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Regina Rescue



HMCS Regina, together with Republic Singapore Ship Intrepid, provided assistance to a stricken dhow in the Gulf of Aden on Sept. 18.

"RSS Intrepid's Sikorsky helicopter sighted a Yemeni dhow, whose crew were waving their hands, indicating some form of distress," said Lt(N) Jolene Lisi, Regina's Operations Room Officer. "With that information, Regina's Sea King helicopter located the dhow and provided further visual assessment. It then remained overhead

until Regina arrived. As the closest vessel, the Canadian frigate was able to arrive and begin offering assistance within 30 minutes."

Regina sent members of their small boat inspection team, an electrician and an interpreter in their rigid-hulled-inflatable boat to investigate and provide assistance. The dhow in distress had run out of both fuel and food. Regina was able to manoeuvre and secure the dhow alongside to provide fuel along with fresh food and water for the crew.

Photo by Cpl Rick Ayer, Formation Imaging Services



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Location: Pacific Fleet Club Upper Lounge

EVENING SESSION:

Date: Oct. 11
Time: 1900

LOCATION: Belmont Park CPAC - Spouses welcome. Open to all CF members, Reg F and Res CIB/C within MARPAC Formation.

YOUR SEVERANCE PAY ELECTION OPTIONS:

1. one time payment in full now
 2. partial payment now and remainder at retirement
 3. no election, receive all at retirement
- Severance pay election date starts Dec. 14, 2012.

Severance pay decision deadline nearing

Election For The Payment In Lieu of Canadian Forces Severance Pay

Director General Compensations and Benefits, Chief of Military Personnel

The time to make a decision about your Canadian Forces Severance Pay (CFSP) is fast approaching.

Estimates of years of eligible service for the Payment in Lieu (PiL) of CFSP were mailed to the same address at which you receive your T4. If you did not receive your estimate, or if you believe there is an error, you may need to confirm/correct the information on your estimate with your Base or Unit Orderly Room.

If you think you might want to elect for a PiL, any uncorrected errors may affect the amount.

During the election period, from Dec. 14, 2012, to March 13, 2013, you have an opportunity to elect to receive all or part of your severance pay as a PiL. This election period is established by Treasury Board and cannot be extended for any reason. There are three options available with respect to your election as detailed below.

You may choose, during the election period, to receive a PiL of all your accumulated years of eligible service prior to your release or transfer from the Regular Force or the Primary Reserve. Your PiL will be processed following a verification of eligible service by the PiL Audit Team.

Alternatively, you may also choose, during the election period, to receive a PiL for a portion of your accumulated years of eligible service. Under certain circumstances, Base or Unit Orderly Rooms will be able to process payments directly in the pay system. Otherwise, payments will be processed following a verification of eligible service by the PiL Audit team. When you release or transfer from the Regular Force or the Primary Reserve, if eligible, you will receive a CFSP benefit for the remaining portion calculated at your rate of pay for your substantive rank at that time.

Any PiL of CFSP is considered Employment Income under the Income Tax Act and is taxable. If you have unused RRSP room, you can request a reduction of income tax at source. Please consult the Canada Revenue Agency or Revenu Quebec

for further details.

The third option is to choose not to receive a PiL and when your release or transfer from the Regular Force or the Primary

Reserve, if eligible, you will receive a CFSP benefit for all the years of accumulated eligible service calculated at the rate of pay for your substantive rank at that time.

Whatever you decide, make sure you have all the facts. You are strongly recommended to talk to a professional advisor who can help you understand the financial, tax and other implications of your decision.

For more information on CFSP and PiL, including a useful and detailed Q and A section, visit the Director General Compensation and Benefits website: (Intranet – Eng) http://cmp-cpm.forces.mil.ca/dgcb/engraph/home_e.asp?sidesection=1; (Intranet – Fr) http://cmp-cpm.forces.mil.ca/dgcb/frgraph/home_f.asp?sidesection=1; (Internet - Eng) <http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-eng.asp;> (Internet – Fr) <http://www.cmp-cpm.forces.gc.ca/dgcb-dgras/wn-qn/index-fra.asp>

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PO1 Michael Broadley and his bride PO1 Marie-Perie Roy, joined by the Gnaval Gnome, on their wedding day at Magic Island, Hawaii during RIMPAC.

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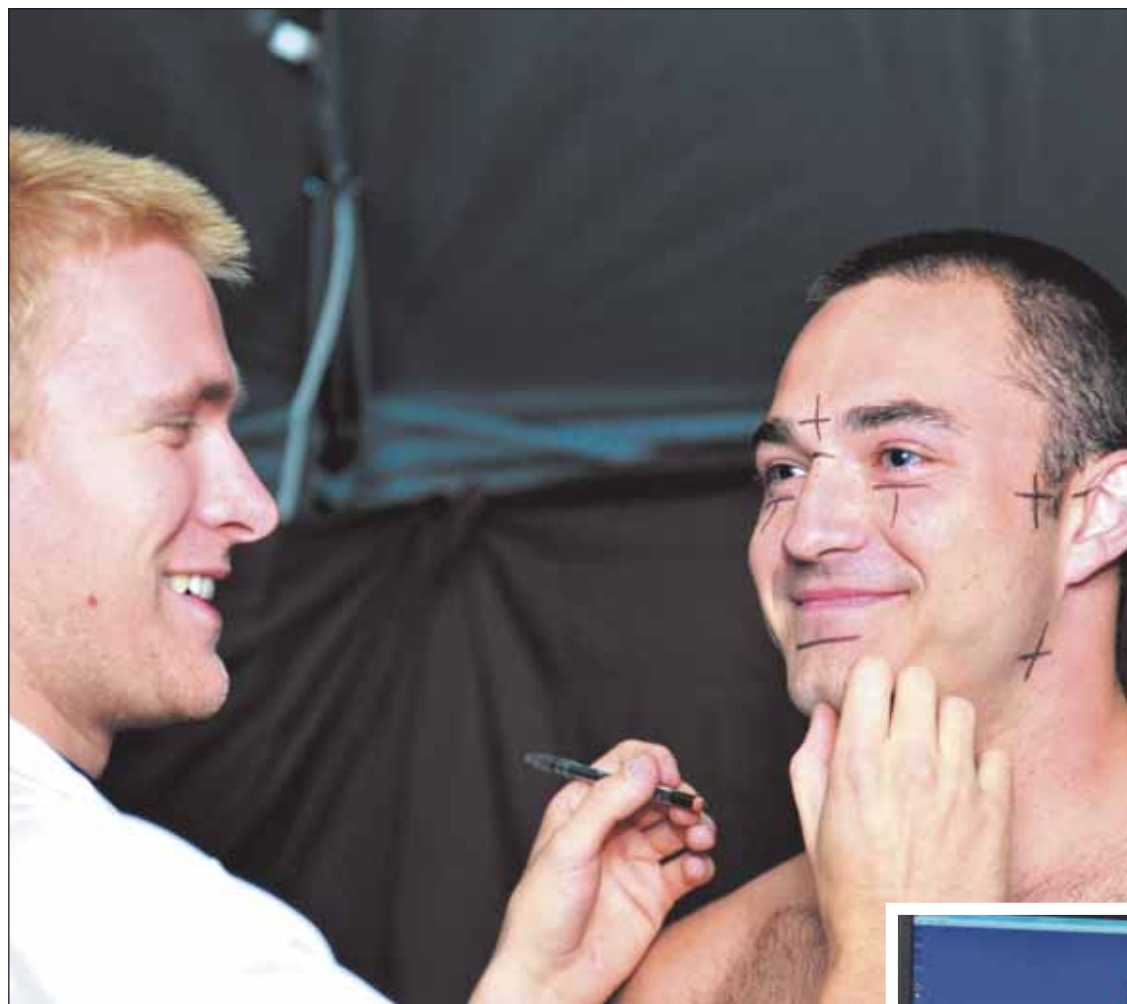
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OS Scott Hickey, marine systems engineer student from the Fleet School, volunteered to take part in the 2012 Canadian Forces Anthropometric Survey. Jon Stevens in the landmarking station measures his critical body features and marks them with an eyebrow pencil so the points can be easily and accurately measured at other stations. This is the first time a survey has ever been conducted across the Canadian Forces to establish data on the size and shape of military members.

