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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.
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Helmsman relieved!

Base Commander Capt(N) Bob Auchterlonie, (right) receives a congratulatory handshake from his predecessor, Capt(N) Craig Baines after assuming command during a ceremony held in Naden's Parade Square on Thursday, July 12th.

Photo by Shelley Lipke, Lookout

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Parting Thoughts

Shelley Lipke
Staff Writer

In what seems like only yesterday, on a warm summer morning two years ago, Capt(N) Craig Baines assumed command of the base in a ceremony brimming with military pomp and circumstance.

Seven hundred and thirty days later, that ceremony was repeated.

On July 12, Capt(N) Bob Auchterlonie assumed the management of CFB Esquimalt.

Days before relinquishing his command, Capt(N) Baines met with Lookout and reflected on his time in the Base Commander seat.

"Change is always bittersweet.

But it is clear to me that while Base Commanders change, there is continuity across the base that maintains the momentum in supporting the fleet and formation," he said.

Over those two years, four priorities - mission, people, connecting, and innovation - were always at the forefront of his leadership. He continually emphasized them to base personnel.

Mission rang true in August 2010. Collectively, the base pulled together on short notice to support the tasking to work with other government departments in intercepting, and later processing, M/V Sun Sea. It carried more than 200 Tamil migrants on board.

"It was professionally rewarding to witness the cooperation, dedication and commitment of the entire Formation in quickly responding to this emerging requirement," said Capt(N) Baines. "Harbour security, logistical support, and administration all played a key role in helping fulfill this mission."

Other milestones included supporting *HMCS Victoria's* refit and undocking while also prepping *HMCS Vancouver* for the ship's Operation Mobile tasking last year, and the further support to *HMCS Regina's* deployment this year.

"I was very proud to observe how many aspects of base capability played a role in supporting the effort to put our fleet to sea in response to specific missions and, more generally, in readiness to meet the navy's commitments on behalf of the Government of Canada," he said.

Another great privilege of being Base Commander, he said, was working with members of the local community and First Nations leadership from Esquimalt, Songhees, Beecher Bay and Nanoose. He also worked closely with the

Mayors and Councils of Esquimalt and View Royal, managing a range of issues of mutual interest while fostering amicable working relationships.

"One of the highlights of my tenure was representing the regional military forces in the Freedom of the Township of Esquimalt ceremony in June. That clearly reflected the respect and trust held by the local civilian community in regards to our military," he said.

His movement for innovation was well-received by the base, with many ingenious ideas being realized. Our Base, a web-based internal communication site, has helped better connect people to leadership, news and ideas within the Defence community. A user-pay Baseline commuter "ferry" service mitigated potential impacts associated with cessation of the Blue Boat. The latest improvement is the launch of "Serious Coffee" in Nelles Block just before he left office.

"It was great to get to buy a coffee from this new outlet prior to departing. It will hopefully be a fantastic place for Base employees and Nelles residents

to get a good cup of coffee while taking a bit of a break."

His parting thoughts, as he packed up his office, resided with the people he has come to know. This was exemplified through his relationship with Honorary Capt(N) Cedric Steele.

"I have learned so much from people like Cedric who seem to have boundless energy and an extremely positive approach to both people and business. Cedric's support to me was invaluable during my time as Base Commander," he said. "It was an honour to have worked with the business and municipal leaders and people of the Greater Victoria region who are such great supporters of the navy. Most of all, I was extremely proud to represent all those committed professionals on the base team, including both civilian and military employees."

Capt(N) Baines is moving to Toronto with his wife Lisa and children Emma, Wyatt, and Charlotte to challenge the year-long National Security Programme at Canadian Forces College.

Base
Commander



Change of Command



Photos by Shelley Lipke, Lookout

Left: Outgoing Base Commander Capt(N) Craig Baines' final address
Centre: Base Commander Capt(N) Bob Auchterlonie assumed command from Capt(N) Craig Baines during the Change of Command Ceremony held in Naden's Parade Square. The change of command ceremony was administered by RAdm Bill Truelove (centre).

Right: At the podium, Base Commander Capt(N) Auchterlonie gives his address

Shawn O'Hara
Staff Writer

Friends, family, and colleagues gathered last Thursday to bid farewell to a great leader – Capt(N) Craig Baines - and warmly welcome the new head of CFB Esquimalt.

In a Change of Command ceremony held on Museum Square, Capt(N) Baines passed on the responsibilities of Base Commander to Capt(N) Bob Auchterlonie.

The ceremony was attended by dignitaries from surrounding municipalities and communities, including Esquimalt mayor Barbara Desjardins and representatives of the Esquimalt and Salish First Nations, Chief Andy Thomas, Elder Mary Anne Thomas and Elder Elmer George.

"While I am happy to pass on the responsibility of command, this day is also bittersweet," said Capt(N) Baines. "Having command is a bit like playing poker, with the mission as the pot. Luckily for me I was dealt a hand of aces. One of those aces is every man and woman, civilian and military, of CFB Esquimalt. For all that you've done in

these past few years, I would like to personally thank you."

Capt(N) Baines expressed in excitement and respect for Capt(N) Auchterlonie, and the comfort with which he turns over command.

"He is a man of tremendous experience and professionalism, and I'm excited to see where we're going, and how we're going to get there," he said before the turnover. "I can't tell you what a pleasure it is to turn command over to such a great friend and know that all the great work the men and women of CFB Esquimalt do will continue under his watch."

Following his speech, he joined Capt(N) Auchterlonie and RAdm Truelove in signing over command. Those assembled watched as Capt(N) Baines' pennant was lowered and presented to him, signifying the end of his tenure as Base Commander.

In a burst of applause, Capt(N) Auchterlonie then took to the podium for the first time as Base Commander of CFB Esquimalt, addressing the crowd and honouring his friend and predecessor.

"Craig has established an outstanding reputation and working relationship

with the surrounding communities. He dedicated himself to maintaining those relationships and keeping those ties strong," he said. "I promise to try and not ruin those relationships in the next two months."

