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## Raising Hosaqami



Rear-Admiral Bill Truelove, Commander Maritime Forces Pacific, and guests assist with the raising of the Totem Pole replica Hosaqami at Government House.

*Story on page 10-11*

Photo by MCpl Angela Abbey, MARPAC Imaging Services

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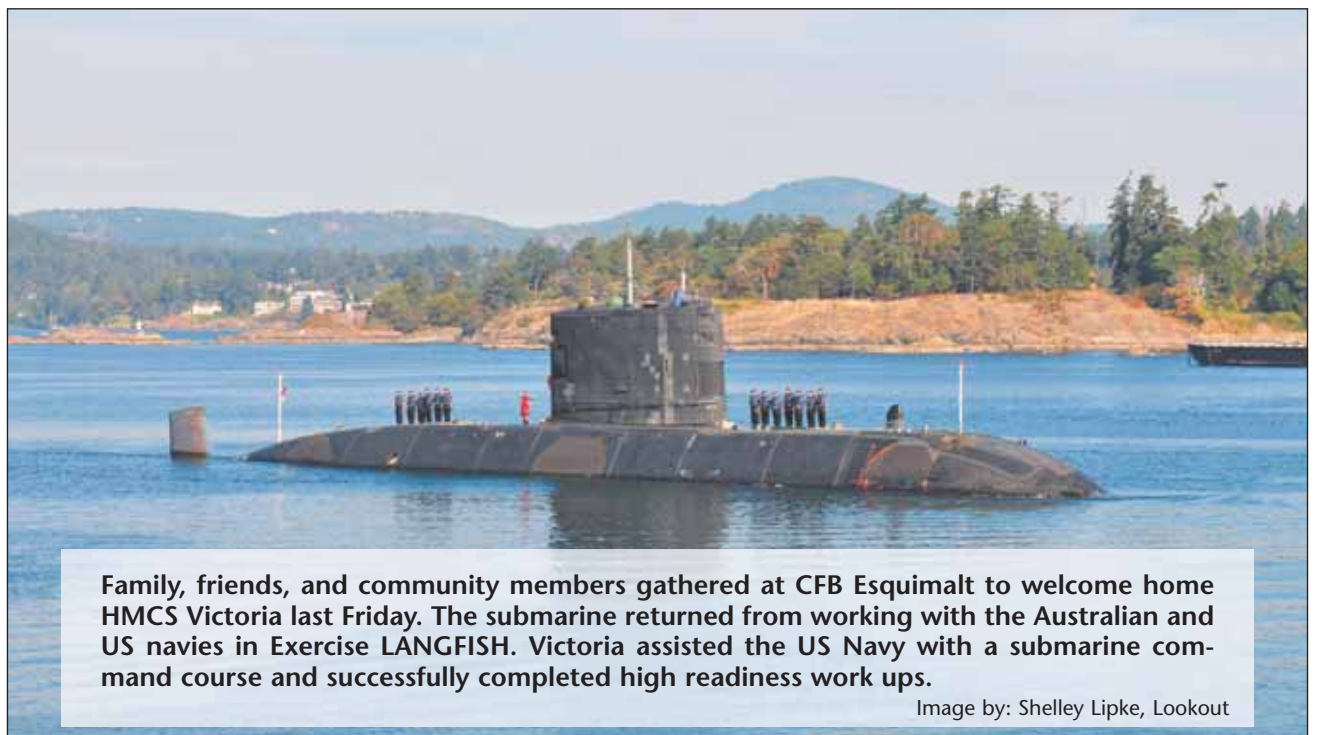
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Image by: Corporal Michael Bastien, MARPAC Imaging Service

# HMCS Victoria



Family, friends, and community members gathered at CFB Esquimalt to welcome home HMCS Victoria last Friday. The submarine returned from working with the Australian and US navies in Exercise LANGFISH. Victoria assisted the US Navy with a submarine command course and successfully completed high readiness work ups.

Image by: Shelley Lipke, Lookout

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# Cadets head back to the halls

**Shawn O'Hara**  
Staff Writer

With the back-to-school season upon us, thousands of Cadets are flooding back to drill halls across the country.

Victoria alone is home to 14 different branches of cadets, with membership at around 1,500 strong.

Tina St. Hillaire, President of the Juan de Fuca branch of the Navy League of Canada, had two children attend Sea Cadets, and has seen the benefits first hand.