Photos by Shelley Lipke, Lookout

Body scans and future military

Shelley Lipke
Staff Writer

Last week, the upper level of the Naden Gym took on the look and feel of a scientific research lab.

Dressed in blue robes, 180 CFB Esquimalt members had lines and x's drawn on them before they were measured and guided behind curtains where three-dimensional lasers mapped out images of their bodies.

It looked like a scene from a sci-fi movie.

This was part of the 2012 Canadian Forces Anthropometric Survey, a Canadian Forces wide study involving 15 bases and wings.

The study is being conducted for the Canadian Forces by Defence Research and Development Canada, an agency that provides DND, other government departments and the public safety and national security communities with the knowledge and technologies needed to defend and protect Canada's interests at home and abroad.

"This is the first time the Canadian Forces have done a study like this involving navy, army and air force," said Allan Keefe, project lead from Defence Research and Development Canada (DRDC).

Current clothing and workspace standards are based on an army survey conducted in 1997, and

there was evidence to suggest the survey needed to be updated, he says.

"Knowledge of the size and form of the body of Canadian Forces personnel is crucial to properly specify, evaluate, and develop military equipment and individual clothing," said Keefe. "We are taking a proportionate sampling approach to ensure we have proper representation of gender, occupation, age and language. This allows us to get a non-bias snapshot of the body shape and size of the Canadian Forces population today."

Once all the data is analyzed it will be used for understanding how many of each size of cloth-

ing to buy, and improving fit and performance of equipment.

For the survey, participants began the process at an intake desk where they provided voluntary demographic information such as age, occupation and ethnicity. Then they proceeded to land-marking stations where important anatomical features were marked.

"This is done to aid the technicians in identifying key measurement locations on the body," explained Keefe. "They are measured with measuring tape, callipers and anthropometers to provide us with body size info."

Three dimensional scanners were then used to render accurate

images of the participant's head, hands, feet and full body.

About 40 military members participated in the study each workday at the Naden Athletic Centre last week.

Upon completion of the process, each participant received a certificate with an image of their body rendered by the 3D scanner.

The members who participated in the survey see the benefit in it, said Keefe. "They are curious as to when they will see the results of the data in new design of kit."

This study is being led by DRDC with assistance from Human Systems Inc., and will assess 4,000 members across Canada.

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Image: Department of National Defence

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WHAT SAY YOU

Drop Zone fundraiser worthy experience

I am so proud to be a part of the group that participated in The Drop Zone this year. I know that the more than \$140,000 raised will make a huge difference for the Easter Seals organization, and the children that benefit from it.

So many people think of Easter Seals as the charity that sends out stickers and never ventures beyond that. Once you delve deeper in the organization and realize just how much of a difference they make for kids and their families, it's beyond heart-warming.

In Oak Bay, there is the Easter Seals House that provides a low cost home away from home for families that are in Victoria for medical treatment. Up in Shawnigan Lake there is also Camp Shawnigan, Vancouver Island's accessible camp. Children aged six to 18 with a mental and/or physical disability may attend camp for free thanks to the fundraising efforts of Easter Seals and the BC Lions Society.

Before The Drop Zone, I never realized just how much Easter Seals does as an organization. I hadn't even heard of this event until I happened across it in a Google search, and after further research I knew it was something I wanted to do. I joined the fundraiser fairly late in the game, registering on Aug. 20 with less than a month until the deadline. Next year I plan to start earlier and hopefully surpass the money I raised this year.

I could not have reached and passed my goal in 2012 without the help of my family and friends. Many of the donations would not have happened if it weren't for my mother. She was relentless in canvassing our neighbours in Ontario, updating them on my life in B.C. and then asking for a donation. She posted my donation link more times than I want to count on her Facebook page, resulting in

donations from friends of hers across the planet. Many of my friends and family members donated as well, some in the interest of laughing at the video footage of my panicked descent, but all with the intent of making a difference.

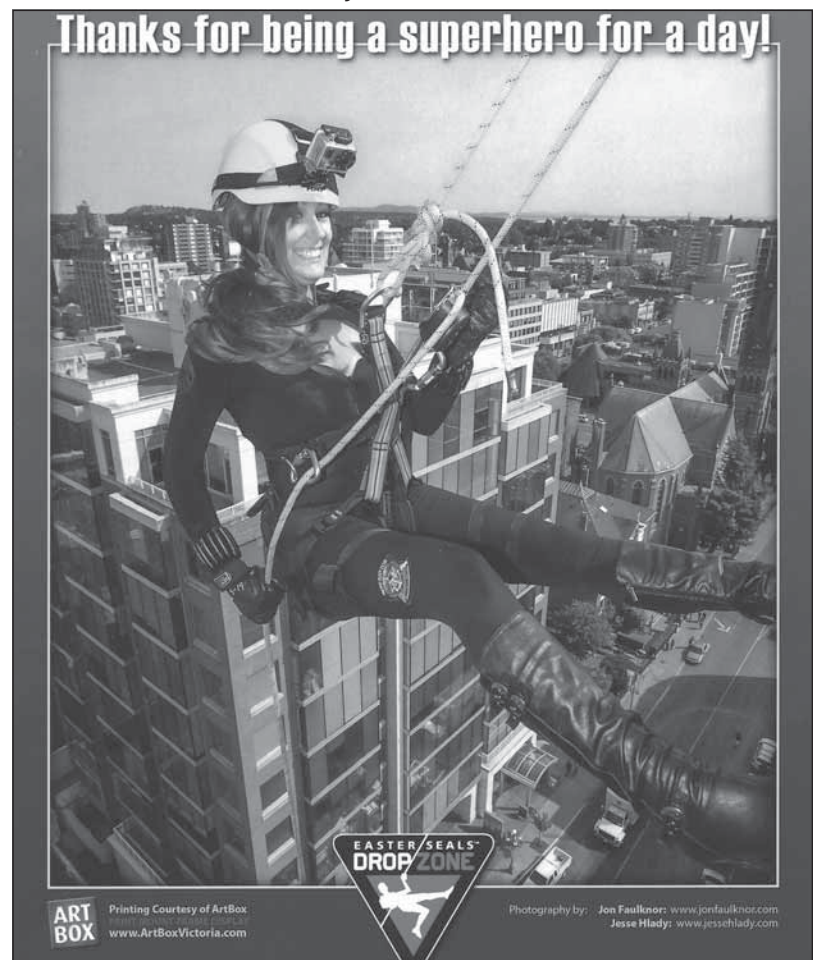
My boss and co-workers have been supportive, not only by donating but also by listening to my rambling about costume concepts and sewing night after night, different fundraising ideas, excited updates on progress... they've been amazing.