Capt(N) Auchterlonie, returning to his home on the West Coast after nine years at various postings in Eastern Canada, is prepared to face the responsibilities of command.

"I am keenly aware of the challenges that the base is going to face over my tenure, and I am confident that I have the experience and wisdom to lead the base through these next few years."

matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked this question:

If you could choose one person other than yourself to win the lottery, who would it be and why?



I would choose my brother. I'd want him to win because I care about him, plus he could really use the money.

LS Tola Chap



I'd want my girlfriend Anna to win. I think she'd end up spending a lot of the money on me, plus we could have some fun times together.

SLt Erky Jeznach



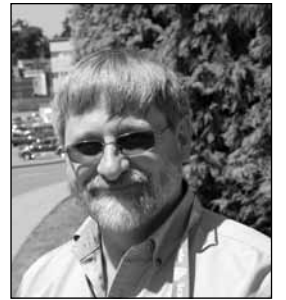
I'd want my friend Mireille to win it. Her man just deployed with the Regina and I think it'd be nice for her to be able to visit him in all the ports.

SLt Emily Anglin



I don't really have any one specific in mind, but I'd love for any of my friends to win. They're great people, and it would be really nice to see them get ahead.

PO1 Lee Westwood



I think my friend Pete should win it. He works really hard and has for a long time. I think it's time he got a break.

Bill Schulte

Sports Trivia

Bill Sheridan
Contributor

- Which 'group' is Ron Dennis associated with in Formula One racing?
- Which baseball player nicknamed 'The Grey Eagle', still holds the career doubles record?
- What Utah Jazz player led the league in assists for a record nine straight seasons?
- What is the claim to fame of Olympic athlete Hans-Gunnar Liljenwall?
- An Eskimo roll could be seen in which sport?
- How many red balls are on the table at the start of a frame of snooker?
- Who were the Providence Steamrollers and Anderson Packers?
- Where will the 2012 NHL All-star game be held?
- Which Leaf held its captaincy for the longest time?
- Who defeated Bjorn Borg in the Wimbledon final ending his streak at five consecutive titles?
- What player has played in the most NHL regular season and playoff games combined?
- What is the Bob Jones award given for?
- Which sportscaster called both Orr's 1970 cup and Lemieux's Canada Cup winning goals?
- In motoring terms what does OHC stand for?
- In 1999, who was named Sportsman of the Century by Sports Illustrated?
- What number jersey does David Beckham wear?
- In the M*A*S*H movie what team did Spearchucker Jones play for in the NFL?
- Who holds the NHL record for most points in a period?
- At which Ski Resort would you see the Cresta Run?
- Which NHL superstar was turned down to join the military on three separate occasions?

Sports Trivia answers

- McLaren
- John Stockton
- This Speaker, 792 doubles, retired in 1928.
- He was the first Olympic athlete to test positive for the use of performance enhancing drugs.

- Kayaking
- Fifteen
- Former NBA teams or BAA teams which was the former name of the NBA
- Ottawa
- George Armstrong, who also holds the record for most games as a Leaf at 1187.
- John McEnroe, 1981, 6-4, 6-7, 6-7, 4-6.
- Mark Messier
- It's the highest honor given by the USGA in recognition of distinguished sportsmanship in golf.
- Dan Kelly
- Overhead Camshaft
- Muhammad Ali
- 23
- San Francisco 49ers.
- Bryan Trotter
- St Mortiz
- Maurice Richard-too many unhealed hockey injuries.

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Beginner

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on pg. 23

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Plates now available to members

Shawn O'Hara
Staff Writer

Legion Week wrapped up last Friday with an announcement regarding veteran's licence plates.

The B.C. government will expand the program to include currently serving Canadian Forces members who hold a trade qualification.

This change in policy brings British Columbia in

line with the other provinces that offer the licence plates to active Canadian Forces members.

The specially designed plates feature a powder blue background and red poppy, and are available to veterans who served during war time, in a postwar capacity and during a NATO or UN operation, including members of the RCMP and municipal police.

Starting Sept. 1, currently

serving CF members - both regular and reserve - can apply for plates under the expanded program by submitting an application form, proof of active service and a one-time \$5 administrative fee. After that, it's as easy as ordering the plates through Autoplan brokers.

More information on these changing policies, and the qualifications required, can be found at www.icbc.com

Car seat training clinic offered

More than 90 per cent of car and booster seats are used incorrectly – does this include yours?

Misuse rates in Canada are shockingly high, yet a properly selected, installed, and used car seat or booster seat can reduce death and serious injury by at least 70 per cent.

In British Columbia, the law is quite clear: the obligation is on the driver to ensure children in the vehicle are appropriately and properly restrained.

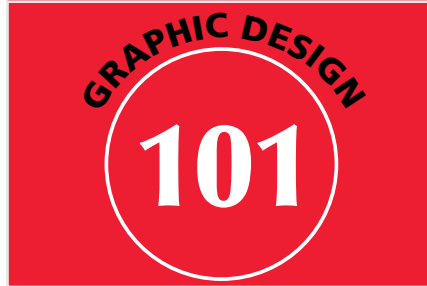
Nationally certified Children's Restraint Systems Technician Instructor Jen Shapka, with the Child Passenger Safety Association of Canada, is offering a technician training course

in Victoria on Aug. 10-12, to any interested parent, caregiver, or professional.

The 2.5 day course is hands-on, up to date, and fun. Use the certification and knowledge to make your own children safer in the car, volunteer to help others, or use it in your workplace.

For more information about registering for the training course, or attending the clinic as a parent, email Jen Shapka at cvcarseattechs@gmail.com.

For general car seat information focusing on best practice, or to ask a question of a technician about buying or using a seat, visit www.vicarseattechs.com, or on Facebook at www.facebook.com/VICarSeatTechs.



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Marching team set to go

Lt(N) Susannah Chen
Contributor

In less than two weeks, the MARPAC Nijmegen Marching Team will travel to the Netherlands for the 96th Annual Nijmegen Marches, which take place July 17-20.

