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GCWCC goal \$700,000!



Top: Base Commander, Capt(N) Bob Auchterlonie addresses the crowd at the Government of Canada Workplace Charitable Campaign kickoff, where he announced the DND fund raising goal of \$700,000. **Left:** Trade Show attendee PO1 Ted Hamilton discusses medal production with Helen Edley of Landsharkzcoins, one of 115 booths at the CFB Esquimalt Industrial Supplier Trade Show hosted by Lookout. **Right:** Ellen Stensholt from the Canadian Diabetes Association talks to attendees at the trade show.

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O.A.C.

Honouring the past, remembering HMCS Ottawa I

Shelley Lipke
Staff Writer

The crew of *HMCS Ottawa* were joined by past commanding officers and veterans on Sept. 14 to commemorate the 70th anniversary of the sinking of the original destroyer *HMCS Ottawa* and crew.

Once the ship's company had fallen into divisions on the flight deck the ceremony began.

"Let us think reverently of those comrades who laid down their lives for sovereign and country," said Commanding Officer Cdr Scott VanWill to his crew. "Let us be mindful of the cost of freedom and peace. May our country and its people be worthy of their sacrifice."

Then, the ship's flag was lowered to half mast.

Padre Lt(N) Jeannine Friesen led a naval prayer and blessed the water in *Ottawa II*'s ship bell and MS Ley Ireland and PO1 Keith Fairman committed the water over the side of the ship.

The ship's bell rang once in memory of *Ottawa I* and



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. Pictured above, the water casting party, PO1 Keith Fairman and MS Ley Ireland, commit the blessed water to the sea to commemorate the anniversary of the sinking.

two minutes of silence followed.

Amazing Grace was piped

on the bagpipes.

"We commemorate the sinking every year, but this

is the first year we have reached out to veterans and past commanding officers,"

said *Ottawa's* coxswain, CPO1 Sid Tobias. "It gives the sailors a direct reference

point to think about and brings them closer to the sacrifice of service. It is our responsibility to mark this each year," he said.

Veteran Ed Dallin attended the ceremony. His brother was a stoker on the original *Ottawa* from 1938 to 1941.

"This brings back a lot of memories for me," said Dallin. "My brother got off the ship before it sank the following year. He was glad he wasn't on it. It means a lot for me to be here today."

HMCS Ottawa was built as British *HMS Crusader H60* in 1931 and transferred to Canada in 1938 and renamed *HMCS Ottawa*.

During the Second World War, *Ottawa* escorted convoys between Great Britain and Canada.

On Sept. 13, 1942, the ship was torpedoed off the coast of St. John's, Newfoundland. A second hit broke the ship in half and sunk it. Only 65 survivors were rescued from the freezing Atlantic waters, while 114 died.

The current *HMCS Ottawa* is the fourth generation of *Ottawa* in the Canadian Navy.

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Conference addresses protection and trade

Kristine Parker
MARPAC Public Affairs

Next week, Asia Pacific relations will be front and centre during the Maritime Security Challenges 2012 conference.

Hosted by Royal Roads University, and supported by the Asia Pacific Center for Security Studies, and the Royal Canadian Navy's (RCN) Maritime Forces Pacific (MARPAC), this internationally-established, biennial conference takes place Oct. 1-3.

Led by an international host of specialists ranging from military and government officials to academic and industry representatives, the conference will address a variety of current maritime security issues in order to gather a dynamic scope of opinions on security priorities facing Canada and

our allies.

"In my estimations, the 21st century is a maritime century. Increasingly, interactions between states will play out at sea, and nowhere is this more obvious than in the Indo-Pacific region," says Conference Program Director, Dr. James Boutilier. "Maritime Security Challenges 2012 examines the threats and opportunities facing the Canadian Navy and other navies."

Dialogue surrounding cost-effective hybrid ships, recruitment strategies for the Canadian Navy, human and drug smuggling in Canadian and abroad, and piracy off the coast of oil-rich African states are the topics scheduled to be addressed at the conference.

Canada's coast's location to Asia Pacific region, combined with our countries increased economic interdependence on trade with the Asia Pacific region means Canadian gov-

ernment officials, businessmen and citizens alike are affected by issues of maritime security in Pacific waters.

Furthermore, increasing Canada's contribution to international dialogue on current maritime security issues is "not only desirable but essential," says Boutilier. "And the Royal Canadian Navy, in defending the Canadian coast and representing Canada's interests abroad, will almost certainly find itself working more closely with navies around the world in the future."