I also owe a huge thank you to the Pacific Fleet Club Junior Ranks Mess. Devin submitted the request for a donation on my behalf, and then the process began for voting and approval and all sorts of red tape. In the chats I've had with the staff at the Fleet Club, they have been incredibly excited about this fundraiser. They love being involved in the community, and this is a perfect example of how kind-hearted they are. It truly is an excellent cause, and I could not have done this without them. Their incredibly generous donation is the one that pushed me past my goal, and I can't thank them enough.

Never in my life did I think I would willingly jump off the top of a 13 storey office building. I'm fine with heights if I am safely inside a building or on a balcony, but anything more open has always terrified me. I spent a good five minutes working my way off the ledge and once I had done that, it was suddenly less scary. The fact that I successfully rappelled down the CIBC building just goes to show that, with proper motivation, I'm capable of overcoming my fears. I don't think I could've done this just for fun, but for the kids. Absolutely, they're worth it.

*Crystal Maxwell
AKA Black Widow*

Crystal Maxwell



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Jesse Hlady: www.jessehlady.com

Fundraising in mid-air

Shawn O'Hara
Staff Writer

Standing on the edge of the CIBC building in downtown Victoria, OS Dallas Sheers felt no fear.

OS Sheers also took part in the 2012 Easter Seals Drop Zone, a fund raising event that has participants rappel down the 13-story building.

"I found that actually going down the side of a building isn't that scary," says OS Sheers. "It ended up being a lot of fun."

More than 40 people took part in the event this year, raising a total of \$140,000, with OS Sheers raising \$1,300.

Proceeds from the event went to support Easter Seals Camp Shawnigan, a summer camp for children with disabilities.

"The community really came out and showed their support,"

says OS Sheers. "I think people are starting to realize they can make a real difference in the lives of these kids by contributing."

OS Sheers say people have begun to change the way they think when it comes to contributing; it can be interactive.

"There's a difference between putting a toonie in a jar and going out and doing it," says OS Sheers. "I think people want to take that hands-on approach to making a difference and it shows with how the event is growing. I've already had two other people approach me about doing it themselves."

Having exceeded his goal this year, OS Sheers plans to double it next year.

"Thanks to the support from the Fleet and the Lookout, I raised a lot more than I thought I would," says OS Sheers. "It's a great cause and a fun time. I'm definitely doing it next year."

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OCTOBER: WOMEN'S HISTORY MONTH

Strong Girls, Strong Canada: Leaders from the Start

Megan Gerrys
Workforce Planning Assistant

Starting in 1992 Canada declared October to be Women's History Month – corresponding with Persons Day on Oct. 18.

On that day in 1929 the "Famous Five" won the constitutional court case determining that women could be classified as "Persons", thereby, making them eligible to sit in the senate.

The theme for the 2012 Women's History Month is "Strong Girls, Strong Canada: Leaders from the Start." This theme recognizes the vital role women in leadership have played in Canadian

history: from girl guides to hockey players, from entrepreneurs to community organizers. Having strong women in leadership is a key ingredient in creating stronger Canadian communities.

Oct. 11 will be the first "International Day of the Girl." This day aims to make a difference in the lives of girls and young women as citizens and powerful voices of change within their families, their communities and their nations. The Government of Canada led the international community in establishing this day.

There are many aspects of Canadian girls to celebrate: according to the latest Statistics Canada Report, Canadian girls

are more likely than Canadian boys to earn their high school diploma. Since the early 1990s women have made up the majority of students enrolled in undergraduate university programs.

While significant progress has been made since the "Persons" case, reports such as Statistics Canada show us what areas need to be improved upon. For example, in 2005 young women aged 25 to 29 with full-year, full-time work were earning 85 cents for each dollar earned by their male counterparts.

Women's History Month enables us to celebrate how far Canada has come in achieving equality for women, and also helps us to recognize the areas that need

to be improved in the coming years.

Women's History Month is brought to you by the Defence Women's Advisory Organization. The mission of the DWAO is to provide insight to the DND/CF leadership on systemic issues that could affect Employment Equity (EE) groups, and to advise on the development and implementation of EE programs and policies. DWAO works to progress the cultural evolution of the organization in support of achieving a successful diverse workforce. The DWAO is open to all DND/CF women. Please contact Marie Ormiston, A/EE & Aboriginal Liaison Officer, at 363-7669 for more information or visit <http://esquimalt.mil.ca/ee>.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Women began serving with the Canadian military in 1885 as nurses.	2 By 1941 women's role in the military extended to paramilitary training in small arms, drill, first aid and vehicle maintenance.	3 FMF Cape Breton hired its first female Safety & Environment Inspector in 2002.	4 In 1947 Maj. Wendy Clay, a doctor, qualified for her pilot's wings six years before the pilot classification was opened to women.	5 In 1983 women made up less than 5% of the executives within the public services; today 45% of executives are women.	6 CPO1 Jan Davis became the first female Coxswain of a Canadian warship in 2004.
7 In 2009 Cmdr. Josée Kurtz assumed command of HMCS Halifax becoming the first Canadian woman to command a major warship.	8 Thanksgiving The Women's Royal Naval Service (WRENS) was established in 1942	9 Mary Greyeyes of the Muskeg Lake Indian Reserve became the first Aboriginal woman to enlist in the Canadian Army in 1942.	10 In 1975 Parliament amended legislation by changing the word "boys" to "persons", officially permitting girls to become Cadets.	11 INTERNATIONAL DAY OF THE GIRL	12 Master Seaman Colleen Beattie became the first woman in the CF to qualify as a submariner in 2003	13 In 1982 the Canadian Charter of Rights and Freedoms prohibited discrimination based on gender.
14 In 1915 Helena Gutteridge ensured that equal pay was written into the Vancouver Trades and Labour Council Constitution.	15 In 1993 Lt(N) Crowe became the first woman clearance diving officer and subsequently became the first woman CO of the Experimental Diving Unit.	16 The Province of BC passed maternity leave legislation in 1921: six weeks leave before and after giving birth.	17 1966 Jean Edmonds became the first woman executive in the Federal Public Service as an Executive Director with the Dept. of Manpower & Immigration.	18 Women were officially declared as "persons" in Canada on October 18, 1929.	19 Regulations changed in 1971 so that women in the military were allowed to keep their jobs if they were married.	20 FMF Cape Breton hired its first female Lager in 1986.
21 In 1983 the Canadian Human Rights Act prohibited sexual harassment in all workplace under the federal jurisdiction.	22 Bertha Wilson became the first woman Justice of the Supreme Court of Canada in 1988.	23 Commodore Jennifer Bennett became the first female to reach the rank of Rear Admiral in the Royal Canadian Navy in 2011.	24 Restrictions for married women in the federal public service were removed in 1955. Prior to this, women were fired upon marriage.	25 Col. Sheila Hellstrom was the first woman to graduate from Canada's National Defence College in 1988.	26 In 1920 all women were able to vote in Canada except for minorities and Aboriginals.	27 Today women make up more than 15% of the Canadian Forces and 55% of the Federal Public Service.
28 Rt. Hon. Jean Suavé was appointed first female Governor General of Canada in 1984.	29 The Royal Canadian Air Force Women's Division was established in 1941.	30 In 2010 LCdr Michelle Tessier became MARPAC's first female Commanding Officer of a ship, HMCS Nanaimo.	31 In 1956 Huegette Plamondon became the first woman in Canada to achieve a national executive position in a union as VP of the Canadian Labour Congress.			