During those four days, the team will march a total of 160 kilometres (4 x 40km) carrying a 10kg dry weight plus food, water and other supplies, amounting to a total weight of approximately 14kg.

The four-day marches will challenge each member's physical fitness and stamina, effective teamwork and leadership. The MARPAC Team is one of 15 teams of the Canadian Contingent Operation Nijmegen to partake in this event.

Each Canadian team is comprised of 11 marchers - one team leader and 10 team members.

When the team steps off on Day One of the four-day event, MARPAC marchers will have completed five solid months of rigorous training of five days per week, have accumulated more than 1,000 km under well worn combat boots, and worn through a few sets of jungle green CADPAT.

Training began at the end of February to work up our fitness level, esprit de corps and to earn a spot on the team.

On Mondays and Wednesdays at 6 a.m., we stepped off from Venture Rainbow Barracks on a 10km march through the neighborhoods of Esquimalt and Saxe Point, where most households were still asleep.

On Tuesdays and Thursdays, the ongoing joke was we got to sleep in a little as PSP-led PT at the Naden Gym began at 6:30 a.m., so 'wakey wakey' was a tad later.

Friday was our distance day. Our first Friday was a 10km march on the Galloping Goose Trail, with the distance increasing by 5km each and every week until we reached 40km. We just completed our eighth 40km.

On 40km days, all the marchers met at Rainbow Barracks at 6:30 a.m., where a military bus picked us up at 7 a.m. for a 40-minute ride to Roche Cove in East Sooke. It dropped us off at kilometer 34 of the Galloping Goose Trail. After a quick visit to the 'heads', weighing of our packs, and static stretching of our tired muscles, we stepped off and marched all the way to back to where we first met up in the morning.



Backrow (left to right): Sgt Arnold, Lt(N) Chen, Lt(N) Milne, Cpl Calberry, Sgt Liefhebber, Lt. Mimura, LS Dostie, Lt. Harris
Front row (left to right): Pte Ivison, PO2 DeLaunier, PO2 Whyte, PO1 Barnes, LS Klee, CPO2 Kolun

Many of us still remember the pain and agony felt when we marched the first 20km three months ago and wondered how we were going to make it through 40km.

Fast forward to today where our bodies and minds have grown significantly stronger and a 40km march is just another day.

Each day of training and each kilometre marched is closely tracked by the officer in charge. In order to qualify for the Nijmegen Marches, each marcher must march a minimum of 500km with the team and successfully complete the 40km back to back (2 x 40km) marches. The MARPAC Team completed the 2 x 40km marches on May 31 and June 1, and to date we have clocked right around the 1,000km mark.

With butterflies of excitement and anxiety in our stomachs, 20 of us set out for the two 40-km marches. The first day was a no-brainer; as all of us have done it a few times already. Eight hours later, cheers and high fives were in order: we all made it. Day Two was the unknown as it marked the farthest we would go before the Nijmegen Marches. The next day was the same time, same place, and same routine. Twenty started out and 19 finished (including the Team Leader and the 2IC). It was an extraordinary achievement and an emotional event.

Team Leader Lt Pam Harris and 2IC PO2 Vincent De Launier were given the toughest job of all - having to select nine marchers from among those qualified.

I was ecstatic when I learned I had been selected on the Team, and sad that not everyone who qualified could go. In addition to the final 11 members selected, four marchers were selected as alternates.

Prior to the MARPAC Team departing Canada, there are many preparations to finish. Uniform and kit - the CADPAT we were issued back in early March have now gone through a 100 washes and are quite worn in some areas such as the lower back where the daypack rubs. Uniform inspection and a trip to Base Supply are scheduled to ensure we are looking our best and are prepared with rain jackets and camelbacks.

For some members, this is their first time stepping foot in the Netherlands or visiting a Canadian War Cemetery. Each member is paired up to prepare a presentation on topics such as Vimy Ridge, History of Nijmegen and History of The Netherlands to present to the Team in order for each member to have a full understanding and appreciation of the experience they are about embark on.

The MARPAC Team travels to CFB Comox July 12 to catch a service flight to CFB Trenton, with stops in Edmonton and Winnipeg along the way. From Trenton, the Canadian Contingent Op Nijmegen will land in France to conduct a remembrance ceremony at Vimy Ridge. The Contingent will then travel to The Netherlands by bus and arrive two days before the March to set up and acclimatize.

Each one of us has committed a tremendous amount of time and effort, with understanding and support from our respective chain of command and family, to try out and participate at this prestigious event. We look forward to the 160km ultimate challenge to our physical fitness and stamina, as well as the emotional and unforgettable honour of representing MARPAC and the Canadian Forces during the 2012 Nijmegen March.

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BCE CHANGE OF COMMAND

Shelley Lipke
Staff Writer

After two years as Commanding Officer of Base Construction Engineering (BCE), Col Darlene Quinn stepped down July 11. Taking her place is LCol Matt Johnsen.

Below, Col Quinn reflects on her service at CE.

Describe the highlights of your time in this position.

I became Commanding Officer (CO) of the Base Construction Engineering Branch in July 2010. On the technical side, some of the highlights have been growing our infrastructure maintenance program to a level that will make tangible inroads in improving the condition of our infrastructure, as well as seeing the progress of the major capital program.

On the leadership side, without doubt my highlight has been watching the individual people in the Branch stretch themselves to new levels, take on new skills and responsibilities and fulfill every major challenge thrown their way.

On a professional level, I have enjoyed broadening my infrastructure knowledge to include navy-specific infrastructure such as the jetties, the dry dock, and the oily waste water treatment plant. In the past, I have served as BCEO for both the army and for the air force. This has been my first experience with the navy and I have thoroughly enjoyed it.

What will you miss most about this post?

I will miss the pace of activity. Engineering at this level is exhilarating because it is such a fast paced and rapidly changing environment.

What is next for you?

I will be moving to Ottawa to take up the post of Director General Military Engineering (DGME). DGME is Associate Deputy Minister Infrastructure and Environment's (ADM(IE)) lead for capital construction, unexploded ordnance clearance and environmental projects. DGME provides strategic-level military engineering advice; exercises functional direction on fire protection; architecture and engineering; and monitors compliance.