"They learn respect, citizenship, discipline, leadership, and so much more," says St. Hillaire. "If they're shy, it gives them somewhere they can be confident. You don't have to be great at everything. If you're a good cadet, that's enough."

Membership is very accessible, requiring only identification and a yearly fee of \$55, used to maintain the facilities.

Sea Cadets generally meet once a week, and take part in a variety of activities, from marching and drill, to ship building and leadership theory.

"It's about learning life skills," says St. Hillaire. "Some of these kids absolutely amaze you as they get older. The way they can handle themselves and lead others is really inspiring."

The skills learned as a cadet are skills

kids can carry with them through the rest of their lives. "It opens up a lot of career options," says St. Hillaire. "If a kid comes in with no leadership or public speaking ability, by the end of their time in the program they'll be experts."

St. Hillaire says the most important part to her is that it offers kids options they otherwise may not have considered.

"It gives kids somewhere to go, rather than hang out on the street," she says. "There's always going to be someone on a street corner, or at the mall, waiting to teach kids the wrong lesson. We're here to teach them the right ones."



Nine-year-old Samantha Christie of the Admiral RH Falls Cadet Corps stands at attention in her Navy League uniform.

Photo by Susan Christie

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question: *If you could donate \$1 million to a charity of your choice what would it be and why?*



The Cowichan Therapeutic Riding Association. They take persons with disability horse riding, and at the end of the ride it can help ease some of their pain. It's very fascinating.

**Lt(N) Natalie Mailhot-Montgrain**



I'd donate to the Canadian Diabetes Association. My fiancé suffers from diabetes, so I'd want to contribute any way I can.

**LS Donald Seaton**



The Canada Post Foundation for Mental Help. Mental illness runs in my family, so it's a topic close to my heart.

**Lt(N) Byron Ross**



I'd want to help fund cancer research. My father just beat cancer and without that research it would have been hard.

**Lt(N) Dennis Plonka**



The Salvation Army. Unlike a lot of charities, it seems like most of the money goes to helping people, rather than administrative costs and the like.

**Dale Lind**

Watch Base videos now!  
Visit the Lookout website.



Go to [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com) to see our feature videos this week:

1. Dynamic feature footage from RIMPAC 2012 – the largest multi-national military exercise.
2. HMCS Oriole celebrates its 91st birthday party and the launch of the ship's new diamond jubilee coin.
3. Fifty five aboriginal youth from across Canada graduated Aug 16 after completing a five week introduction to the Canadian Forces in military training during the Raven Aboriginal Youth Program.

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

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

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# From soldier to salesman

**Shawn O'Hara**  
Staff Writer

Cpl Yance Sheehan is making the change from soldier to salesman.

Last July, the Formation Manual Party took a trip to Memorial University in St. John's, Newfoundland to attend "Based in Business".

This week-long entrepreneurial workshop is held annually and aimed exclusively at recently retired and transitioning Canadian Forces members.

"It was the single best decision I made in my military career," says Cpl Sheehan, who is being released from the CF this year for medical reasons. "I've always been interested in business; I just never

thought I'd have time to pursue it."

During the program, aspiring business owners are given lessons in business management, marketing, social media and human resources.

Companies sponsor meals and use the opportunity to speak to the students.

"The information they had for us was invaluable," says Cpl Sheehan. "CIBC came in and taught us how to get a business loan, and the process of insuring a business. We also had The Property Guys come in and tell us all about how they got started, and what problems they faced. It was great to have their perspective."

Upon completion of the program, students were

partnered with a mentor to help get their ideas off the ground. Mentors are people who have already started a successful business, and can help lead budding entrepreneurs through the trials they will face.

"They've been through all the same things you'll go through, so they know exactly what you need," he says. "I went in with a big idea, but by the end my mentor helped me pare it down to something practical."

Cpl Sheehan's mentor helped answer many questions he had regarding his business idea; a motorcycle accessory and equipment shop.

"She told me that there's nothing quite like it in

Canada," he says. "I'm holding the details close to my chest until I can get something started."

With his release coming up, and a business plan in mind, Cpl Sheehan now has the tools he needs to get it started thanks to "Based in Business".

"I didn't know what to expect when I went in, but I came out with a wealth of knowledge."