The RCN continues to contribute to MSC conferences held in Victoria by engaging its Pacific task force, MARPAC, to address barriers to the protection and strengthening of our country's maritime relations with allies, being that it is not an exclusive concern for the Navy but for the prosperity and life for all Canadian citizens.



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Photo by Cpl Michael Bastien, MARPAC Imaging Services

Senator Donald Plett, at the helm, was on board PCT Renard for a sail around CFB Esquimalt harbour with Senator Romeo Dallaire and Joseph Day. The Senate Committee on National Security and Defence visited CFB Esquimalt Aug. 29. They were here on a fact-finding and getting acquainted visit.

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Published each Monday, under the authority of Capt(N) Bob Auchterlonie, Base Commander. The LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Bob Auchterlonie, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFAO 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAF57.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.



Circulation - 4,500

One year subscription - \$37.³⁶

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

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Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Charity Campaign Kick-Off

Messages from Senior Leaders

Campaign Chair Capt(N) Auchterlonie:

As the new GCWCC Campaign Chair for Maritime Forces Pacific and Joint Task Force Pacific, I would first like to thank all members of the Defence Team for their years of outstanding support and involvement in their respective communities. For the past seven years your Formation has provided the single largest contribution in Greater Victoria, and our per capita donations have been second to none. This says a great deal about you - you care, you help and you give back to your community again and again.

As we approach this year's campaign we are acutely aware of the uncertainties that face us as a Defence Team, as a Community and as a Nation. Economic uncertainty, unfortunately, compounds the need for the very services provided by the United Way and Health Partners and their affiliated charities and supported non-profit organizations. As the new Campaign Chair, my priorities for this campaign are to continue building on the theme of participation; to raise awareness of the needs in our community and identify how we can help; and to provide information and opportunities for participation and volunteerism.

This campaign is not about just encouraging donations and going desk-to-desk with an open hand. It is about making sure people understand the needs that exist in our community, how even the smallest donation will help and how we can get involved by volunteering. That is why this campaign matters so very much.

Good luck and enjoy. I'm sure you will find that there are many positive and rewarding

experiences for you throughout the campaign.

I am honoured to be your Campaign Chair and I look forward to working with the entire Defence Team to build on the successes you have achieved in years past. I am equally privileged to be working with Capt(N) Luc Cassivi as the Leadership Chair who continues to build and inspire this very important group of volunteers and donors. This year's focus is building on the theme of participation; get out and enjoy the campaign and get involved as much as you can.

Campaign Leadership Chair Capt(N) Cassivi:

Dear friends of the local Department of National Defence (DND) community,

It is with great pleasure that I take on the role of leadership chair for the GCWCC for another year. Working alongside the dynamic group of volunteers who make this campaign such a success always puts wind in my sails. Of particular note is the ever growing list of leadership donors in this area. Last year, more than half the campaign total came from leadership donors. Well done to you and I hope we can build on your support again this year!

I know I do not have to convince our leaders on the value of their contribution. They understand it fully and tend to be lifetime contributors to this yearly event. What I would like to focus on this year in my engagements with you is that contributions at any level make a huge difference in the community. A donation as little as \$5 a pay will enable 23 hours of volunteer work in support of children and youth in social and recreational programming or provide a meal to 5 persons in need along with educational

activities designed to help them become self-reliant. Isn't that a great way to make our communities a better place!

I encourage you all to take the time and listen to your unit canvassers as they go around and engage you with regards to the campaign this year. Keep an open mind and assess if "you" have a role to play in your community. You may decide to donate some of your time and become a volunteer if you don't already do so...good on you! Another way to help is to donate funds which will support the efforts of the army of volunteers who help the community daily. Whichever path you choose is great. Participation in any form is what matters. That is the basis of the spirit of giving which makes this country great.

We easily rally to give money for disaster relief around the world and rightly so. During this campaign, I challenge you to take a walk around your community and notice the little disasters of sort around us and who is there to help. This should help you understand the need around us. If you get that, you will understand what this campaign is all about and why its volunteers have such passion. I hope this will encourage you to get onboard.

For our leadership donors, I encourage you to talk to your friends and co-workers about what the campaign means to you when the occasion surfaces. This will help our volunteers greatly. Let's share the spirit of giving... investing in our community is an excellent investment!

Have a great campaign and I hope to see you all around the campaign events around the Formation.