What are you looking forward to with the new position?

I am looking forward to bringing the experience I gained at CFB Esquimalt to the strategic level, where it can be used to inform some of the changes that are forecast for infrastructure over the next few years.

What knowledge or skills you have learned will you take to your new job?

I learned that when you have a talented cadre of people to work with, you need only give them your intent and they will deliver in spades.

What will you miss most about CFB Esquimalt?

I will miss the day to day contact with the people. They are so willing to share their experiences and their knowledge and I never failed to learn something new from each interaction.

What advice would you give to the next CO of BCE?

My successor is LCol Matt Johnsen. While Matt and I have never had the pleasure of working together, the Canadian Military Engineer Branch is a small, tight group and so we have met a number of times over the years at various venues and locations. Matt has been a BCEO in the past at CFB Borden and comes to CFB Esquimalt with a wealth of infrastructure experience. He is already knowledgeable about the site, having been here as the BCE Executive Officer, departing in 2007.

I would advise him to take full advantage of the Department's current focus on infrastructure to set Esquimalt up for success in the future. Being one of the largest bases in Canada, he will have the ability to try new things and to be innovative. I would say there are no boundaries, and what the BCE Branch can accomplish will be limited only by the imagination. I am completely at ease turning my Branch over to him as I know it will be in very good hands.

What do you hope that you left behind at BCE?

I hope I leave the people of BCE with the knowledge of what they can accomplish when they set their minds to it and work as a team. We have an incredible



Top: Command of the Base Construction Engineering (BCE) branch changed hands July 11 when outgoing Commanding Officer Col Darlene Quinn said goodbye to colleagues and friends and LCol Matthew Johnsen took the reign.

Right & Above: Maj Peter Weatherley presents Col Quinn with a sword in tradition of respect of a popular officer.

Photos by Shelley Lipke, Lookout



variety and breadth of skills at BCE, and everyone has their individual role to play in the success of the Branch.

What will people remember about you?

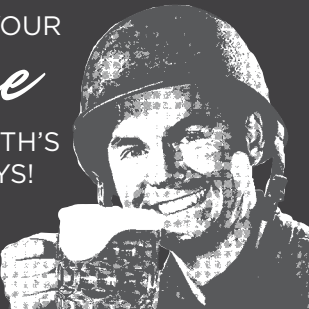
I hope that people will remember that despite all the work, there will always be time to have fun.

What will you remember most about being CO of BCE?

I will most remember the people. Not only is the Branch full of dedicated, technically competent people who share my pas-

sion for construction engineering, but they are also some of the most generous people I have had the pleasure to serve with. Despite a full workload, they contribute to an extremely active program of fundraising for charities, providing Christmas hampers for those less fortunate and for a number of years have raised funds to grant two bursaries to graduating high school students from Esquimalt who are entering the construction engineering field.

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Photo by Cpl Charles A. Stephen, MARPAC Imaging Services
Honorary Captain (Navy) Tung Chan (left), who received the Queen Elizabeth II's Diamond Jubilee Medal during Canada Day celebrations held at Canada Place, Vancouver, stands in front of the Olympic Torch with Honorary Lieutenant Colonel of British Columbia Regiment LCol Scott Shepherd and Commander King Wan of HMCS Discovery on July 1, 2012.



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The Naden Band of Maritime Forces on the march, lead by Commanding Officer Lt(N) Matthew Clark participate in the Stampede parade.

MARPAC Sailors Cowboy Up

A/SLt Chelsea Howard
Navy Public Affairs

Sailors from *HMCS Calgary* and the submarine *HMCS Chicoutimi* saddled up this past weekend to join soldiers and airmen and women participating in the 100th Anniversary of the Calgary Stampede. *Calgary* sailors make an appearance every year to coincide with their annual Namesake City visit.

The "Greatest Outdoor Show on Earth" kicked off at 9 a.m. Friday, July 6 with the Stampede parade, where fireworks and a Snowbirds flypast signalled the beginning. More than 300,000 people lined the streets to watch the parade, which included the colourful heraldry of marching bands from all over the world, over one hundred floats, horse teams, cultural displays, and military contingents.

All three elements were represented in the parade. The Naden Band of Maritime Forces Pacific led sailors from *Calgary*, *Chicoutimi*, and *Tecumseh*, *Calgary's* naval reserve unit. They were followed by members of 1 Canadian Mechanized Brigade Group (1 CMBG), a Leopard tank, and Coyote with crew. The Royal Canadian Air Force (RCAF) banner flew before a marching contingent of airmen and women and the Cold Lake Band. Each contingent took up the length of an entire city block, drawing applause and standing ovations as they passed.

At the Stampede Grounds, static displays from all three elements are set up to encourage interest and curiosity from the general public. Children play in the Rigid-hulled inflatable boat (RHIB) supplied by *HMCS Tecumseh*, clamour into a G-Wagon, sit in

an F-18 cockpit and straddle the saddle on *Chicoutimi's* MK 48 torpedo. The displays are very popular and well attended, but none so much as the Explosive Ordnance Disposal robot, which draws many smiles and nervous laughter when it unexpectedly follows people around. A Leopard 2A4M (CAN), Light-Armoured Vehicle, armoured EOD truck, small arms display, bomb (with saddle), Griffon helicopter and F18 armament also contribute to the display.

Elsewhere, the Commanding Officer of *HMCS Calgary*, Commander Paul Francoeur, was joined by his Cox'n, CPO1 Brian Schwenker, and a few *Calgary* sailors when they presented a cheque for \$8,000 to the Calgary Health Trust at the Foothills Hospital Burn Treatment Centre on July 6. The donation comes out of the ship's charity fund each year and is given as part of *Calgary's* Namesake City visit.

Two MARPAC sailors will also get their chance to shine. Each night, as part of the nightly grandstand show, a member of the CF is recognized (nine members in total across all three elements), and on the evening of July 12 *Calgary's* LS Courtney Edwards will receive a "Deserving Sailor" award. *Chicoutimi's* LS John Lindstrom will take home the award the following evening.