Cadets take on Iceland terrain

Capt Tyrone Grande
RCSU (Atlantic) PA

Seventeen Royal Canadian Army Cadets and three Cadet Instructor Cadre Officers from across Canada participated in a rigorous International Expedition in Iceland from Aug. 24 to Sept. 6, which tested their physical and mental limitations.

The itinerary included a self-sufficient and gruelling 10-day hiking and mountain climbing expedition through Iceland's south-western region, followed by three days of equally challenging mountain biking.

Participants ascended 1,000 metres of altitude and higher, through technical terrain, rivers, and mountains, each one carrying a rucksack of 50 lbs.

"The itinerary was very challenging, even for an experienced adventure enthusiast to attempt," said mountain guide Vidar. "When I first heard that I was to do this with a group of teenagers, I thought this is crazy."

On day seven of the expedition, the group's mountain guides were alerted to an approaching storm that could bring dangerously high winds and sub-

zero temperatures.

"It was really tough," recalls cadet Matthew Wickwire, 18, from Halifax, N.S., a member of 2501 1st Halifax-Dartmouth Field Regiment Army Cadet Corps. "After seven days of hiking and climbing through all types of weather and nearing the end of the expedition, the guides told us that we were going to have a long day tomorrow, a really long day,"

Due to the potential of a heavy storm, they couldn't take the chance of being caught in high altitude, so they had no choice but to get out of there fast.

On day eight of their expedition, cadets, staff, and guides woke at 4 a.m. to the daunting task of crossing the Skeioararjokull glacier, the third largest glacier in the world, which would lead them to safety at the Skaftafell National Park. After 13.5 hours winding across glacial crevices and ice, the group finally arrived at their objective in a total hiking time of 17 hours.

"Crossing the glacier was so challenging but we did it," rejoiced cadet Shawn McEachern, 18, from Nanaimo, B.C., a member of 2422 Canadian

Scottish Regiment (Nanaimo) Army Cadet Corps. "I was so tired during one of the breaks, but Captain Gale and the other staff started handing out chocolate bars and I just started to smile."

After experiencing the adversities of high altitude, frigid cold river crossings, subzero temperatures and living in tents for 10 days, the group went on to traverse approximately 200 kilometres on mountain bike trails before enjoying a cultural day in the capital city of Reykjavik.

"International expeditions like these are held to reward exemplary, senior cadets from across Canada, and to test the years of preparation and survival skills they've been taught throughout the program," says Captain Adam Gale, the Officer In Charge of the Regional Cadet Land Training School and this year's International Expedition. "Selected candidates must prove their ability in a number of qualifiers prior to being considered to undertake an International Expedition. This was one of the toughest and most capable groups we've ever had, and I'm so proud of them."



Back: (without hat) Shawn Meekins, Tyler Pilling, Sam Smith, Matthew Wickwire, Liam Docherty, Brandon Parsons, and Steve McNaughton.

Middle: Karl St. Pierre, Yanic Lapierre, Rebecca Reaume, Audrey Cayouette, Stephanie Demers, Rachel Lafitte, Sandee Buzahora, Samuel Heathorn, Riley McEachern, and Kevin Etheridge.

Front: Brandon McAuley (Team Leader), Adam Gale (Officer in Charge), and Alicia Beauchemin (Team Leader).

Photo by Capt Tyrone Grande, Regional Cadet Support Unit (Atlantic) Public Affairs

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NEWS Nuggets

Coalition members unite to run "Marathon of Hope" in Afghanistan

Deployed members of the Canadian Forces and other coalition nations gathered for the Terry Fox Run on Sept. 14 at five camps across Kabul Province in Afghanistan.

More than 200 participants from various nations came together for either a five kilometre or 10-km run, raising approximately \$8,000 for the Terry Fox Foundation in support of cancer research. The Marathon of Hope in Afghanistan took place in Kabul at the headquarters of the International Security Assistance Force and at Camp Eggers, Camp Souter and Camp Alamo. Canadians deployed further north near Mazar-e Sharif also organized a run at Camp Spann.

CFB Fire Department New HQ Set to Open Next Year

After decades of operating out of cramped quarters and with equipment and resources scattered in buildings around the base, CFB Esquimalt firefighters are counting down the days to a move into one of the country's most modern and technologically advanced firehall facilities.

The \$18.6-million building is expected to be completed in November and ready for the firefighters early next year.

High-tech features include outdoor underground bollards that can pop up in seconds to protect the building. On the upper floor, indoor office windows are made of energized privacy glass, which means they can be

transformed from clear to frosted in just a split second. The glass is being installed as part of the emergency operations centre, which is also being housed in this building. The centre is currently located in the basement of the base's Nelles Block.

Annual report ready

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To learn more about how NPP is generated and used in communities across the country, take a look at the 2011-2012 NPP Annual Report, available online at www.NPPAnnualReport.ca.

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Dieppe remembered: heroes 70 years later

PO1 Yvan Vallières
Contributor

MS Hart and I were both selected to represent Maritime Forces Pacific (MARPAF) at the 70th Anniversary of the raid in Dieppe, France.

We flew into Trenton and had two full days of parade practice before departing for France. On the first day we practiced individual drill movements. The second day we trained with the contingent of 107 individuals from all three elements on the five different parade scenarios.

A military airbus took us from Trenton to Ottawa where we picked up veterans who participated in the raid. Those veterans were 92 to 95 years young and came from Montreal to Vancouver.

Then we flew to Lille, in northern France, where two buses drove us the three hours to Dieppe. Once in Dieppe, we were given our hotel room, which we shared with two or three roommates.

The next morning, the contingent was driven to the three beaches where the raid took place. A Canadian historian talked to us a length about what went on that day. I visualized what the soldiers saw once they landed on the beach.

We were also driven to the furthest point inland where the Allies marched to. Following this tour, we went to a theatre and saw the world premiere of "Dieppe Uncovered". The declassification of documents led to this documentary, after 15 years of research by military historian David O'Keefe.

One of the main British spies featured in the documentary was present in the audience.

That night, we went to Les Vertus Canadian Cemetery where we had a chance to browse for an hour to pay respect to our fallen comrades before the official ceremony took place. To commemorate this event, MS Hart placed a

Bos'n call in front of a navy man's grave.

As the ceremony progressed, the fog rolled in and we could feel a presence in the air. The Canadian Command team were part of the sixth and final guards. We marched in front of the main cenotaph and stood at attention with our heads bowed down to reflect on all the servicemen who made the ultimate sacrifice for humanity.