SPORTS trivia by PO2 Bill Sheridan Contributor

1. What is billed as the world's largest slanted structure?
2. Metta World Peace is the new name for what NBA player?
3. What baseball player is banned from the hall of fame due to gambling?
4. What agent was removed from the Hockey hall of fame?
5. Redskins kicker Mark Moseley wore how many pair of socks?
6. What is known as the Friendly Confines?
7. Who has scored more goals for England's national soccer team than anyone else?
8. Who was the first player to steal 100 bases in a season?
9. What was important about Mud Bruneteau's overtime goal?
10. In the Movie Slapshot, what is Tim McCrackens nickname?
11. What did Seattle Breakers of the WHL receive in exchange for Tom Martin in the 1983 trade with Victoria?
12. In the Abbott and Costello Who's on first routine, Name the centerfielder?
13. What starlet was Joe DiMaggio briefly married to?
14. What sport is Duke Kahanamoku associated with?
15. Who was Brittanie Cecil?
16. Eddie Matthews was on the cover of the first edition of what popular magazine?
17. What day was the New Orleans Saints franchise ironically announced?
18. President Taft became the president to open the baseball season by doing this?
19. Who was the last WHA Avco Cup champions?
20. Photo Tech Cpl McCord of Halifax sang in the choir at a baptism for which hockey stars daughter?

1. Montreal's Olympic stadium tower holding the roof
2. Ron Artest
3. Pete Rose
4. Alan Eagleson
5. Five
6. Wrigley Field
7. Sir Bobby Charlton
8. Maury Wills
9. Ended the longest game ever played, a record that still stands today
10. Doctor Hook
11. Team Bus
12. Because
13. First Dorothy Arnold and later Marilyn Monroe
14. He made surfing popular
15. While attending a Columbus game, she was hit with a puck and died two days later. After this incident the league put netting up at each end of the ice. The team wore her initials on their helmet for the remainder of the season.
16. Sports Illustrated
17. All-saints day November 1st 1966.
18. Throwing out the first pitch.
19. Winnipeg Jets defeated the Gretzky led Oilers four games to two.
20. Living in Brantford, Kristen sang when Paulina Gretzky was baptized.

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Regina sailors visit children's home

Padre Nigel Tully
HMCS Regina

In the midst of HMCS Regina's transit to the Arabian Sea, 30 members of the crew had an opportunity to support Jamiyah Children's Home during a port visit to Singapore.

During an outreach activity organized by Canada's High Commission, a contingent of soldiers, sailors, and diplomats spent the afternoon painting walls and making arts and craft with an excited group of orphans.

As part of the day's activities, members of HMCS Regina ship's company also had the opportunity to tour the recently built facilities, which were just completed due to a desperate need for more accommodation to shelter the growing number of children placed in the home's care.

"As the number of underprivileged children continues to grow in Singapore there is a great need for

more facilities like this," explained Sophian Kayat, the home's superintendent. "Jamiyah Children's home which, when literally translated, means 'House of Bliss' receives the full support of the Singapore Council of Social Services, but we depend mostly on donations from individuals and outside organizations," he explained.

Regina, together with Canadian High Commission presented a combined donation of supplies and cash valued at \$12,880.

As the crew toured the facility, they met a myriad of children ranging from two to 19 years of age, and learned that Jamiyah Children's home is part of a voluntary welfare organization started in 1993. This venture was part of a response to a developing concern about the growing number of neglected children.

Kayat openly talked about how many of the 89 orphans currently at the

home arrived feeling lonely, abandoned and uncertain about their future. Further, he adds that it is the role of the home's caring educators, counsellors and volunteers to provide the children with a climate of protection, support, stability and a sense of family.

"Some of these children have experienced trauma and saw their dreams crushed because of abuse and rejection, we here at the home provide a holistic approach which offers shelter, care, and fosters the development of the children. That is why we are truly glad to have you all here during our observance of the Muslim celebration of Ramadan to share in this vision of caring for them," said Kayat.

The highlight of the day was the opportunity to interact with the children. Individuals from Regina and the Canadian High Commission to Singapore sat with the children and made arts and crafts with

them. Some of the children coloured greeting cards in recognition of the upcoming celebration of Eid, a festive holiday marking the end of Ramadan in the Muslim religion, while others made colourful crafts out of ribbon, which will be used as decorations.

This was a moving experience that touched the heart of all participants, both the young and the young at heart.

"I'm so glad I participated in this activity," said LS Brown, a Combat Systems Engineering Technician on board Regina. "Being involved in humanitarian projects like this makes me feel really proud to be a Canadian."