One of the highlights of the event's first weekend included an impromptu visit to the grounds by The Honourable Peter MacKay, Minister of National Defence, and his wife, Nazanin Afshin-Jam. Mr. MacKay wound his way through each display, taking the time to talk with sailors, soldiers, and airmen and women alike, as well as several members of the public.

The static displays will remain until July 15, when the event wraps up.



Slt Mark Davidson of *HMCS Tecumseh* shows young visitors the Rigid Hull Inflatable Boat (RHIB).



The Honourable Peter MacKay, Minister of National Defence (left), discusses the submarine *HMCS Chicoutimi* with its Commanding Officer, LCdr Andy Cooper.

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Photo by Shelley Lipke, Lookout

Naden is now home to a Serious Coffee franchise. Col Darlene Quinn, franchise owners Laura Barnes and Ken Gustafson, Cdr Tim Allan and Capt(N) Craig Baines hold up coffee cups in front of the new location to celebrate the opening.

Serious have joined the base

Shelley Lipke
 Staff writer

Seriously! Naden now has its own Serious Coffee at Nelles Block.

Base Commander Capt(N) Craig Baines sipped his freshly brewed coffee on July 9, joining base colleagues, franchise owners and invited guests in to celebrate the opening of the new location.

"I'm thrilled at this opportunity to sup-

port the folks that live and work at Nelles and on the base with this new franchise," said Capt(N) Baines. "This will provide a great service and a great way for people to relax. I say Bravo Zulu to BCE, Base Admin and BIS for helping get this off the ground."

The coffee shop will be open from 6 a.m. to 6 p.m. Monday to Friday.

The store has free wireless connection and a sunny outdoor patio.

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Chrome 'n' Wheels

Car, Truck & Motorcycle Show!

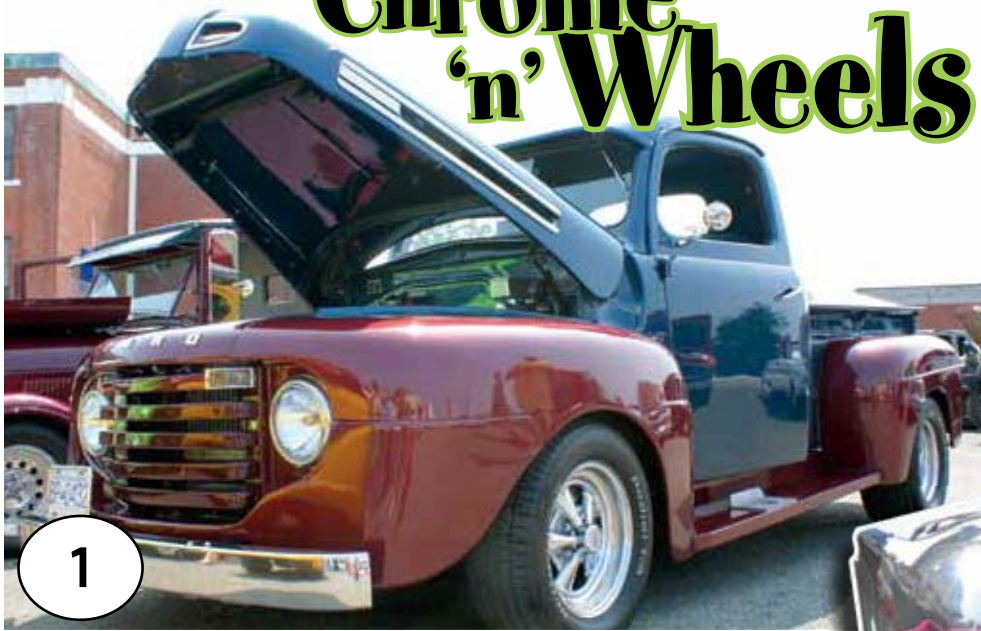


Photo by Mary Chan, Contributor



Photo by Mary Chan, Contributor



Photo by Mary Chan, Contributor



- 1) 1950 Ford F47 - owned by David Lowther
- 2) 1975 Ford Gran Torino - owned by Steve Cockerill
- 3) 2009 U-Built Chopper Pro Street owned by Gary Miller, Winner Best In Show
- 4) 1949 A40 Dorset Austin - owned by Les Hume
- 5) 1929 Model A Pick-up (modified) (2001) Owned by Anita Didrich Winner of 3rd Place
- 6) 1953 Chevy Pick-up (modified 1985) owned by Gregg Seip, Winner of 2nd Place
- 7) The \$1,000 prize donated by Fountain Tire, was won by MCpl Joe Geneau's son Danielle Geneau.

The car show had 60 entries this year and brought many hot cars and bikes to the event. **Centre:** London Buck gives the car show two thumbs up!

Photo by Meibol Roman, Contributor
de Naden



SUMMER
FEST



Photo by M



Photo by Jim Mutch, Contributor

... AND FUN WAS HAD BY ALL!

This year's Formation Fun Day on July 7 had all the right ingredients to make it a wonderful success by drawing more than 2,000 participants from the military community. The weather was perfect, which made the day brighter. The Chrome "n" Wheels show had a great turnout of vehicles on display. The Zorb, a new addition to Funner Inflatables bouncy collection, was a real "ball" of fun. The line up never seemed to ease. This year's Marketplace was also successful. Being the first annual market it was great for both the vendors and the shoppers who enjoyed colorful displays of quality handmade goods. When you add in the free ice cream and saltwater taffy, RHIB rides, horse rides and other wonderful activities, folks just might say, "it just doesn't get any better than this!" And that is exactly the feedback that has been flooding in via Facebook and email. The gratitude for such a wonderful day goes out to all of the volunteers who made it a Formation Fun Day to remember.