The next two days were the main reasons why we trained in Trenton. The contingent performed two parades per day with weather ranging from 34-36°C. The Square du Canada parade was the longest, where the Vigil party stayed in position for two hours and 20 minutes. During this ceremony, there was a fly over by a Second World War airplane and flashing lights from a Royal Navy ship HMS Charger sending "WE WILL REMEMBER THEM" in Morse code to shore.

Once the main ceremony was over, the Guard of Honour left the Square du Canada and marched past three memorials along the Esplanade. They paid respect to the Fuseliers du Mont-Royal, the Essex Scottish Regiment and the Royal Hamilton Light Infantry monuments.

Following this, we were invited by the City of Dieppe for lunch. We then proceeded to Puy for a wreath-laying and unveiling of commemorative plaque.

The highlight of this parade was the release of hundreds of pigeons to remember the fallen.

After a well deserve rest and a bit of jetlag, we woke up early and drove to Pourville-sur-mer for a Ceremony of Remembrance. The Vigil party stayed still for more than one hour and 40 minutes. Two bronze statues were revealed showing two hands on a rifle at the position of "rest on your arms reverse."

Following this we drove back to Dieppe for a wreath-laying ceremony at Memorial des Marins. During the

ceremony, MS Hart piped the "still" and piped a "carry on".

Once all parades were finished, as a thank you from the Governor General, we were bussed to a very nice restaurant for a French meal and had a last chance to mingle with him and the Canadian veterans.

Overall, this was an experience of a lifetime that I am very grateful to be part of. I have visited a part of the world where Canadians are still remembered as heroes 70 years after a significant event for our country.

Seeing the vitality of all veterans made me extremely proud to represent them, my country and my service.

We will remember them



Representatives from the Royal Canadian Navy at the 70th Anniversary of the raid in Dieppe, France. From left to right: PO1 Yvan Vallières, MS Ryan Hart, Lt(N) Jason Delaney, MS Kimberly Sampson, and PO2 Mickael Pinault-Lepage.





PO1 Christopher Fraser is awarded the OSM - EXP medal by Cdr Hargreaves at FMF Cape Breton.



MS Keith Kowalyk is presented his CD by Cdr Hargreaves at FMF Cape Breton.

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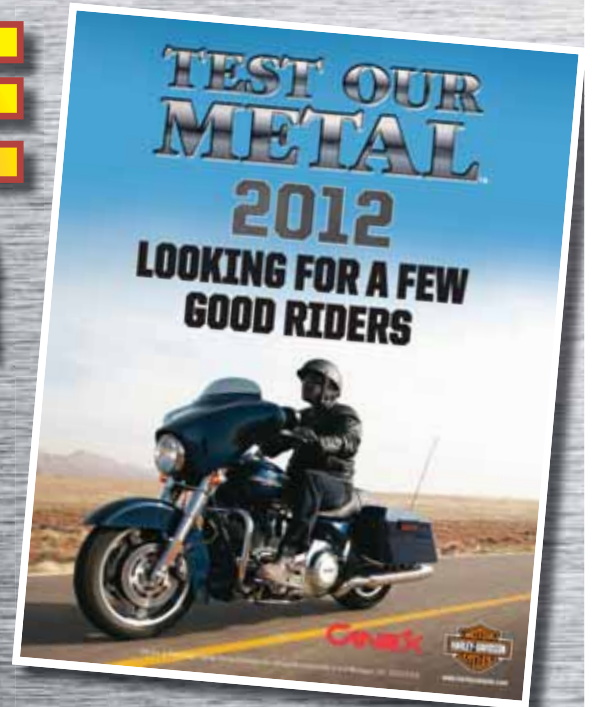
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GCWCC: Charitable program made lives "normal" for Halifax family faced with a rare blood disorder

Christina Rogers

When Rhys Watson was born on April 3, 2000, the first thing his father Sandy thought was, "A boy! A rugby player!"

Moments later, his plans were dashed as the doctor confirmed what the Watsons had suspected: their baby boy had hemophilia.

It was at a family gathering a few months earlier that Sandy, a Lieutenant-Colonel in the Primary Reserves with the Canadian Army Command and Staff College, first suspected his wife, Sonia, may be a carrier of the rare bleeding disorder, after learning hemophilia ran in her family. The couple soon met with a geneticist who told them that if they had a son, he had a one-in-two chance of being born with hemophilia.

"At the time, I felt disbelief and I feared the unknown," Sandy says. "I had a lot of misconceptions about hemophilia and I certainly had a lot of growing up to do - quickly."

Hemophilia is a genetic disorder that prevents blood from clotting normally. People with hemophilia do not necessarily bleed more or faster than other people, but will bleed for a longer period. Internal bleeding is particularly serious and can be life threatening.

Sonia is one of approximately 300,000 Canadians who are carriers of a genetic bleeding disorder. Rhys is one of 30,000 requiring treatment for conditions such as hemophilia and von Willebrand disease.

While hemophilia mainly affects males, von Willebrand disease affects both men and women.

Luckily, the guidance the Watsons needed came to them at the hospital in the form of a blue canvas bag that said *It's a boy!* filled with information and a list of services provided by the Canadian Hemophilia Society.

The Watsons began participating in local meetings where they met other parents of children with bleeding disorders. Seeing and learning from others living healthy, 'normal' lives helped the most, says Sandy.

"I remember at one of my first network meetings a young boy sat beside me with his knuckles all chewed up and scrapes all over," he says. "I could see that nothing was holding him back, and I knew then that Rhys was going to be just fine."

The programs have benefitted Rhys as well. At eight-years-old, Rhys learned to infuse himself with factor VIII concentrate, a synthetic medication that temporarily corrects his bleeding problem. Self-infusion is an empowering skill he learned from his peers at a camp for children living with a bleeding disorder.

"Fifty years ago people with hemophilia could expect only pain, crippling and death at a young age," says Diane Cuning, President of the Nova Scotia Chapter of the Canadian Hemophilia Society. "Today, thanks to advances in treatment and care, children like Rhys have the opportunity to live full, productive and active lives."

The Canadian Hemophilia Society is one of 16 health charities that benefits from donations by public servants during the Government of Canada Workplace Charitable Campaign, which launched in September.

"Thousands of Canadian families like the Watsons have been helped thanks to payroll donations to Healthpartners by Government of Canada employees," said Joe McCabe, Regional Manager Atlantic Canada, 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."

Starting with that little blue bag, the Watsons say they have benefitted tremendously from services provided by the Canadian Hemophilia Society, including peer-to-peer counseling and weekend family retreats.

Both Sandy and Sonia have dedicated hundreds of hours to the cause, serving as president and treasurer of their local chapter, and as parent counselors and fundraising volunteers. They have attended national and international conferences and brought

back valuable insights to share locally.

Their dedication hasn't gone unnoticed. Sonia and Sandy have been recognized for their volunteerism with provincial and local awards.

While he may not be roughhousing on a rugby field, Rhys leads "a very normal life," which includes martial arts, cadets, soccer and running. Sandy attributes this in part to the treatment he's received at the bleeding disorder clinic at the IWK Health Centre in Halifax, along with ongoing support from the Canadian Hemophilia Society.