Like all good times, the day at Jamiyah Children's Home drew to an end. But as the crew returned to Regina they did so in the knowledge that they had waved the Canadian flag and brightened the lives of less fortunate children.



Photos by Cpl Rick Ayer, Formation Imaging Services
Above: The Commanding Officer of HMCS Regina, Commander Jason Boyd, along with Cpl Genevieve Dureau (left) and Elizabeth Baldwin-Jones (right), the Acting Canadian High Commissioner/Political and Public Affairs, present a cheque for \$2,250 to Sophian Kayat, the superintendent of Jamiyah Children's Home. HMCS Regina was in Singapore for a short visit during their transit to the Arabian Sea where the ship joined Operation Artemis.

Left: During a port visit to Singapore, members of HMCS Regina provided a helping hand at the Jamiyah Children's Home.

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GOODYEAR **DUNLOP**

Soldier saves capsized civilian

Shawn O'Hara
Staff Writer

A morning fishing trip off the coast of Sidney nearly turned tragic Sept. 4.

Fisherman Cal Davis was plying the Juan de Fuca Strait that morning when the prow of the small aluminum boat he was in tipped under the waves and began to take on water.

"Before I even really knew what was happening I was in trouble," says Davis. "The boat capsized and all I could think was 'this can't be happening'."

Davis began swimming away from his capsized vessel, but with shore around 250 yards out and a healthy current tugging him in the opposite direction, things weren't going his way.

He swam the cold waters for about eight minutes before salvation came in the form of CWO Brian

Lougheed of the 5th (BC) Field Regiment.

"I saw him on my way out. I thought it was strange he was by himself," says CWO Lougheed, who was out fishing that morning as well. "I looked back that way with my binoculars when I got further out and couldn't see him. I did see what looked like a capsized boat."

CWO Lougheed's military training and dive experience took over, and he jumped into action, charting a hasty course for the waterlogged civilian.

"When I spotted him I called out and told him exactly what I was going to do," CWO Lougheed. "I came along side and was able to haul him out of the water and start treating him for hypothermia."

CWO Lougheed radioed the Coast Guard, informing them of his rescue. He then made course back to

Sidney. The next day CWO Lougheed drove out with Davis to retrieve his boat, which had been taken ashore by two other boaters. Davis offered to compensate CWO Lougheed for his time and fuel, but CWO Lougheed refused.

"When I think about it, he couldn't have been any more exemplary than he was," says Davis. "He's a very generous, very selfless gentleman."

For CWO Lougheed, it was an instinctual reaction.

"I saw an overturned boat, and I knew a man had been in that boat," he says. "Of course I wanted to help."

Davis, however, has CWO Lougheed to thank for the return of his boat as well as his life.

"I like to think that I would have been okay, but I'll never know," says Davis. "In the end all I can do is thank him."



Photo by Shawn O'Hara, Lookout

CWO Brian Lougheed and Cal Davis reunited after CWO Lougheed pulled Davis from the cold waters off of Sidney.

Watch Base videos now! Visit the Lookout website.



Go to www.lookoutnewspaper.com to see our feature videos this week:

1. HMCS Calgary is the first Canadian Frigate to complete the Halifax Class Modernization Frigate Life Extension (HCM/FELEX). See the upgrades and advancements inside and out and what makes this the next generation of frigate.
2. Seamanship Division uses Bentinck Island to train Fleet School boatswains demolitions training. On Sept. 6 a special refresher course was held for instructors.
3. Dynamic feature footage from RIMPAC 2012 – the largest multi-national military exercise.

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Jen Seipp
CFPFSS Communications Advisor

This October, PSP Directorate of Fitness is launching a new web-based fitness tool, www.Dfit.ca, to help Canadian Forces personnel plan, monitor and enhance physical fitness training.

This innovative, interactive web application will help them meet their fitness needs wherever they are located, in Canada or abroad, on a base or on deployment.

Dfit.ca provides a variety of fitness training plans, video demonstrations, injury prevention information, and online journals to help them record their activities and stay on track.

"Dfit.ca is a modern, easy-to-use tool that provides state of the art, professional fitness programs and resources right at Canadian Forces members' fingertips," says Daryl Allard, Director of Fitness. "You can log in from a home computer, a DWAN work station, or even a smart phone or tablet to access fitness information whenever and wherever you need it."

Whether you're training to prepare for a deployment, pass your annual fitness evaluation, run a marathon, or improve

your regular workout routine, Dfit.ca can help.

