated his ship's cabin for a day as part of the campaign. The Ordinary Seaman who contributes most will get to be Coxswain for a day, which includes use of his cabin, TV, and most importantly, privacy.

The ultimate prize will be an auction of the Commander's cabin for 24 hours while at sea. The winner will get to sleep there and be served an intimate breakfast the next morning. They can also invite five friends for dinner, where they will be served by the Coxswain and other senior officers in full formal wear.


"In the military, and especially on board ship, we live in a very insulated environment," says Chief Anderson. "If you're hungry you get fed, if you're sick you get paid. We are well taken care of. Many of our military members live in Sooke, Langford and up Island and don't see the homeless and the poor. When you don't see it, it's easy to forget it exists. With a little effort on our part, we can make a dramatic impact on the charitable campaign and set a new standard for others to follow."

Photo by Dawn Bennett,
Lookout

HMCS Regina's mascot Gunner the Gopher, aka OS Gregory Anderchuk, joined the crew for the kickoff barbecue of their Government of Canada Charitable Workplace campaign.



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VANCOUVER at sea

Unknown floating object brings out the "demo" team

Lt(N) Tony Wright
HMCS Vancouver

It was almost imperceptible in the twilight. Almost. "Officer of the Watch. Object bearing green 45," barked the starboard lookout as he peered through his binoculars.

As the ship passed the object, something didn't feel right for the Officer of the Watch, Lt(N) Colin Pilkey.

"At first we thought it may be a barrel, but as we got closer, we could tell it was much longer and acting like the 'deadheads' we see around Vancouver island," said Lt(N) Pilkey. "But this was no log. It was a two-foot diameter steel cylinder bobbing up and down in the waves."

Once HMCS Vancouver's Captain, Cdr Bradley Peats got a look at the object, he knew that it warranted further investigation. The ship closed up boat crews and sent Deck Officer, Lt(N) Mathew Mitchell, and Boatswain, LS Schneider-Chapman, to investigate in the ship's Rigid Hull Inflatable Boat (RHIB).

"I've never come across anything like it before," said Lt(N) Mitchell. "As we approached, my concern was that it was a floating mine or a water-borne improvised explosive device (WBIED). It was about 20 feet long and floating vertically in the water. Even with no explosive payload, this object could cause severe damage to ships and boats."

Once it was determined that it was neither a mine nor a WBIED, the decision was made to destroy the object as it was a hazard

to navigation, not only for Vancouver but any other ship that should come upon it.

By this time, the sun had almost set and the ship was in an operations area only miles from Sirte as the battle for that city raged on. Conducting a controlled demolition at night in this part of the world ran the risk of attracting unwanted attention. The demolition would have to wait.

As the sun rose the next morning, PO2 Duane Gall and his demolition team were already hard at work, having spent the night putting together a plan to destroy the object.

As the ship searched for the object in the light of day, the demo team was busy making the charge, preparing the fuses, and going through the procedures necessary to make this a safe evolution.

"Getting explosives prepared for a demolition takes patience and attention to detail," says PO2 Gall. "We won't do it fast and we don't cut corners. We are doing this on a ship. It's not only the safety of the person handling the explosives that's on my team's mind. It's the safety of the entire crew."

There were many eyes available to search for the object as news of an imminent explosion attracted many onlookers to the bridge wings. It wasn't long before the object was spotted, and the demo team got to work.

PO2 Gall, LS Sean Dubeau and LS Andrew Astles approached the object in the zodiac with the RHIB close behind, ready to respond in case of engine trouble.

Working with caution and

care, the team set the charge, initiated the fuse and moved to a safe distance.

The next moments were not tense. For reasons of safety, this is a "slow-time" evolution and naval demolitions procedures call for a long fuse. In this case, the time to detonation was 15 minutes. This left enough time for the demo team and ship to withdraw to a safe distance.

At 15 minutes and four seconds, a black puff of smoke appeared in the distance followed seconds later by a thump.

Even though there was no doubt in anyone's mind the object was destroyed, the demo team closed the area to ensure it was no longer a hazard. Except for discoloration in the water and some floating rust, nothing remained of the object.

"Canada has come here to help the Libyan people," said Cdr Peats. "We don't know what this object was or if someone had released it into the ocean with the intent to harm, but in this small way, by destroying this object that had the potential to damage or even sink a small boat or vessel; we are holding to our commitment of keeping Libyans safe."

With the zodiac and RHIB recovered, Vancouver returned to patrolling the waters off Sirte. In the distance this day, as it has been every day since Vancouver arrived off this part of the Libyan coast, one could see larger puffs of smoke and feel deeper thumps of artillery as the battle for Sirte raged in the background, reminding the crew why it is they are here.



Photos by Cpl Brandon O'Connell, MARPAC Imaging Services, Esquimalt

Demolition team member AB Lucien Pelletier keeps track of the fuse burn time while he transits to a safe distance from a demolition operation.



HMCS Vancouver's Demolition Team prepare to destroy a suspicious object that was found floating in the Mediterranean Sea along the coast of Libya. The Demolition Team used high explosives to destroy the two foot diameter, 20 foot long metal object as it posed a hazard to navigation and had the potential to seriously damage any vessel that could have accidentally struck it.