"There are a lot of people living with or supporting others with diseases that may not be readily apparent to the average person," Watson says. "Without services from the Canadian Hemophilia Society, people like us would feel isolated and face more issues. They help people chart the course, so we can all benefit from a healthy and prosperous community."

During this fall's Government of Canada Workplace Charitable Campaign, choose health and make a donation to Healthpartners to support the Canadian Hemophilia Society and 15 other trusted Canadian health charities.



Photo courtesy Canadian Naval memorial Trust - Halifax

The Watson family while on board HMCS Sackville.

JOSEPH KING, MD



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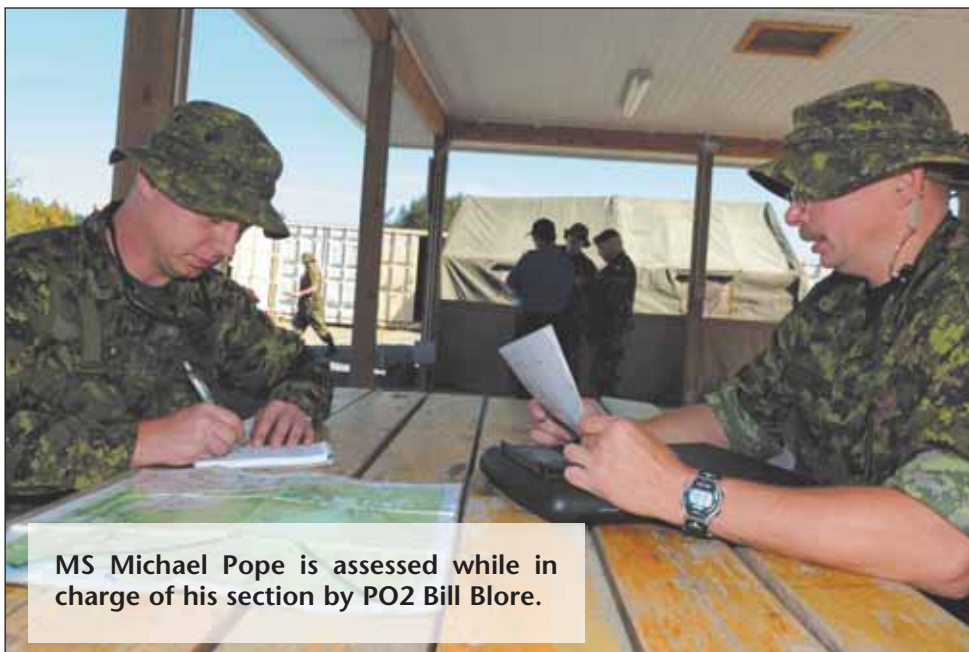
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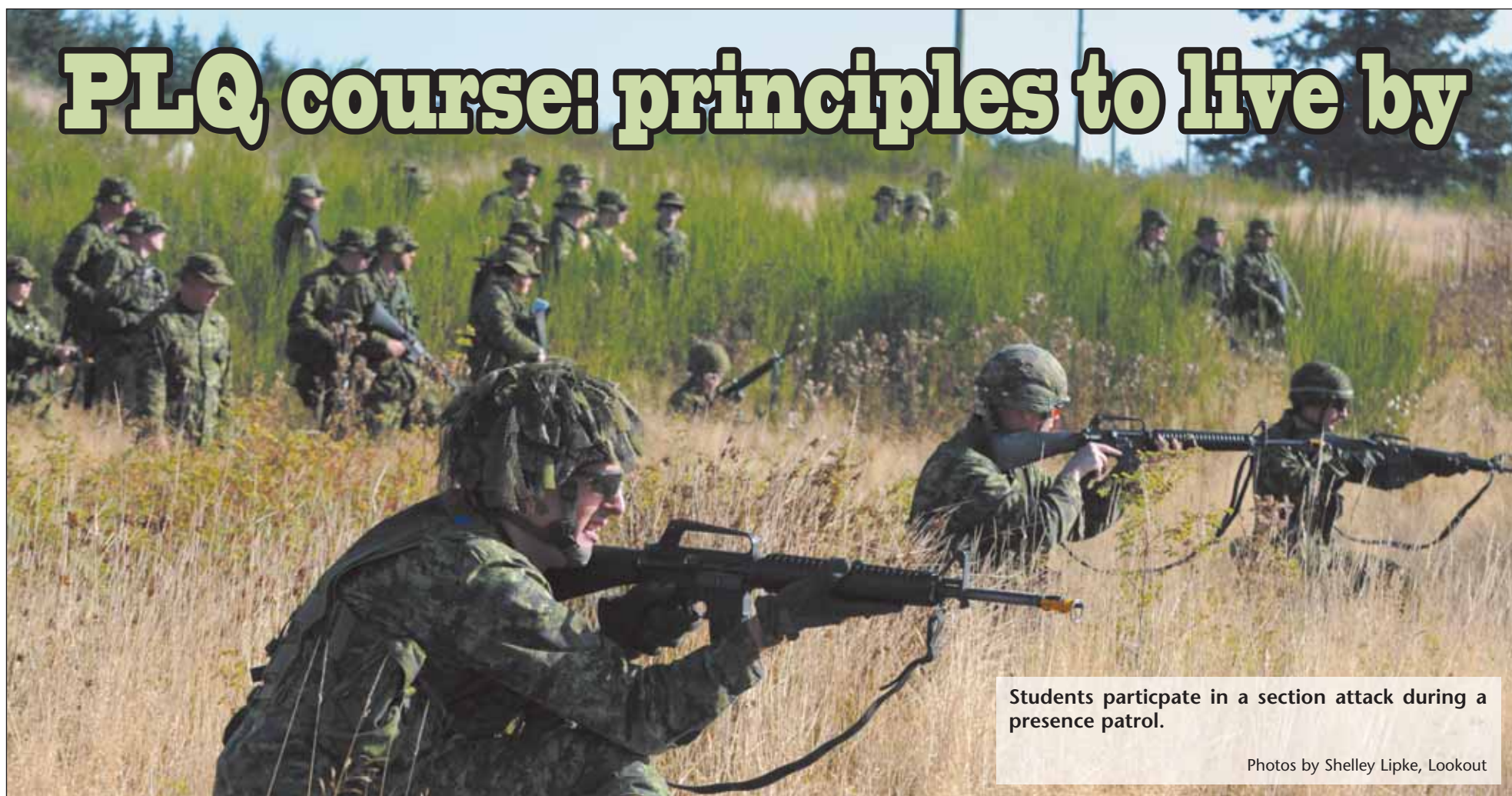


MS Michael Pope is assessed while in charge of his section by PO2 Bill Blore.