Cpl Sheehan recommends that anyone in the CF interested in business pursue a place in "Based in Business".

"I can honestly say it was the best program that I've ever taken," he says. "The response and support from everybody there was unbelievable."



Cpl Yance Sheehan of the Formation Manual Party receives his certificate on completion of the "Based in Business" program.

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## Industrial Trade Show biggest to date

**Shawn O'Hara**  
Staff Writer

Mark your calendar for the CFB Esquimalt Industrial Supplier Trade Show this Thursday.

The show runs from 10 a.m. to 3:30 p.m. at the Naden Drill Shed.

This year marks the fourth year that Lookout Newspaper and Creative Services have hosted the event, boasting the most vendors ever with 111 companies showcasing their products and services.

"It's the biggest show we've put on so far," says Kate King, event coordinator for the trade show.

King says the show is a huge draw for distributors across Canada, as well as the U.S. "The chance to meet face to face and do business can't be replaced by technology.

Virtual conferences just aren't the same," she says.

"There are two things that will never ever go away: concerts and trade shows," says King. "This show draws such a huge audience, locally and internationally. It's spectacular."

Remember to bring some cash. Wannawafel is selling sweet delights, and the Hungry Rooster Food Truck is serving up savoury lunches. There is also more than \$6,000 in door prizes to be won.

Costco is providing a special kick off event cake. Take part in fun activities like a hockey challenge and paint ball shooting.

In addition to the largest trade show on base, the Government of Canada Workplace Charitable Campaign (GCWCC) will kick off outside the venue. Senior leadership will announce the base's fundraising goal.

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# Retired RCAF pilot and cancer survivor devotes time to helping others



Brigadier-General (Ret'd) Jeffrey Brace was pilot to the Royal Family during his career.

## Christina Rogers

He's flown the Royal Family, a pope and the late Prime Minister Pierre Elliott Trudeau, but for Brigadier-General (Ret'd) Jeffrey Brace, his time spent with people facing cancer is one of the most rewarding experiences of his life.

A distinguished member of Canada's Air Force, Brace had a long and exciting career before being diagnosed with prostate cancer 10 years ago.

"Bitten by the flying bug" as a young air cadet in Montreal, Brace rose through the ranks quickly. He served as a crew member on the 1973 Trudeau mission to China, commanded 437 Transport Squadron where he flew members of the Royal Family and Pope John Paul II, and served not only as base commander at Canadian Forces Base Trenton, but also as commander of Canada's military air transport and search and rescue forces.

He took early retirement from the Canadian Forces in 1996 to become executive director of the National Air Force Museum of Canada in Trenton, a position he held until 2002. That year, he opted to take part in a clinical trial for the early detection of prostate cancer. The doctors found something. Brace admits it was "jaw-dropping" to discover he had cancer, but he quickly realized he needed a plan.

"When you face something like this you don't

run around in circles, you sit down and you lay out a plan and you follow it," Brace says. "I know the military and its regimented ways gave me the planning skills I needed to deal with something that, at the time, was a crisis in our family's lives."

After assessing the risks with the help of his wife June, and on the advice of his doctors, Brace underwent surgery.

Ten years later he is cancer free.

"Cancer still scares me to death," he says. "One of the things that really helps is working with people who have been diagnosed with cancer – that changes you."

For nine years, Brace has been actively involved with the Canadian Cancer Society. He has served as president of his local unit in Belleville, been a peer support person helping other Canadians diagnosed with prostate cancer, and spoken for the cause to service clubs, government employees and even Queen's Park.

"Jeff's contribution to the cancer cause is significant and comprised of more than considerable time – Jeff has his heart in his volunteer work," says Heather Gray, Manager of the Hastings-Prince Edward County & Brighton unit of the Canadian Cancer Society. "He has provided great guidance to those around him. We are very lucky to have him."

The Canadian Cancer Society is just one of the 16 Canadian health charities supported by payroll dona-

tions to Healthpartners in the fall Government of Canada Workplace Charitable Campaign, (GCWCC) launched on Sept 6.

"Thousands of Canadians like Jeff, have been helped thanks to payroll donations to Healthpartners by Government of Canada employees," said Eileen Dooley, National Executive Director, Healthpartners. "Together we have raised \$80 million to find cures, build awareness and run local support programs for people facing critical illnesses and their families."