Hearts pound for first boarding party mission off Libya

LS Daniel Evans
HMCS Vancouver

"Starboard watch to boarding stations, starboard watch to boarding stations. Upper decks are out of bounds."

The pipe shook me out of what threatened to be a regular day of ship's maintenance and training for the boarding team. I was glad to hear the news; HMCS Vancouver had just begun patrolling the Libyan coast only a few days before and I was eager to conduct my first boarding.

"Here we go," I thought to myself. It was my first operational boarding, on my first operational tour, on my first operational high-readiness ship. For me, that's a lot of firsts. Even with all the training and preparation the boarding team (and the ship) had undergone prior to this mission, nothing could ease my anxiety nor calm the butterflies in my stomach.

For some members of the boarding team, this too was their first boarding. The jokes and small talk that passed between the members of the team as we readied ourselves served its purpose in taking the edge off. I was beginning to relax. It's hard to describe what goes through one's mind in a situation like this. My thoughts drifted to my wife and two kids. I couldn't help but think that if all went well, it would make for a good story to tell them when I came home.

Once we had suited up and checked our weapons, we mustered on the starboard boat deck for the Captain to brief us. Cdr Peats gave us everything we needed to know about the vessel, a clear understanding of our mission, and assured us the ship would be close by to watch our backs.

The Vessel of Interest was a tug boat transiting from the recently liberated port of Al Khums. Seeing an opportunity to gather

information on the port, the Commander of Task Group 455.01 directed Vancouver to conduct a boarding.

The one metre seas made for some fast footwork while embarking the Rigid Hull Inflatable Boat (RHIB) as the boat's Coxswain fought to keep steady contact with the side of the ship. Once in the RHIB, I was soaked from head to toe from the pounding sea. As soon as we collected the last member of the team, we peeled away from Vancouver and made our way to our objective.

In the distance I could see the tug boat. I was expecting it to be in poor shape, but once aboard and the search begun, I was surprised to find that it was quite a clean and well kept boat. The paint was bright and new, the interior very neat and orderly. There were indications that it once had fittings and equipment for mine laying and that Qadhafi's forces may have used if for

that purpose earlier in the war.

After a thorough search of the tug, confirming both the ship's and crew's documents, the vessel was cleared to proceed to its next port of call.

On my way back to the RHIB one of the tug's crew took my hand and shook it hard. "Thank-you," the man said, "Thank-you Canada for helping us and protecting Libyans."

Three words stood out in my mind; "Thank-you Canada."

That's when I saw the much bigger picture. This man wasn't thanking me, he was thanking my country. Canada was among the first of many nations that answered the call to aid and protect Libyan civilians. Any anxiety I had left began to give way to pride.

I responded in a manner I felt was appropriate for this man's appreciation.

With a polite nod and a smile, I simply said "You are very welcome."

Bravo ZULU

Base Divisions

CFB Esquimalt held a divisional parade at the Naden Drill Deck on Oct. 6.

Image by Cpl Malcolm Byers, MARPAC Imaging Services



Sgt Trevor Hughes is presented with the first bar to his General Campaign Star for South West Asia.



MCpl Don Fraser is presented with the first bar to his General Campaign Star for South West Asia.



MS Jeffery Carter is presented with the second bar to his General Campaign Star for South West Asia.



Sgt Cristophe Hughes is presented with the first bar to his General Campaign Star for South West Asia.



Cpl Joel Merrifield is presented with the first bar to his General Campaign Star for South West Asia.



MWO Michael McNutt is presented with the first bar to his General Campaign Star for South West Asia.



PO2 Shawn Preston is presented with the first bar to his General Campaign Star for South West Asia.



Maj Don Saunders is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



Above: Sgt Robert Cochrane is presented with the first bar to his General Campaign Star for South West Asia.



Cpl Perry is presented with his promotion to Master Corporal.



CPO2 Daniel Campbell is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.

Below: LS Michael Laudone is presented with his Canadian Forces Decoration for 12 years of dedicated service.



PO1 Krista Urkosky is presented with the first clasp to her Canadian Forces Decoration for 22 years of dedicated service.



PO1 Mark Dowler is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



MS Jeffery Carter is presented with his promotion to Petty Officer Second Class by Capt (N) Craig Baines, Base Commander for CFB Esquimalt.



PO2 Dwight Wiens is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



Sgt Norman Dalcourt is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



PO2 David Davies is presented with the first clasp to his Canadian Forces Decoration for 22 years of dedicated service.



PO2 Trevor Linfoot is presented with his Canadian Forces Decoration for 12 years of dedicated service.



LS Bryan Haugh is presented with his Canadian Forces Decoration for 12 years of dedicated service.



Congratulations to our winners from the SISIP draw at the 2011 West Coast Welcome. Winner of the SISIP Financial Services knapsack: MCpl Learmouth, pictured above. Winner of the one year of free financial planning: Tim Blindback. Thank you to all who participated.