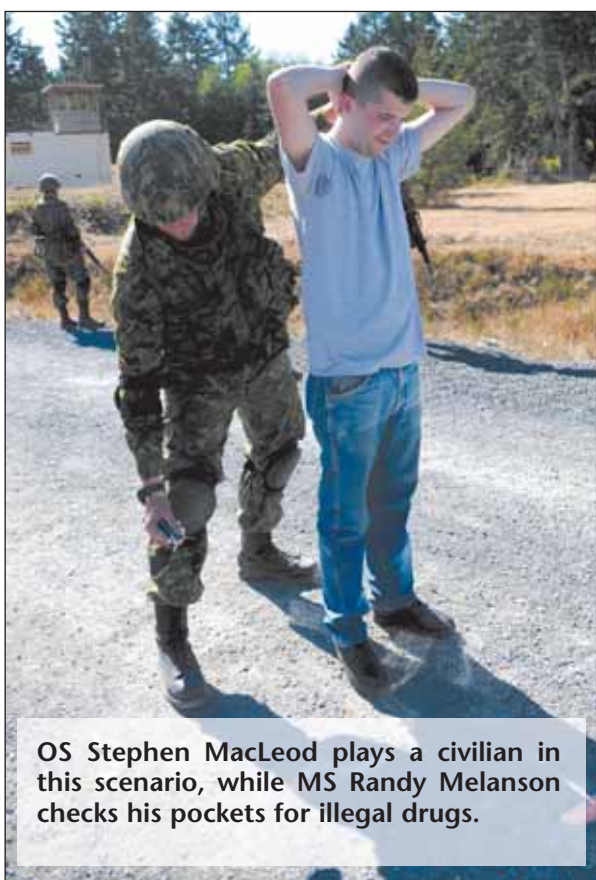
LS Kaitlin Gould briefs her section on an upcoming tasking.

PLQ course: principles to live by



Students participate in a section attack during a presence patrol.

Photos by Shelley Lipke, Lookout



OS Stephen MacLeod plays a civilian in this scenario, while MS Randy Melanson checks his pockets for illegal drugs.

Shelley Lipke Staff Writer

Thirty Regular and Reserve Force members are currently engaged in the final training and testing phase of their primary leadership qualification (PLQ) course at Rocky Point's Forward Operation Base (FOB).

"The PLQ course is the toughest leadership course in the CF, and anyone who wants to move through the ranks to Master Corporal or Master Seaman must take this course," says CPO1 Stephane Lesperance, PLQ Chief.

Working up to 16 hours a day during the seven-week course, students must do physical fitness, drill, rucksack marches, kit inspection and write exams on the curriculum each day.

"It's demanding mentally,

physically and emotionally," says CPO1 Lesperance. "This is the final stage of their course where everything they have learned comes together and they are tested on it.

We have taught them the basic foundation of leadership principles and they are now applying what they have learned in the field at the FOB."

The FOB is used as their camp for two weeks. It is set up to resemble FOB's built in Afghanistan and other countries, similar to what students would encounter during deployments.

Nine institutions teach the PLQ course across the CF and each has a FOB attached to it for realistic training. At Rocky Point, 11 staff are teaching and testing the 30 candidates. Students are given scenarios based on real life operations.

"They must lead their sec-

tion through scenarios like roadblocks, bomb threats, suspected drug smuggling or terrorist activities," says CPO1 Lesperance. "Can the leader think on his or her feet? Report to command and modify the mission based on a changing environment? This is what the instructors are looking for."

An opposition force is played by actors in civilian clothing who are military members on loan to the course.

"We also use veterans from the Canadian Scottish Regiment because they know the tactics and scenarios from their experiences deployed to places like Bosnia and Afghanistan. For many of the vets this is a rewarding experience because they reinforce the skills they have learned and pass on the tactics and scenarios to members who have less experience."

The first week at Rocky Point students are randomly assigned to lead their sections and are assessed on tasks while receiving continual feedback from PLQ instructors. During the second week of the course they are given scenarios and tested on them.

"It is tough," says HMCS Discovery reservist, LS David MacPherson. "It involves constant stress to mimic the difficult situations leaders encounter. It is long hours, lots of testing and lots of rules."

The principles students learn in this course are used in everyday life, says said CPO1 Lesperance.

"They will use them with their families, or in a business setting. When they are given tasks, they will be completed on time, and they will meet the expectations, timing and quality control," he adds.

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Army Reserves, day of recognition

What is Army Reserve Recognition Day?
 On Oct. 3, the Canadian Army will hold the first Army Reserve Recognition Day. This day provides an opportunity to recognize and highlight the Army Reserve's important contributions and operational successes.

Army Reserve Recognition Day and You
 To celebrate this day, Army Reservists are encouraged to wear their uniforms at work or school. On Oct. 3, you might be surprised to learn that friends, neighbours and colleagues are Reservists.

Take a moment to thank and congratulate them for their role in the Canadian Army, and ask if you can take a photo with them!

Be sure to get their permission to share the photo with the Canadian Army on Facebook or Twitter.

Why celebrate Reservists?
 The contribution of the Army Reserve over the past 10 years is unprecedented, particularly to the mission in Afghanistan. Army Reservists serve the Canadian Army with dedication, all the while remaining active in their home towns and their civilian jobs.

Spread across the country, Army Reservists work in more than 100 communities and are the Canadian Army's most direct link with Canadians. Army Reservists are proud to serve and live in their community, and their pride will be on display on October 3.

Why October 3?
 Oct. 3 is a significant date in the history of the Army Reserve. It was on this date in 1914 that the 1st Canadian Division sailed from the Gaspé, Quebec en route to Europe at the start of the First World War. The Canadian contingent was a volunteer force and many of today's Army Reserve units have strong historical ties to the units of the 1st Canadian Division.

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MFRC help family find footing

Jon Chabun
MFRC

One of the reasons MCpl Decheng Su joined the Canadian Forces was because the “military take care of family.”

When he and his family came to British Columbia from Nova Scotia in May of 2009, he contacted the Esquimalt Military Family Resource Centre (MFRC) to get help for his two autistic daughters.

“It was hard for the family,” said MCpl Decheng on living in a new community. “We don’t have any connections here.”

There were many challenges for the Su family. Having moved to Canada in 1996, they didn’t have the support system in place of family or friends. English wasn’t MCpl Decheng or his wife Xiaoting’s first language. Not only were they new to CFB Esquimalt, MCpl Decheng had a six-month tasking with *HMCS Brandon* and a nine-month course in Borden in the first two years. They also had the added challenge of raising two autistic children that required a high amount of care and attention.

His wife needed to be able to have a break from parenting and it was complicated system to set up care for special needs children. The staff at the MFRC helped them to navigate the complex system of acquiring respite care.

The Ministry of Children and Family Development offer funding to eligible families for purchasing respite care. However, funding is not always available immediately upon request and there may be long wait-lists. In this case, staff at the MFRC determined that the wait time would be approximately one year before the Su family could access respite care from the ministry.

MFRC staff helped the family with an application to the Military Families Fund for respite care funding. They got funding approved for their first year at CFB Esquimalt and it was a lifesaver for the family. It took continued advocacy from MFRC staff with the ministry to finally get them approved for respite care in the following year. The end result was exactly what the family wanted: four hours per week of respite care for each child.

“The MFRC was a great help,” said MCpl Decheng. “It’s great to have the MFRC, if we didn’t have them then I wouldn’t be

able to do my job.”

In the case of the Su family, this also meant that staff at the MFRC made sure that supports were set up at school, that resources from the Cridge Centre for the Family were accessed to help develop a plan to administer the funds, and that the family followed the correct procedures when it came to the funding.

The Esquimalt MFRC has a dedicated staff member that works within a team of counsellors and social workers to help set up supports for families. Colleen Cahoon has been in the role of Family Navigator Coordinator for the past three years and is that glad that she could help Decheng “do his job and be operationally ready.”