Brace's latest and most rewarding role has been facilitating a self-management course for post-treatment cancer patients and their caregivers called *Living Well Beyond Cancer*. Developed by Stanford University and licenced to the Canadian Cancer Society, the six-week course aims to help people manage their symptoms and live a healthy life with a long-term condition.

After his first course wrapped in June, Brace recalls seeing dramatic changes amongst the participants.

"People who had been crying and reluctant to participate six weeks earlier were talking up a storm -- their whole demeanor had changed, they were interacting and were more positive, even those with stage four cancer," he says.

"Listening to their stories and hearing how they felt, I thought, 'I really am doing something that is helping, and it truly feels good.'"

## Victoria United Way announces fundraising goal

Shawn O'Hara  
Staff Writer

Last Wednesday, the United Way of Greater Victoria announced a community fundraising goal of six million dollars during a campaign kickoff at Ogden Point.

"The need is great, we know," says campaign chair and CIBC Regional Manager John Guthrie. "\$6 million is an achievable goal. This community is incredibly generous and we have high hopes that we will exceed it."

The United Way as an organization has touched communities far and wide during its 75 years of service.

"It's such a great organization to be a part of," says Trevor Tuckwell, Administrative Coordinator at the Victoria Single Parent Resource Centre (SPRC). "They've changed so many lives in so many different ways. I don't think there's a facet of the community that isn't helped by the United Way in

some fashion."

Tuckwell knows better than most.

He's been a single parent for just over eight years, and the United Way funded programs he's taken have helped him along his path as a parent and a member of the community. The Peer Helper Volunteer Training Program gave Tuckwell skills to support other single parents, as well as strengthening his own resolve.

"At that point in my life, I was in a place of uncertainty," he says. "It helped me become a more secure person. It helped at home, and helped my relationship with my son."

After completing the program, Tuckwell volunteered with the SPRC as much as possible, eventually being hired on as a contractor. He's now been the administrative coordinator for two years.

"I love being a part of this organization," he says. "They helped me so much, and to be able to give back, helping others like myself is an amazing opportunity."

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Help build a stronger, healthier community during this community fall fundraising campaign

**Christina Rogers**  
Contributor

As the Government of Canada Workplace Charitable Campaign (GCWCC) launches this month, local and national charities are seeking help from CFB Esquimalt to raise funds for essential community and health programs.

“Last year’s campaign was a huge success, thanks to the continued support, participation and endless energy of our donors and volunteers,” says Vicki Laidlaw, Formation Campaign Coordinator, Projects and Community Outreach. “This year we are looking for volunteers and donors to once again help us give back to the community in any way they can. We want to grow our donor team into a donor village.”

In 2011, CFB Esquimalt raised more than \$707,000 through payroll and other forms of donations to Healthpartners and the United Way of Greater Victoria, supporting health and local community programs and services.

“Because of the extraordinary support of our donors, Healthpartners’ members are working hard to build a better quality of life for those facing a critical illness and their families,” says Ellen Louie, Regional Manager Western Canada & Coordinator for BC Healthpartners. “Your donations find cures, build awareness and support families facing Alzheimer’s, diabetes, heart disease, Parkinson’s, cancer, arthritis, kidney disease and many more.”

The GCWCC gives all current and retired employees the opportunity to make a difference in the lives of thousands of Canadians by regularly donating a portion of their pay cheques to charitable organizations.

Laidlaw recognizes that, given the state of the economy, there aren’t always extra dollars available at the end of the month.

“Finances and job security weigh heavily on all our minds, but there are still great needs in our communities, and we can help build a better future for us all,” she says.

She also reminds donors of the many choices they have when making their donations and calls the campaign “a partnership between health and community giving options.”

The United Way and Healthpartners are working together to provide donors more choice when it comes to where their hard-

earned dollars go. Donors can choose to make a donation to Healthpartners, which represents Canada’s 16 most trusted health charities such as the Canadian Cancer Society, The Canadian Diabetes Association, The Heart and Stroke Foundation and more. At the same time, the United Way collects on behalf of their local funded community partners, 69 agencies and 132 programs that work together to provide a network of services that address both the immediate and long-term needs in the Greater Victoria area.

Laidlaw says her team takes a “holistic approach” because many of these programs go hand in hand.