Branch Sports Day



From left to right: Cdr Tim Allan, Base Administration Officer, presents Team Personnel Support Programs representatives Matthew Carlson and Alicia Whyte with a trophy during the Branch sports day. Looking on is CPO1 T.K. Gregory, Base Administration Branch Chief.



Top golfer at the Base Administration Sports Day was LS Golbourn. From left to right: CPO1 T.K. Gregory, Base Administration Branch Chief, LS Golbourn, Base Foods, and Cdr Tim Allan, Base Administration Officer.



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GOOD YEAR **DUNLOP**

Supply ship put through its paces

Ben Green
Staff Writer

As *HMCS Protecteur* slipped from Esquimalt harbour last month to begin its eight-week deployment to Southern California, there was no easing into the golden state for the ship's company. At the start of their sail they underwent a rigorous week of directed workups (DWUPs).

From Sept. 19, the day they departed, until Sept. 23, when they came alongside in San Diego, the crew was put through a fast paced, intensive training schedule to increase its sea readiness. The five days of DWUPs focused on emergency response at sea, this included testing the crew's responses to fires, floods, casualties, bomb threats, and boarding exercises.

"Different departments or various teams focused on different aspects of sea training. The Naval Boarding Party team is a good example, as well as the Combat System Engineering department who did various positive control

exercises and HAZMAT spill responses," says SLt Nicole Laurin, a bridge watchkeeper in *Protecteur*, and a first-time participant in DWUPs. "However, whole ship evolutions such as fires and rescue stations were the main focus."

SLt Laurin says the ship's company was eager to impress the visiting party from Sea Training Pacific, despite some of the crew finding themselves in unfamiliar waters.

"This being my first set of DWUPs I found the pace fast and had a steep learning curve; however, many lessons were learned and the bridge team quickly became a well-functioning machine," she says.

An average day during DWUPs consisted of "wakey wakey" at 7 a.m. with different exercises and briefs throughout the day. At any minute, day or night, the general alarm could sound sending all personnel to emergency stations dressed in flash gear (fire resistant attire). All drills were run until Sea Training was satisfied with

the response. Afterwards, personnel put the equipment away, debriefs were given, and the day continued as planned.

"The worst part of DWUPs was not knowing when things would happen," says SLt Laurin. "We had a very full Flex (ship's daily schedule) and on top of that a black Flex, which only Sea Training had. I would often hop in the shower and pray for at least five minutes of peace so I would not be running to emergency stations with soap in my hair!"

Sleep was limited for all crew members, especially for SLt Laurin who was in a one-and-three-watch rotation. Having a positive attitude towards the training and keeping focused on the task at hand were key to getting through the week.

When *Protecteur* finally secured to jetty in San Diego, SLt Laurin did the only thing that's on a sailor's mind following DWUPs – sleep.

"I was looking forward to a nice king-sized bed and a good night's sleep after

DWUPs," she says. "The day we came alongside, Sea Training disembarked and the ship settled into her alongside foreign port routine. With an overnight leave pass in hand I crossed the brow and headed for the nearest hotel."

Despite being completely exhausted, physically, mentally, and emotionally, SLt Laurin says the exercises have prepared her for the future and shaped her into a better sailor.

"I used to fear the unknown, never knowing how I would respond because I never fully had firsthand experience," she adds. "Having Sea Training on board gave me the experience of the unknown. The lessons learned have helped me to improve my skills on the bridge."

As part of its deployment, *Protecteur* participated with the U.S. Navy in a bi-national Task Group Exercise as part of the USS Abraham Lincoln Carrier Strike Group. Additionally, from Sept. 26-30, it joined U.S. naval ships in Fleet Week celebrations in San Diego.

NEWS nuggets

Welcome to Vancouver

On Nov. 11, Maritime Forces Pacific will welcome Russian Federation naval ships *Varyag*, *Irkut*, and *MB-61* to Vancouver. *HMCS Algonquin* will be the assigned escort for the ships' transit and host ship during their port visit.

Sailors awarded

On Sept. 20, David Johnston, the Governor General and Commander-in-Chief of Canada, presented the Medal of Bravery to two sailors at the Citadelle of Quebec. Lt(N) Christopher Devita and LS Cory Bond were honoured for their res-

cue of a sailboat captain in extremely dangerous weather conditions off the coast of Halifax, NS, in 2008.

93 years in the making

On Oct. 25, in Sailly-lez-Cambrai, France, a military funeral and burial will be held for Pte Alexander Johnston, a First World War soldier who was killed at the Battle of the Canal du Nord on Sept. 29, 1918. Pte Johnston served with the 78th Battalion, Canadian Expeditionary Force. His remains were discovered in July 2008, and identified through mitochondrial DNA testing on Mar. 31, 2011. Pte Johnston will be laid

to rest in the presence of family members, a contingent from the CF, Marc Lortie, Canadian Ambassador to France, and a few French dignitaries.

Identity theft

The Better Business Bureau (BBB) of Vancouver Island is warning consumers and small businesses to the threat of identity theft fraud targeting our region. BBB is reminding people of the importance of properly shredding sensitive documents. For more information on how to better protect yourself, visit www.vi.bbb.org.

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