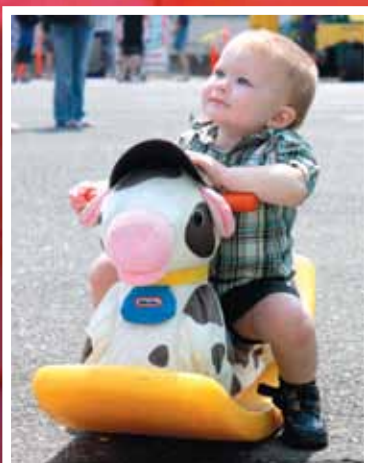


Photo by Lindsey Le Corre, Contributor



Photo by Casey Forth, Contributor

er Fest! ormation un Day



Leibol Roman, Contributor



Photo by Lindsey Le Corre, Contributor



Photo by Mary Chan, Contributor





WINNER!

Left: LS Zubin Mehta was the big winner of the Shaw Cable DVR plus an Atlas Audio Video home entertainment system.

Photo by: Shawn O'Hara, Lookout

Right: Kate King, Rear Admiral Truelove and Dave Moinari take a moment to pose for the camera during the festivities of Formation Fun Day.



Photo by Mary Chan, Contributor

The Marketplace

From right to left: Elizabeth Brideau of the Stone Rainbow displays her semi precious jewelry creations. Holder's Soap & Creations from Port Alberni were offering hand-made soaps, essential oils and moisturizers. Margaret Benton with her beautiful Forever Yours wooden roses. Delores McMillan offered her handmade barbie tents, tea cosies and sewn crafts.



Photo by Mary Chan, Contributor



Photo by Mary Chan, Contributor



Photo by Shawn O'Hara, Lookout

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Leanne Harel, husband PO1 Pascal Harel and daughter Brooke Harel, 11, share a moment on board HMCS Regina prior to Regina's departure July 3 as part of Operation Artemis.

Saying goodbye - twice

Shawn O'Hara
Staff Writer

When a military mission is announced and uniformed personnel deploy, family members are left on the tarmac or jetty waving a final goodbye to their loved one.

For most people, the final farewell is to a spouse, parent or child.

A double farewell is rare, but for Leanne Harel the recent flurry of deployments has left her household empty.

Her husband, PO1 Pascal Harel is sailing to the Mediterranean on the HMCS Regina. She bade him farewell July 3. Son OS Jon Barrette left last month in HMCS Ottawa bound for Hawaii and Rim of the Pacific Exercise.

"As a mother, it's much different. You're happy for them, but part of you is also worried. It's hard not to be excited for the things they're going to experience and the adventures they're going to have," she says of her son's sailing.

She's more stoical about husband's six to eight months absence. Wanting to avoid the emotional jetty hugs, she said her farewells the day before.

"I went down with my daughter the day before. It's easier, because when they push off everyone is so emotional, and it's easy to get caught up in it. I went down to the Fisgard Lighthouse [the day they deployed]. I always go there when a ship leaves. It passes so close, and it's very comforting to me." I can see the sailors waving and it

gives me strength. Watching them leave lets me know that they'll be back.

Military service runs deep in her family tree. Her father, Barrie Kirkland, served 36 years in the Canadian Forces. His coming and goings has prepared her for this month's family departures she says.

"As an adult, and a spouse, it's a lot more emotional because I have a different perspective. When I was a kid, I was sort of blissfully ignorant to what's happening," she says.

Harel is trying hard not to focus on the return of both husband and son.

"Eight months sounds terrifying, but you can't focus on that. If you can put that out of your mind and focus on upcoming things, then it will be easier," she says.

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Taking the plunge for preparedness

Shawn O'Hara
Staff Writer

Last week, CFB Esquimalt firefighter Adam Glazier jumped into the Naden pool in a scheduled and pre-planned evolution to demonstrate what would happen if a firefighter accidentally fell into a body of water, in full fire fighter protective clothing and equipment, without wearing a personal flotation device (PFD), while operating at an incident on a jetty or vessel. According to Assistant Fire Chief Randy Morton, the gear weighs around 45lbs, but is buoyant

enough to keep firefighters afloat, partially due to the self-contained breathing apparatus (SCBA).

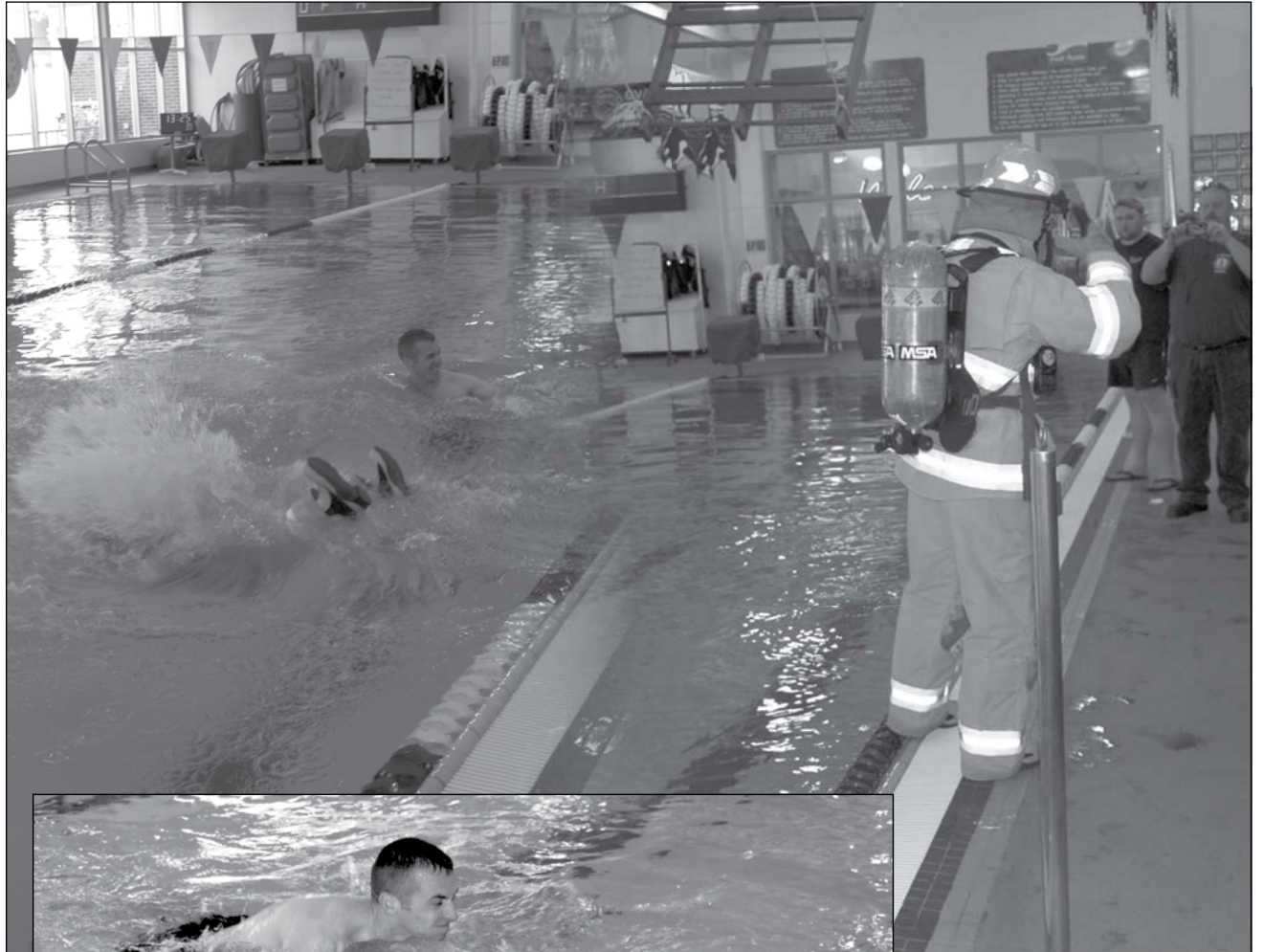
The exercise was successful. The entire fire fighting crew watched as FR1 Glazier bobbed back to the surface in seconds like a cork after jumping in and remained floating even after another firefighter attempted to push him under the surface.