“Often, people tell me that they have been touched personally by a variety of community and health issues,” she says. “A health issue may strike first, requiring assistance from a Healthpartner charity; however, frequently the resulting effect is the need to seek further assistance from a local community United Way-funded agency, for example, due to loss or reduction of income.”

“United Way funded programs support and empower people living in poverty by giving them opportunities to build better lives and become more self-sufficient,” says Deanna Roozendaal, Campaign Associate at United Way of Greater Victoria. “We also care about kids - making sure they have the opportunities and resources they need to be successful. Donations to the United Way also help build strong, caring communities where people have access to the resources they need to lead healthier lives – like mental health and addiction programs, support for people with disabilities, and services for seniors and newcomers.”

Laidlaw has seen and heard many personal stories from those who have benefited from the services funded by the GCWCC.

“I am continually meeting people who have been helped by a charitable organization and hearing their personal stories about how they were able to overcome challenges and achieve a healthier and happier lifestyle,” she said. “By visiting community agencies, I have seen firsthand the positive progress that is a direct result of the generosity of volunteers who donate their time and resources to make life better for people who are in need.”

Victoria firefighters and United Way staff and volunteers announce this year’s campaign goal at Ogden Point in front of more than 600 people.

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After retiring from the Canadian Forces, Wiley Kemp chose the road of many retirees – he became a commissionaire.

## Commissionaires - a great choice for veterans

**Lynne Bermel**

Sixty-one year old Wiley Kemp can't seem to shake loose from CFB Esquimalt.

Throughout the 90s he was a fixture as the Base Operations Officer and then in retirement he choose the path of many veterans – becoming a commissionaire.

"There is a misconception out there that being a commissionaire is all about guarding," he says. "It's a lot more than that."

Commissionaires also work in accommodations, as first aid instructors and as custodians.

He's currently the DND Detachment Commander for Commissionaires Victoria, the Island and Yukon, managing approximately 120 commissionaires who work full-time at the base and in outlying detachments.

Kemp joined the Commissionaires 15 years ago, after a military career with the Princess Patricia's Canadian Light Infantry (PPCLI), which included several national and international deployments. He joined because it gave him the opportunity to continue using the skills he'd acquired in the military.

"I've discovered, especially here at a DND site like Esquimalt, there are a lot of mean-

ingful, challenging jobs for commissionaires to do," says Kemp. "I have a pension and health benefits from my time in the military, which provides for the basics, so this is a way to top that up and continue contributing to Canada."

Kemp first started as a security guard on the spares list, but it wasn't long before he took over responsibility for the Esquimalt Graving Dock. He then moved up to dockyard supervisor before assuming his current role as Detachment Commander.

Kemp is one of thousands of commissionaires working out of 16 divisional offices located across Canada. The not-for-profit organization employs about 20,000 members in positions ranging from security guarding, fingerprinting and identification services, municipal by-law enforcement, management, training, administration and security consulting.

Currently, the Commissionaires is ramping up its efforts to bolster its ranks with veterans, including regular and reserve force members who served in the 10-year Afghanistan mission. Since 1925, the organization has remained committed to its social mandate of providing meaningful employment for Canada's veterans.

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# Back to school

**MCpl Jodi Woolridge**  
Military Police

It's that time of year again, when students of all ages head back to school. With this comes heavier traffic on our streets and highways, and an increase in small children walking independently to their school or bus stop.

Children by nature are very impulsive and often do things before they have a chance to think about it, which puts them at a greater risk of being involved in a serious accident.

Motorists need to be aware of the increased risks and adjust their driving habits accordingly.

As a reminder, the posted speed limit in most school zones is 30 km/h between the hours of 8 a.m. and 5 p.m. when students are in school and 30 km/h in playground zones from dawn to dusk. It is the driver's responsibility to use extra caution in these areas to prevent a tragedy from occurring.

**Safety Tips for Drivers**

- Always come to a complete stop at posted stop signs; this will enable you to see more potential hazards.
- Pay extra attention to children walking on medians,

streets and curbs.

- Refrain from using cellular phones or handheld devices while driving.
- Obey the posted speed limit. It's there for everyone's safety.
- Always stop for school buses when their flashing lights are activated.

**Safety Tips for Students**

- Refrain from using headphones while walking to school. It reduces the ability to hear approaching dangers.
- Do not use your cellular or mobile phone while crossing intersections, it distracts from potential dangers.
- Always cross at posted crosswalks and activate the crosswalk lights when available.
- Even though the traffic lights may indicate you have the right of way, always check to ensure drivers see you and have come to a stop before crossing.