The application features video demonstrations of hundreds of unique exercises, and allows a person to generate his or her own fitness training plan based on their specific environment, length of training, workout frequency, and current fitness level. This combination of ready-to-go materials and individual customization makes Dfit.ca a great hub of information that's easy to adapt to meet goals.

Should a person encounter a question, Dfit.ca's interactive forum connects them with PSP fitness personnel who can provide helpful feedback and advice.

"Dfit.ca is all about connecting Canadian Forces members with an accurate, interactive and effective health and fitness resource," says Ben Ouellette, Senior Fitness Manager. "We know that Canadian Forces members can't always visit our PSP fitness and health promotion personnel for one-on-one advice, so Dfit.ca enables members to go online and access the tools they need to maintain a high level of fitness, and be physically ready for any operational challenge."

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Please contact Nancy Heisel @ 250-363-5609 or Nancy.Heisel@forces.gc.ca

All proceeds to GCWCC/United Way.

Subway Super Series

Okay, so we don't know if the NHL is going to have a season or not.....But that doesn't stop a good hockey fan from finding a game to watch!

11 Fd Amb and GCWCC-UW Raffle - 2 tickets to the game on Nov. 15, 7:05 p.m. game time.

Raffle tickets: \$2 each or 3 / \$5

Contact Sgt DT Lum via email

The United Way Slo-Pitch Tournament is being held during Oct. 10-12.

Team format will be 7 men and 3 women.

Register at the Naden Athletic Centre Kiosk. The cost is \$50 per team with all the proceeds going to the United Way Foundation.

It is not necessary to attend the entire day, simply your team's games.

Schedule will be out no later than Oct. 3.

For more information call 3-4069 or email Allison.Jones2@forces.gc.ca

Come out and have some fun in the sun and support a great cause!

Registration deadline: Oct. 1

Hockey - Hockey - Hockey

Okay, so we don't know if the NHL is going to once again have a season or not.... But that doesn't stop a good hockey fan from finding a game to watch!

Victoria Royals -VS- Swift Current Broncos
11 Fd Amb and GCWCC-UW Raffle for 2 tickets to the game Dec. 8, 7:05 pm game time.

This is Teddy Bear Toss night. When the Royals score their first goal, throw out a Teddy Bear.

Raffle tickets: \$2 each or 3 / \$5

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Group shot of the Military and DND civilians who volunteered in the annual Great Canadian Shoreline Cleanup at Yarrows boat ramp.
Photo by Cpl Justin Ancelin, MARPAC Imaging Services

Shawn O'Hara
Staff Writer

More than 40 military and civilian volunteers rolled up their sleeves last Wednesday for the Great Canadian Shore Cleanup.

This year marked the first official CFB Esquimalt crew, headed by the office of the Queen's Harbour Master, the Canadian Forces Auxiliary Vessels and the Port Operations and Emergency Services Branch.

"It's our responsibility to keep this harbour clean," says Branch Environmental Officer Lyle Fairley. "We wanted to do our part, and we've had a really great response from the base."

The team targeted the area around Dockyard and Naden, as well as across

the water in View Royal. They combed the waters and beaches for refuse of any kind, even hauling an old wooden boat out of the seabed near Fleet Dive Unit.

"I can't believe how much stuff we recovered," says Fairley. "Everyone did a really great job."

All in all, around 3,000 lbs of material was recovered. This included 1,937 lbs of scrap metal, 176 lbs of rope, and 59 lbs in plastic bags.

"There's still more out there, and it's going to take a lot more work, but we're off to a good start," says Fairley. "All of the stuff that we collected can have a serious impact on marine wildlife and the ecosystem. This is an important job, and I'm glad that we can help."

PUBLIC NOTICE

RECALL AND INITIATIVE ACT

This notice is published pursuant to section 4 of the *Recall and Initiative Act*.

Approval in principle has been granted on an application for an initiative petition. The petition will be issued to proponent Dana Larsen on Monday, November 19, 2012 and signature sheets must be submitted to the Chief Electoral Officer by Monday, February 18, 2013.

The Title of the Initiative is:
An initiative to amend the *Police Act*.