"I can verbally express to our members they shouldn't worry about an accidental fall into the water while wearing full protective clothing and equipment, but it hits home a lot better when they see it for themselves. It

gives them confidence knowing they don't have to worry about sinking unless something were to go wrong," says Morton. "We conducted the exercises in fresh water, but salt water is actually more buoyant."

While there has only been one incident that I can recall in the thirty years I've worked here, it's important to be prepared, Morton says.

"It's not something that we have to deal with on a regular basis," says Morton. "However, we work in a dangerous environment, and it is most definitely a factor that our members should be prepared for."



CFB Esquimalt Fire Fighter Adam Glazier takes the plunge in full gear to test buoyancy, while Jon MacDonald swims alongside.

Photos by Shawn O'Hara, Lookout

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GEARING UP FOR RIMPAC



Capt Laura Oberwarth
Public Affairs Officer

The last scheduled CC-177 Globemaster flight of personnel and equipment arriving for Exercise Rim of the Pacific (RIMPAC) touched down at Joint Base Pearl Harbor-Hickam July 3 as the world's largest multinational, maritime exercise was gearing up.

Altogether, the aircraft made nine flights to the Hawaiian Islands and transported 173 Canadian Forces personnel and 385,827 pounds of military equipment in support of the exercise, running from June 29 to Aug. 3.

Coordinating all inflow of Canadian RIMPAC traffic is one of the responsibilities of the Joint Task Force Support Component (JTFSC).

This group aims to provide operational support to all Royal Canadian Navy, Royal Canadian Air Force and Canadian Army participants on joint exercises and operations. First deployed in support of Operation Podium, the Canadian Forces' security contribution to the 2010 Vancouver Olympics, the JTFSC construct has been validated and is now being employed during RIMPAC for the first time.

"The JTFSC is a new concept that is being introduced into our joint doctrine," explains Major Erik Couture, the JTFSC Operations Officer. Previously, each element provided its own logistics and operational support. "Now we provide common operational support services, custom tailored for each deployment, aiming to provide the best

effect across all the elements."

Military Police, health services, communication information systems, logistics, movement and finance are all integrated into the JTFSC concept and provide support in the theatre of operations as well as a link back to Canada as required.

"One of the benefits of having a JTFSC is that it helps some of the more junior CF members navigate their way through what can be an intimidating process, integrating into a huge multinational exercise with 25,000 other participants," says Capta(N) Angus Topshee, the Canadian National Command Element Chief of Staff for RIMPAC.

For example, one component of the JTFSC is responsible for receiving and staging Canadian Forces members for movement to their areas of operation. Arriving RIMPAC participants are greeted and given a welcome package. Then their accommodations, transportation and duty areas are confirmed. This is a helpful service and critical requirement when managing hundreds of participants arriving from across Canada at all hours of the day.

In addition to coordinating the arrivals of some 1,400 Canadians, the JTFSC must ensure that all equipment needed also arrives in good order. This includes everything from computer gear, engines, spare parts, special oils, lubricants and gasses, ammunition and much, much more. Some of these items are classified as dangerous goods and cannot be flown by commercial air.

"The CC-177 Globemaster gives us independence and allows us to make sure we get all the capabilities we need



Photos by MCpl Marc-Andre Gaudreault, DND-MDN Canada
Top: A Canadian Forces CC-177 Globemaster III aircraft is unloaded by members of 4 Canadian Forces Movement Control Unit from Montreal, Quebec at Joint Base Pearl Harbor-Hickam in Honolulu, Hawaii, on July 3.

Above: Captain René-Philippe Gagnon (left), Movement Officer and Sergeant Ken Pomerleau (right), Traffic Technician from 4 Canadian Forces Movement Control Unit in Montreal, Quebec help unload the Globemaster III aircraft.

into theatre," says Capt(N) Topshee. "We don't need to contract this service out anymore or rely on support from other nations.

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Awards and presentations June 29, 2012.



LS Lafontaine is promoted to MS.



PO2 Myler, Combat Division, receives the First Clasp to the CF Decoration.



CPO2 Gracey is promoted to CPO1.