## Motor Vehicle Act Fines and Penalties

- Speeding in school zone or playground zone (\$196 - \$253) 3 Driver Penalty Points
- Failing to stop for school bus or failing to obey school guard/patrol (\$167) 3 Driver Penalty Points

Cpl Grant Mackay holds up a radar gun assessing speeds of motorists near Macaulay Elementary School. Motorists are reminded to slow down and respect playground zones and school zones now that school is back after summer holidays.

Photo by Shelley Lipke, Lookout



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### Shelley Lipke Staff Writer

Naval history from 1959 was rekindled and celebrated on Sept 8 during a replica Hosaqami totem pole raising at Government House.

Approximately 1,500 people packed the front lawn awaiting the arrival of the Honourable LGov Stephen Point, First Nations Elders and Chiefs, MARPAC Commander RAdm Bill Truelove, veterans, and dignitaries.

This occasion was the result of an initiative of LGov Point and the Government House Foundation to honour the Queen's Diamond Jubilee.

"You are the witnesses to this beginning," said LGov Point to the crowd. "This pole belongs to all of us. To me it represents a new time for us all to stand in the same circle. We have to find, in this time and age, a way to paddle in one canoe."

First Nations carver Chief Tony Hunt, the grandson of Chief Mungo Martin, who carved the original pole, was commissioned by LGov Point to carve the red cedar log into the 7.3 metre pole. With help from his son, Tony Hunt Junior, this process took two and a half months of skilful carving behind Government House.

A 17-year-old Hunt Sr helped his 87-year-old grandfather Martin carve the original pole in Thunderbird Park Victoria. The pole was then gifted to the Royal Navy from the Royal Canadian Navy as a 50<sup>th</sup> anniversary event. It spent many

years on Whale Island, in Portsmouth England, where it stood until the late 80s. Badly damaged by weather, it was returned to CFB Esquimalt where it sat outside the Chief and Petty Officer's mess for years. In collaboration with LGov Point, Chief Hunt decided it was too badly damaged and a new pole should be carved.

"My grandfather would be very proud," said Chief Hunt. "He was so instrumental at keeping this tradition alive. I am very happy that three generations later we are able to rekindle this," he said.

After traditional blessings from First Nations individuals, LGov Point called on children from the audience to join about 50 people hoisting the pole into place.

Veterans Bill Shead, Gordon McBryan, and Hal LeCoy were part of the original naval escort crew who travelled to England with Hosaqami and attended the pole raising ceremony. The original Hosaqami will be 'returned to the earth' or allowed to naturally decompose on the grounds behind Government House, while the new pole stands proud on the front lawn.

Plaques recognizing old and new poles were unveiled, and the pole raising ceremony was followed by traditional drumming and dancing.



Photo by Shelley Lipke, Lookout

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# Hosaqami



Photo by MCpl Angela Abbey, MARPAC Imaging Services

In celebration of Her Majesty Queen Elizabeth II's Diamond Jubilee, LGov Stephen Point and the Government House Foundation commissioned Chief Tony Hunt (below) to carve a replacement for Hosaqami. The original totem was carved by Chief Hunt and his grandfather Chief Mungo Martin (bottom). The tools originally used on the first Hosaqami are being used today by Chief Hunt to carry on the tradition.



Photo by Shelley Lipke, Lookout



Photo by Shelley Lipke, Lookout



Photo by MCpl Angela Abbey, MARPAC Imaging Services



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Photo by Cpl Michael Bastien, DND-MND Canada

## Assumption of Command of HMCS Chicoutimi

Commodore Scott Bishop with LCdr Tim Markusson sign the Assumption of Command Certificates. LCdr Tim Markusson took command of HMCS Chicoutimi on Sept 7.



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Cmdre Scott Bishop presents LCdr Tim Markusson, accompanied by his wife, with a Queens' Diamond Jubilee Medal.

Photo by Cpl Michael Bastien, DND-MND Canada

## Facebook: uniforms still apply

**LCdr Desmond James**  
 MARPAC PA

Four CF members from CFB Valcartier are facing a court martial next month for allegedly making hateful comments on Facebook about protesters during the student crisis in Québec this past May.