Summary of Initiative:
The initiative draft Bill entitled, "Sensible Policing Act" proposes to amend the Police Act to no longer use provincial police resources on the enforcement of current laws in relation to simple possession and use of cannabis by adults. The draft law would prohibit the use of provincial police resources for this purpose, would require police to report in detail to the Minister of Justice any actual use of resources for this purpose and why it was necessary, and require the Minister to publish that report. The Bill also proposes that the Province would call upon the Federal Government to repeal the federal prohibition on cannabis, or give British Columbia an exemption, such that British Columbia is able to tax and regulate cannabis similar to the regulation of alcohol and tobacco. As well it proposes that British Columbia shall establish a Provincial Commission to study the means and requirements necessary for the province to establish a legal and regulated model for the production and use of cannabis by adults. Last, the Bill would make non-lawful possession and use of cannabis by minors an offence similar to possession and use of alcohol.

Opponent Registration:
Individuals or organizations who intend to incur expenses as opponents must apply for registration with the Chief Electoral Officer by Monday, October 22, 2012. Registration applications for opponents are available from Elections BC.

Initiative Advertising:
Individuals or organizations who sponsor initiative advertising, other than the proponent and registered opponents, must register with the Chief Electoral Officer before they conduct or publish initiative advertising. Registration applications are available from Elections BC.

Who May Sign the Petition:
Registered voters as of Monday, November 19, 2012 may sign the initiative petition. Individuals may only sign the petition once, and must sign the petition sheet for the electoral district in which they are registered at the time of signing. Signed petitions are available for public inspection.

For More Information:
The initiative application and draft Bill are available for public inspection on the Elections BC website and at the Elections BC office at the address below.

Location:
Suite 100 – 1112 Fort Street, Victoria, B.C

Mailing Address:
PO Box 9275 Stn Prov Govt, Victoria, BC V8W 9J6

Phone: 250-387-5305
Toll-free: 1-800-661-8683
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LS Darren Hann takes his turn at bat.



Sailor

SPORTS DAY

Shawn O'Hara
Staff Writer

Staff and students from CF Fleet School took a break from classroom learning for some sports competition Sept. 14 at the annual Fleet School Sports Day.

More than 700 students and teachers took to the fields at the Juan de Fuca Recreation Centre for a little physical exertion, to stay fit and clear their minds.

"They spend a lot of time cooped up in classrooms, watching presentations," says PO1 Judith Hales, Fleet School Sports Officer. "Here they can get some exercise, get to know more about each other and how they work together."

Competition isn't the focus of the day, though there are winners for each sport. Skills utilized during team sports are closely related to the skills needed to be successful in the military.

"Playing a sport is all about leadership, teamwork, and knowing your role," says PO1 Hales. "It's important to instill that understanding of teamwork and community early on. It's a huge advantage later in your career."

The day's competition was conducted round robin style. The Marine Systems Engineer team placed first in floor hockey; the Blue Team, made up of a mixture of



students from all sections, took first in soccer; OS Oswald Lindsay had the top score on the golf course; Cdr Daniel Riis and civilian Sylvie Rochette won doubles tennis; the Naval Combat Information Operators came first in softball; and finally, the beach volleyball champions were the Sonar Operators.



AS Mark Ironstand putts for the hole.
Photos by Shawn O'Hara, Lookout



Above: OS Andre Felix Samfacon mans the grill at the Fleet School Sports Day.
Middle: A few friendly morning games of beach volleyball.



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Casual child care coming

Jon Chabun
MFRC

For some it's a chance to relax. For others it's a chance to get those errands done. Whatever the reason, casual child care is a life-saver for military spouses.

This service exists because of money donated to the MFRC each year through the Government of Canada Workplace Charitable Campaign (GCWCC).

Jessica Schneider represents one of 107 families that take advantage of casual child care each year. Her husband is currently training for two months in Quebec in anticipation of an eight-month deployment to Afghanistan.

"It's just me - all the time," said Schneider, who has family in Metro Vancouver but none in Victoria. "It is absolutely critical to my well being to have a break. Without a place like this, I don't think I could function in a military situation."

Jessica is thankful this service exists. She uses the time to do things that she wouldn't bring a three-year-old to, such as the dentist or specialist appointments where you can't have a young child providing distractions.

"Some times, I just sit in a coffee shop and just veg-tate," said Schneider. "I'll read the newspaper in peace."

The at-home parent

reserves a casual child care session in advance. After dropping off their child and signing them in, MFRC staff take over for three straight hours giving the parent a much-needed break. The children do art projects, engage in creative play, and participate in table-top games and toys. There is story time and songs, a snack break, and clean up. The day usually ends at the playground before the parents come to pick them up.

Donations to the MFRC through the GCWCC give families experiencing work-related separations this respite care at no cost.

Families are eligible for one free three-hour session per week during deployments or other work-related separations longer than 28 days (21 days for the Maritime Coastal Defence

Vessels).