OS Ho is promoted to AB.



PO2 Duhamel, Combat Division, receives the First Clasp to the CF Decoration.



PO1 Poirer is promoted to CPO2.



OS Dodds is promoted to AB.

Decorations and Medals

During divisions at the Naden Drill School June 29, 2012, Cdr Martin Drews, Commandant Canadian Forces Fleet School Esquimalt, made presentations to CFFS and personnel.



PO2 Magee is promoted PO1.



PO1 Kemp, Combat Division receives the First Clasp to the CF Decoration.



PO2 Carriere, Seamanship Division, receives the CF Decoration.



PO2 Sorensen, Damage Control Division, receives the CF Decoration.



CPO2 Fairfax, Combat Systems Engineering Division, is awarded the Rotation Bar to the General Campaign Star South West Asia Medal in recognition of a further 180 days of eligible service deployed in direct support of the operations against terrorism in South West Asia.



PO2 Dooling, Combat Division, is awarded the Operational Service Medal - Expedition, in recognition of his participation in Operation Caribe under the command and control of Joint Inter-agency Task Force-South in the theatre of operations consisting of the Caribbean Sea, Gulf of Mexico, and along the west coast of Central and South America.



Graduating class, NAV COMM CISM Supervisor (QL6A) session 0030, instructor PO2 Canning: PO2 Allen, PO2 Dimartino, PO2 Preston, PO2 Wilson, CPO2 Jakubowski, PO1 Taylor, MS Acheson, MS Chisholm, MS McKiver, MS Millman, MS Portman, MS Van Dusen, and MS Webber.



PO1 Scott Heal is presented his CD2 by Capt(N) Smith at FMF Cape Breton.



LS Justin Pike is promoted to Master Seaman at FMF Cape Breton by Capt(N) Smith and CPO2 Taylor.



Gerry Ratchford is awarded the Queen's Diamond Jubilee Medal. Presented at FMF Cape Breton by Capt(N) Smith and Richard Blackwolf, President of the Canadian Aboriginal Veterans and Serving Members Association.





Master Seaman Robert Steeden is presented his OSM-EXP medal by Capt(N) Smith at FMF Cape Breton.



Cpl Russell Vandeputte is promoted to Officer Cadet by Capt Dom Lassonde (left) and Maj James Pierotti, Officer In Charge of Joint Rescue Coordination Centre(right). OCdt Vandeputte will go into pilot training.

Photo by Shelley Lipke, Lookout


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Afghanistan: A Soldier's Story is a growing collection of the human stories and images of the Canadians who served in the Afghanistan mission.

It is both a legacy and a tribute that will commemorate the contributions of our Canadian Forces men and women and the sacrifices they made to provide security, stability, sound governance and a promising future for Afghanistan and its people.

The collection will be compiled in a coffee-table book that will be published late 2014; the year that marks the end of the CF's mission in Afghanistan.

Contributions are sought from Canadian military and civilian personnel who served in theatre. The aim is to preserve this defining chapter of the CF and Canada's role in international combat and mentoring operations for future generations of Canadians, and, equally important, to

recognize and thank those who served in Afghanistan and made the world a safer place in which to live.

The genesis of this book came about from the desire of a group of CF Public Affairs Officers (PAOs) who served in Afghanistan and who wanted to ensure that the CF's participation in Afghanistan and the personal accounts of those who were present, were shared with all Canadians.

This is a not-for-profit volunteer project with the net proceeds from book sales going to support those in need who served in Afghanistan and their families. The principal agency involved in the publication of the book is the Edmonton Military Family Resource Centre, which will issue charitable tax receipts to those (individual and corporate) who wish to donate to the project.

The book's publisher is John McQuarrie, a

renowned Canadian photojournalist, author and principal of Magic Light Publishing Ottawa.

Afghanistan: A Soldier's Story will also include an introduction and/or contributions from Prime Minister Stephen Harper, the Minister of Veterans Affairs Canada Steven Blaney, the CDS General Walter Natynczyk, MGen John Vance, the Royal Canadian Legion, war correspondents and the President of The Power Workers' Union Don MacKinnon.

This is your chance to share your personal story with fellow Canadians and your comrades. Please tell others who may wish to contribute or donate to get involved.

Further information about the project, the book mock-up, how to share your story and contribute photographs can be found at www.afghanistancanadianstory.ca.

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MCpl Dave Campbell
MSE Safety Supervisor

In late June MSE Ops from both CFB Esquimalt and CFB Comox came together to once again compete in the western regional Canadian Forces Safe Driving Championship (CFSDC).

It was held at CFB Comox June 25-26 on the abandoned runway in the straight truck division. CFB Esquimalt was represented by five competitors - Cpl Dan Morgan, Cpl Rob Shirley, Pte Logan Daye, Pte Jason MacDonald and John Davis - and two judges, MCpl Dave Campbell and Cpl Scott Wilson.

Day one of the two-day event or, as the MSE Ops or Truckers have dubbed it, the "Truckers' Rodeo", consisted of a 25-question written test and a 15-minute daily inspection test, where competitors found errors on the straight truck, which were pre-determined by the event crew. They also had to determine the load of what the vehicle was carrying and the weigh bill of the load.

After all the testing was done, competitors were brought down to the Rodeo site, where they completed a walk-through of the event and were taught how each obstacle was going to be scored.

On the second day the competition really started to heat up. Truckers from both bases brought their "A" game to the driving portion of the competition. Cpl Dan Morgan was the top driver for CFB Esquimalt. He finished in second place overall in the competition with a score of 505.5 points, only 20.5 points away from first place taken by CFB Comox driver Pte Daniel Pasma.

CFB Esquimalt's Base Transportation would like to thank CFB Comox and the following personnel who invited the competitors to participate in Rodeo in Comox: MWO Gwynne, Sgt Cordick, Sgt DeSilva, Sgt Green, MCpl Cook, MCpl Davis, and MCpl Hirschpold.



MSE Ops skills were put to the test during the "Truckers' Rodeo" held at CFB Comox June 25-26.

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