This matter serves to remind us that whether we are on duty, on leave, or communicating via social networking sites, we never cease representing Canada and the Canadian Forces. We are all in the public eye.

Sometimes being in a casual environment, it is easy to forget that reality. As social networking becomes a staple of social interaction, we must be aware of its implications. When using social media platforms such as Facebook, be on guard and aware of the ways in which you're interacting with people and how it may be perceived in the same manner as daily conversations.

All members are subject to the DND and CF Code of Values and Ethics, which is an integral part of the Defence Ethics Programme. As a result, when engaging in social media communities, remember to be respectful. Profanity, attacks, discrimination on the basis of race, national or ethnic origin, colour, religion, sex, age, mental or physical disability, or sexual orientation are unacceptable and are not tolerated by or within the CF.

The DND and CF Code of Values and Ethics encourages all members of the Defence Team to strive for the highest ethical standards. It considers the proud tradition of service to Canadians that reflects Canadian values.

It is easy to remember the right approach we take while in uniform. Remember to take that same approach in all your interactions with the public, be those face to face or on-line.



# HMCS OTTAWA



Photo by Shelley Lipke, Lookout

Last Friday the crew of HMCS Ottawa honoured the 70th anniversary of the sinking of Ottawa I with a memorial service held on the ship at 11 a.m. The ship was torpedoed twice on Sept 13, 1942. Only 65 survivors were rescued from the freezing Atlantic waters while 114 died.



Photo by Shelley Lipke, Lookout

The water casting party, PO1 Keith Fairman and MS Ley Ireland, commit the blessed water to the sea to commemorate the 70th Anniversary of the sinking.

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Photo by Corporal Rick Ayer, Formation Imaging Services

Members of the naval boarding party from HMCS Regina deploy in a rigid hull inflatable boat (RHIB) to observe a fishing boat in the Arabian Sea during Operation ARTEMIS on Sept 5.

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Photo by Cpl Rick Ayer, Formation Imaging Services

LS Sean Britt fires a .50 calibre heavy machine gun during an exercise while deployed in the Arabian Sea Sept 5 during Operation ARTEMIS, the Canadian Forces participation in maritime security and counter-terrorism operations in the Arabian Sea.

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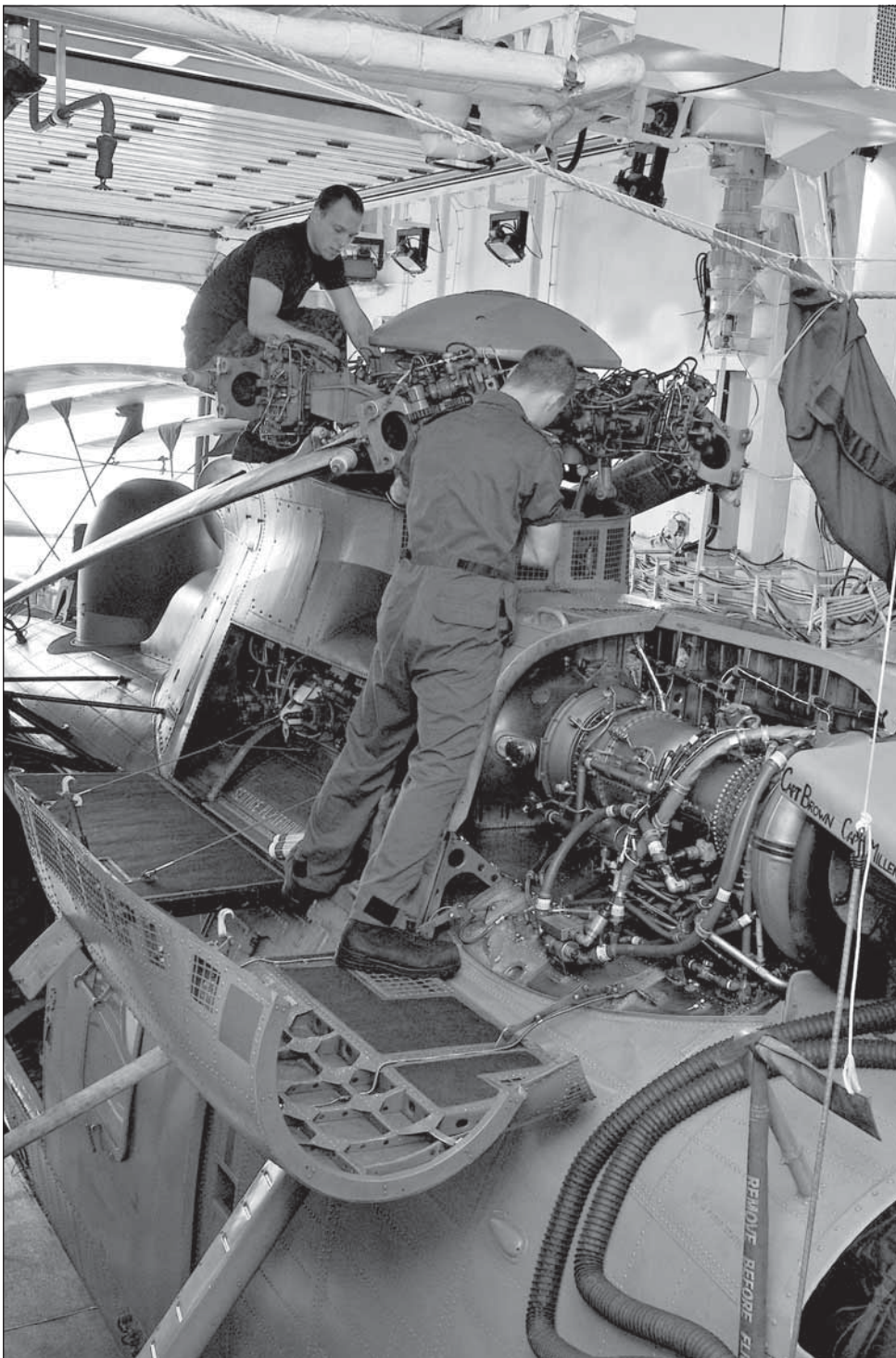
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Photo by Cpl Rick Ayer, Formation Imaging Services