Casual Child Care is available from Tuesdays to Fridays at both the Lampson School and the Colwood Pacific Activity Centre. Babies from six to 18 months, and children from 18 months to five years of age can sign up for this care.

More details are available at the MFRC website at www.esquimaltmfrc.com.

The MFRC is the only local non-profit organization specifically dedicated to providing services to military families. Help support key services like casual child care by contributing to the MFRC through the Government of Canada Workplace Charitable Campaign (GCWCC). On Section 4 of the pledge form, write Esquimalt Military Family Resource Centre and include the charitable number 13807 0578 RR0001.

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Jessica Schneider hugs her daughter Lillian goodbye with one arm while holding her son Logan with the other.

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Exercise Avalon Responder

SLt Tim Woodworth
HMCS Cabot

HMCS Cabot in St John's was the hub of the Naval Reserve from Aug. 20-31 during a domestic safety and security exercise known as Exercise Avalon Responder.

Hurricanes, earth quakes, floods and terrorist threats are the types of emergencies requiring a skilled emergency response team.

Sudden catastrophic events often require a joint response between government departments. Exercise Avalon Responder provided a chance for these organizations to get together in the spirit of learning and cooperation to react to an emergency as quickly and efficiently as possible.

Avalon Responder is a small boat operations exercise aimed to provide education and hands-on training required to be effective as a part of a larger interdepartmental group. Naval Reserve sailors travelled from all over Canada, learning new skills and reinforcing what they already know.

The Canadian Coast Guard and a newly minted Royal Newfoundland Constabulary (RNC) Marine Unit were also involved, delivering lectures to the sailors and participating in various scenarios on the open ocean. By strengthening ties with the local emergency response community we learn about their capabilities and how we can best work together when called upon to do so.

Avalon Responder culminated in a final scenario involving all three organizations, and was observed by Captain Chris Dickinson, Deputy Commander Naval Reserve.

With the CCGS *George R. Pearkes* acting as the on-scene command and control station, small boats teams deployed including the RNC and searched the shoreline in Freshwater Bay.

"This exercise was outstanding," said Capt(N) Dickinson. "What did I see that was best here? I saw sailors going to sea. We had 53 sailors, 18 out of 24 Naval Reserve units were represented in this national exercise, in rigid-hull inflatable boats (RHIBs) working with the Canadian Coast Guard (CCG). There was amazing cooperation by both the CCG and the RNC, which are two organizations that we haven't worked with a lot as the Navy. Here you saw Naval Reservists showing what we do to those groups, and we're getting amazing lessons particularly from CCG who have a lot of expertise in search and rescue. It was wonderful to be working with the CCGS *George R. Perkes*, which went to sea and sat there as the command ship for the exercise. I'm really pleased

with that."

One of the scenarios that Capt(N) Dickinson observed was the rescue of a civilian boater whose boat had overturned and had ended up on a rocky crag in Freshwater Bay.

"From my perspective it's Naval Reservists strategically getting ready to do domestic safety which is one of our main tasks so it was a super exercise," he said.

The sailors participating had a wide range of experience in small boat operations and spent a portion of their time in the classroom. Unlike traditional Port Security exercises, part of the focus of this exercise was providing the sailors with a higher level of theory and safe operations training.

"It was really, really great. The weather for the whole two weeks was sunny, so that made it fun. It's not my first time to St. John's but it's a good city, a lot like Rimouski," said LS Veronique Paradis from HMCS *D'Iberville*. "We went to sea a lot and the two last days were the best ones. Working with the CCG we learned a lot of new stuff and new exercises that we'd never done before, a new kind of approach. Today we used waypoints over a long distance, and a lot of people had never driven at sea in waves that big."

The Canadian Coast Guard lectures focused largely on the five stages of a search and rescue mission. As experts in the field of search and rescue they had many personal stories that related to the material presented. The lectures covered everything from the initial alarm, to the planning phase and finally the conclusion of the mission.

Naval Reserve sailors practiced charting search boundaries and planning search patterns such as expanding squares or creeping lines.

With safe working practices firmly entrenched, the sailors took to the water for a real-time execution of the response plans they had been studying. Avalon Responder was designed to train personnel in the application of waterborne disaster assistance measures including small boat operations, search and rescue, shore line reconnaissance and safety of life at sea.