The MFRC is the only local non-profit organization specifically dedicated to provide services to military families. Help support key services 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.



MCpl Decheng Su visits the MFRC in the Colwood Pacific Activity Centre. The office has been instrumental in ensuring a smooth transition for his family.



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Ryan Scoville (middle) of Sangster Elementary had his head shaved on Sept. 21 when Tour de Rock rider Constable Harrison Teed visited the school in support of Cops for Cancer. Ryan's father is PO1 Trevor Scoville.

From left to right: Stylists Holly Pfrimmer (crouching down), Amanda Svendsen, Constable Harrison and Lori Gold.
Front: Wyatt Pickup, Ryan and Justin Eden.



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HOURS:
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Monday-Thursday
or by appointment

PHONE:
250-405-6550

EMAIL:
Randall.Garrison@parl.gc.ca

FAX:
250-405-6554

We are here to assist constituents with Federal government programs and services.

Managing debt, options available



Blair Greenwood
Contributor

Are you using credit to survive? Do you have trouble paying your bills? Are creditors calling you? Is your debt accumulating? Do you see no end to paying off your debt?

Did you know that even on a credit card debt of \$2,500, making only the minimum payment each month will take you over 20 years to pay the debt off completely?

Owing money you cannot afford to repay can be very scary. You can get your life back to normal, but you need to understand your options.

Many believe bankruptcy to be their only choice. Depending on your personal financial situation there are a number of other options available that should be considered. Exploring the bankruptcy process is important, but it is equally as important to understand all the options available to you and how they will affect any assets you may have such as a home, car, savings, and/or RRSP's, in order to make an informed decision. Below is an overview of some of these options:

A Debt Consolidation Loan is a personal loan that allows you to consolidate many other debts into one. For example, if you have three credit cards, you may be able to eliminate your credit card debt by getting a Debt Consolidation loan to pay off the credit cards, so that you

only have one payment each month instead of three. The important thing to look at is how much it will lower your monthly payment. It may give you the convenience of having only one monthly payment, but if that payment is still beyond your means then this will not improve your situation.

A Consumer Proposal is when you offer to pay your creditors a percentage of what you owe them over a specific period of time. Generally, you would make monthly payments to a Trustee in Bankruptcy, and the Trustee will use that money to pay each of your creditors. The amount you pay depends on your personal situation and the amount of money you make. The payment plan is interest free and, if properly structured, allows you to pay back the debt on your terms.

Credit Counseling is a service which can help you place your financial affairs under control. It is also

You just need some help negotiating with your creditors, and a little breathing space to get back on top of things. A Debt Management Plan is a voluntary agreement between you and your creditors, arranged by a credit counselor and paid back over a maximum of 60 months. You will usually repay all of your debt and interest usually continues to be charged.

Bankruptcy is a legal process, regulated by the Bankruptcy and Insolvency Act, by which you may be discharged from most of your debts. The purpose of the Act is to permit an honest, but unfortunate, debtor to obtain a discharge from his or her debts, subject to reasonable conditions. When you declare bankruptcy, your non-exempt property is given to a trustee in bankruptcy who then sells it and distributes the money among your creditors. Your unsecured creditors will not be able to take legal steps to recover their debts from you (such as seizing property or garnisheeing wages). Once you are legally bankrupt, you are required to perform the duties of bankrupts before you can be discharged from Bankruptcy. You will be in Bankruptcy a minimum of 9 months and a maximum of 21 months, in addition to your non exempt property being liquidated to pay your creditors you may be required to make monthly surplus income payments depending on your income.

Any decision you make is a huge decision and can often be clouded by emotions and the stress of your current situation. When considering the above options it is important to get advice from someone who is independent and there to represent your interests, and help you make a decision based on what is right for you - not your creditors.

Owing money you cannot afford to repay can be very scary. You can get your life back to normal, but you need to understand your options.

known as debt counseling or consumer credit counseling. If you cannot solve your money problems by budgeting or by debt consolidation, then debt negotiation and settlement with your creditors through a Debt Management Plan may be right for you. The idea behind a Debt Management Plan is this: You can afford to make a monthly payment.

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BASE DIVISIONS

CFB Esquimalt Base Commander, Capt(N) Bob Auchterlonie presented medals and awards on Sept. 13, at the Naden Drill Shed.

Photos by Cpl Charles A. Stephen, MARPAC Imaging Services



Sgt Jean-Luc Martin received a rotation bar for his General Campaign Star-South West Asia.



Michael Morrison received the Queen Elizabeth II Diamond Jubilee Medal.



Evelin Hare received the Queen Elizabeth II Diamond Jubilee Medal.



CPO2 Edward Craig received the Operational Service Medal - Expedition.



Commander Tim Allan received the Queen Elizabeth II Diamond Jubilee Medal.



Neil Greg received the Queen Elizabeth II Diamond Jubilee Medal.



Master Corporal Margaret Martin received the Operational Service Medal - Expedition.



Dave Tabernor received the Queen Elizabeth II Diamond Jubilee Medal.



Dan Steinke received the Queen Elizabeth II Diamond Jubilee Medal.



Private Colleen Duffy received the Operational Service Medal - Expedition.



Major Peter Weatherley received the Queen Elizabeth II Diamond Jubilee Medal.



CPO2 Sharon Slenders received the Queen Elizabeth II Diamond Jubilee Medal.



LS Donald Seaton received the Operational Service Medal - Expedition.



Lt(N) Dwight Ince received the Queen Elizabeth II Diamond Jubilee Medal.



MWO Eric Lavigueur received the Queen Elizabeth II Diamond Jubilee Medal.



MS Rollie Barrett received the Queen Elizabeth II Diamond Jubilee Medal.



PO2 Marc Moisan received the Canadian Forces Decoration Clasp for 22 years of service in the Canadian Forces.



Cpl Oliver Youngblud received the Canadian Forces Decoration for 12 years of service in the Canadian Forces.



Cpl Travis MacDonald received the Queen Elizabeth II Diamond Jubilee Medal.



Sgt Maxine Pomeroy received the Canadian Forces Decoration Clasp for 22 years of service in the Canadian Forces.



PO1 James White is promoted to Chief Petty Officer Second Class.



Cpl Michael Robertsen received the Queen Elizabeth II Diamond Jubilee Medal.



MS Roland Barrett received the CF Decoration for 12 years of service in the Canadian Forces.



MCpl John Plaxton is promoted to Sergeant.



LCol Matthew Johnsen received the CF Decoration Clasp for 22 years of service in the Canadian Forces.



MS Michael Marrs received the CF Decoration for 12 years of service in the Canadian Forces.



Private Basic Joshua Piston is promoted to Private Trained.



WO Stacey Collins received the CF Decoration Clasp for 22 years of service in the Canadian Forces.



LS Luis Lemus received the CF Decoration for 12 years of service in the Canadian Forces.



Cpl Danny Morgan received a Base Commander's Commendation for a second place finish in the National Canadian Forces Safe Driving Championship.

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ANNOUNCEMENTS

LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Naniamo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

CAREGIVING FOR SOMEONE with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

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.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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VOLUNTEER

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm> Mil or Civ

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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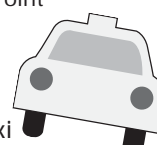
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