Members of the naval boarding party from HMCS Regina observe and communicate with a fishing boat in the Arabian Sea during Operation ARTEMIS on Sept 5.



Cpl Christopher Smith (foreground) and Cpl Guillaume Tremblay perform general maintenance on a CH-124 Sea King helicopter while deployed on HMCS Regina in the Arabian Sea during Operation ARTEMIS on Sept 4.

Photo by Cpl Rick Ayer, Formation Imaging Services



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Capt(N) Donald Smith  
Cdr Alistair Harrigan  
Richard Summers

**CENTRE**  
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LCdr Michael Erwin  
Lt (N) Allan Wilson  
CPO2 Corey Young

**RIGHT**  
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MS Gordon McIver  
AB Adam Callin  
OS Sarah Charbonneau  
AB Gary Gilbert





# Bravo ZULU



MS Derrick Siska is presented with CDS Commendation for his dedication and service to the Canadian Forces.



Dorothy Mildenberger is presented with a MARPAC Bravo Zulu for her dedication and service to MARPAC.



Helen Bates is presented with a Deputy Minister of National Defence Commendation for her dedication and service to the Canadian Forces.



LCdr Graham Roberts is presented with the Commander RCN Commendation for his dedication and service to the Royal Canadian Navy.



LCdr (Ret'd) Mark Wilson is presented with a MARPAC Bravo Zulu for his dedication and service to MARPAC.



William Conconi is presented with Canadian Forces Medallion for Distinguished Service, for his dedication and service to the Canadian Forces.



Lt(N) Allan Wilson is presented with the CRCN Commendation for his dedication and service to the Royal Canadian Navy.



Kate King is presented with a MARPAC Bravo Zulu for her dedication and service to the Royal Canadian Navy.



PO2 Andre Carriere is presented with CDS Commendation for his dedication and service to the Canadian Forces.



CPO2 Timothy Blonde is presented with the Commander RCN Commendation for his dedication and service to the Royal Canadian Navy.



PO1 Andrew Carnegie is presented with a MARPAC Bravo Zulu for his dedication and service to the Royal Canadian Navy.



CPO2 Leo McDonald is presented with CDS Commendation for his dedication and service to the Canadian Forces.



Mike Carver is presented with a MARPAC Bravo Zulu for his dedication and service to the MARPAC.



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**3005 11 Svc Bn ARMY CADETS** has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

### VOLUNTEER

**WOMAN MENTORS WANTED!** Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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