"The reason it was decided to come to St. John's, Newfoundland, was to offer a different experience that allows the sailors to work in an operational harbour," said CPO2 Fred Haight. "The environment they learned from here includes open ocean in an area that few sailors are familiar with. This exercise will surely enhance sailors' ability to move and operate their unit's RHIBs or Hurricanes, as long as they are given the chance to practice what they've learned in the last two weeks."

Photo by SLt Tim Woodworth, HMCS Cabot

Navy Rigid Hull Inflatable Boats along with the Canadian Coast Guard and the Royal Newfoundland Constabulary form up for a picture.

The Royal Newfoundland Constabulary launched their new Marine Unit in St. John's on July 28. What might be surprising to some people is that the RNC is not new to small boat operations. Newfoundland and Labrador's local police have marine capabilities in Corner Brook, Labrador City and Churchill Falls. The RNC's marine history goes back to the late 1800's and includes operations during the First and Second World Wars.

Naval Reservists are largely part-time sailors with separate careers or are full-time students. Exercises such as Avalon Responder help keep their nautical skills sharp, reinforce teamwork, and enhance esprit-de-corps through training such as this. Upon returning home to their respective home units, personnel are better trained and ready if called upon to serve, be it in our own communities or across Canada.

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Commander Todd Bonnar presents

Commander Todd Bonnar, Commanding Officer of HMCS Protecteur, presented the following people with the Queen's Diamond Jubilee Medal for their dedication and service to the Canadian Forces.



Lt(N) Mark Schofield



P01 Brian Basso



OS Brad Holt



PO2 Demian Vezerian



Cpl Jocelyne Eastman



LS Sheldon Macpherson



CPO2 Tom Watson



PO2 Keith Freer



PO2 Shawn Mosson



PO1 Lee Westwood



PO2 Boyd Greeley



MCpl Joel Redman



CPO2 Tim Rogerson

Bravo ZULU



AB Jeffrey Preston is promoted to Able Seaman by Cdr Bonnar.



MS Jeremy Snider receives the Operational Service Medal Expedition from Cdr Bonnar.



LS Lucien Pelletier is promoted by Cdr Bonnar.



CPO2 Tom Watson receives the Operational Service Medal Expedition from Cdr Bonnar.



MS Jeremy Snider receives a Canadian Forces' Decoration from Cdr Bonnar.



OS Vanessa Downie receives the Operational Service Medal Expedition from Cdr Bonnar.



MS Tim Rose receives a Canadian Forces' Decoration from Cdr Bonnar.



PO2 Brian Gilchrist receives the Canadian Forces' Decoration Second Clasp from Cdr Bonnar.



PO2 Michaud Martin receives the Queen's Diamond Jubilee medal from Capt(N) Smith of FMF Cape Breton.



Clearance Diver alumnus, MS (Ret'd) Dan Bewsher (left), presents LS Bryan Ogle with the Joseph Lucien Gilles DeChamplain award for superior fitness during a Fleet Diving Unit parade.



Clearance Diver alumnus, CPO2 (Ret'd) Daniel Desjardins presents LS Andy O'Brien with the Stephan Flynn Memorial Award for Academic Achievement during a Fleet Diving Unit parade.



Commander Canadian Fleet Pacific, Cmdre Scott Bishop presents LS Paul Paquette with the award for Overall Top Student during a Fleet Diving Unit parade.

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Health & Safety Event

When: Nov. 19 to 23
Where: The new Defence Campus in Ottawa

CF members and DND employees who hold occupational health and/or safety responsibilities as part of their job are invited to participate. This includes full-time safety officers and those who have safety as a secondary duty, health, and safety service providers, and personnel working in any of the safety programs within the Department.

With the theme of this year's event being From Collaboration to Action, this dynamic event offers the opportunity to take on current, real challenges in a working group setting that will allow you to

find solutions to problems that affect our workplace. There will be opportunities for exchange of information on upcoming initiatives, recent successes, and sharing of best practices.

On Monday, Nov. 19 in the afternoon, delegates will be able to pick-up their event kits and visit the Health and Safety Trade Show. Specialists from different safety programs and other exhibitors will present elements of their programs and offer you the opportunity to learn more about how health and safety matters impact various aspects of our work. The trade show will also include prizes and giveaways.

For more information and to register online, visit us at <http://vcds.mil.ca/OHS-SST2012/>

CORRECTION

The photo on page 12 Issue 38 of the Lookout incorrectly identified the medal received by LCdr T.L. Markusson, Commanding Officer of HMCS Chicoutimi. Cmdre Scott Bishop presented him the Operational Service Medal, while LCdr Markusson's wife looked on.

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