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Volume 57 Number 44 | October 29, 2012

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Going for a salty dip

Shelley Lipke, Lookout Search and Rescue (SAR) crew members from CFB Comox performed a rescue evolution in front of an audience of about 150 people attending the international Search and Rescue Conference in Victoria. A SAR Tech rappelled into the water from a Cormorant helicopter and was rescued several minutes later by a second SAR Tech. The international conference was an opportunity for the Canadian military to showcase its search and rescue capabilities.



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The first of many poppies

Shawn O'Hara
Staff Writer

The first poppy of the year was presented at a small ceremony at Government House last Tuesday.

PO1 Suzanne White of HMCS Algonquin was on hand to present the poppy to the Honourable Stephen L. Point, Lieutenant Governor of British Columbia.

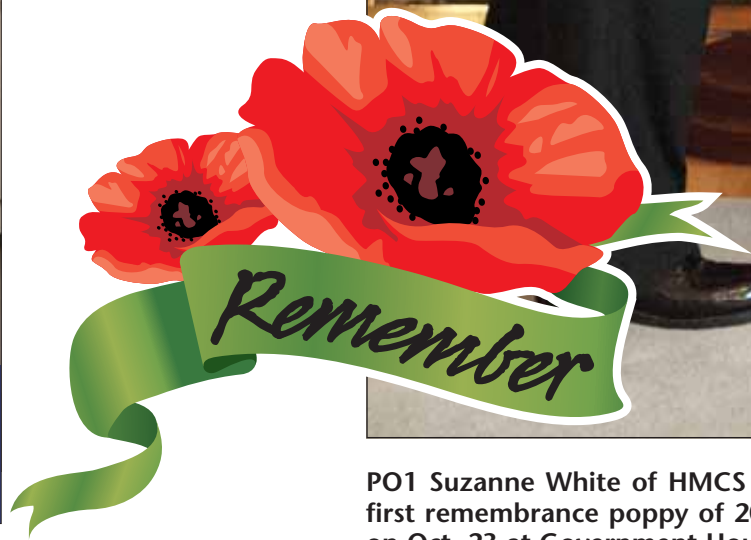
"It's an honour for me, as the Queen's representative, to receive the first poppy in remembrance of all that veterans have done, and are doing, for Canada," said LGov Point. "Veterans are a different kind of person. Despite their tremendous service they're humble, down to earth, and don't put on airs. I get so much from just being around them."

The poppy signified the beginning of the Royal Canadian Legion's Poppy Campaign. Each year the Legion distributes millions of poppies, which are worn on the lapel to recognize the sacrifice of past and present military members.



Shawn O'Hara, Lookout

PO1 Suzanne White of HMCS Algonquin had the honour of presenting the first remembrance poppy of 2012 to B.C. Lieutenant Governor Steven Point on Oct. 23 at Government House.



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On behalf of Her Royal Highness Princess Alexandra, Colonel-in-Chief of The Canadian Scottish Regiment (Princess Mary's), Lieutenant Governor of B.C., Steven Point inspects The Regimental Pipes and Drums Band at Royal Athletic Park. Celebrating its 100th anniversary, the regiment exercised its Freedom of the City of Victoria during a formal parade on Oct. 21.

Cpl Justin Ancelin, MARPAC Imaging Services

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Changes come to next of kin form

Shawn O'Hara
Staff Writer

Military members take note: important changes have developed with next of kin identification.

A new Next of Kin Identification form has been issued in addition to the Personnel Emergency Notification form.

"It's separate from the Personnel Emergency Notification form," explains CWO Cate Gaudet of Base Administration. "It identifies who you consider to be your next of kin for the purposes of selected benefit eligibility."

The old form had a dual purpose; it identified who the member wished notified in the event they were seriously injured and/or killed, and established member's next of kin for the purposes of selected benefits.

With the old form, CF members could only list two people. The form did not allow a CF member to identify anyone under 18 or someone not in their immediate family, and thus benefit eligibility was restricted.

While the old form continues to serve as an emergency notification document, the new form has been created to provide improved benefit accessibility to a far greater number of member's loved ones.

"What's critical to remember is that benefit eligibility is only payable for members identified on the new form. For this reason, members must ensure they identify each and every loved one individually," says CWO Gaudet.

The new form allows for up to 14 people to be identified as next of kin.

Benefit entitlements for personnel identified on the new form include transportation costs, access to bereavement counselling, issuing of condolence letters in the case of a death, and issuing of commemoratives denoting the CF member's service.

The new form allows the member

to identify up to 14 people as next of kin, including minors and non-blood relatives.

"You can put your neighbour on there, your best friend, that's up to you," says CWO Gaudet. "We want to make sure CF personnel and their loved ones are taken care of in the best way possible."

Because benefits are only available to those next of kin listed on the form, CWO Gaudet encourages CF members to take full advantage of the new form and seriously consider who they want supported in an emergency.

While the changes have already taken place, and the form is updated annually, it's important for CF personnel to amend their next of kin form any time there is a change in situation.

"Say your sister is already on the form and she gets married," says CWO Gaudet. "You might want to put her spouse on there or her kids."

By better understanding the purpose of this new form military members will be able to make far more informed decisions with regards to its completion and maintenance.

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WHO WE ARE

MANAGING EDITOR

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

STAFF WRITER

Shelley Lipke 250-363-3130
shelley.lipke@forces.gc.ca

Shawn O'Hara 250-363-3672
shawn.o'hara3@forces.gc.ca

PRODUCTION

Francisco Cumayas 250-363-8033
production@lookoutnewspaper.com

Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT

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

ACCOUNTS

Laura Spence 250-363-3127
laura.spence@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

CF APPRECIATION INFORMER

LS Melinda Urquhart 250-363-3422

EDITORIAL ADVISOR

Capt Jenn Jackson 250-363-4006

Published each Monday, under the authority of
Capt(N) Bob Auchterlonie, Base Commander.

Le 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
réflètent pas nécessairement le point de vue
du MDN.

LOOKOUT
NEWSPAPER

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

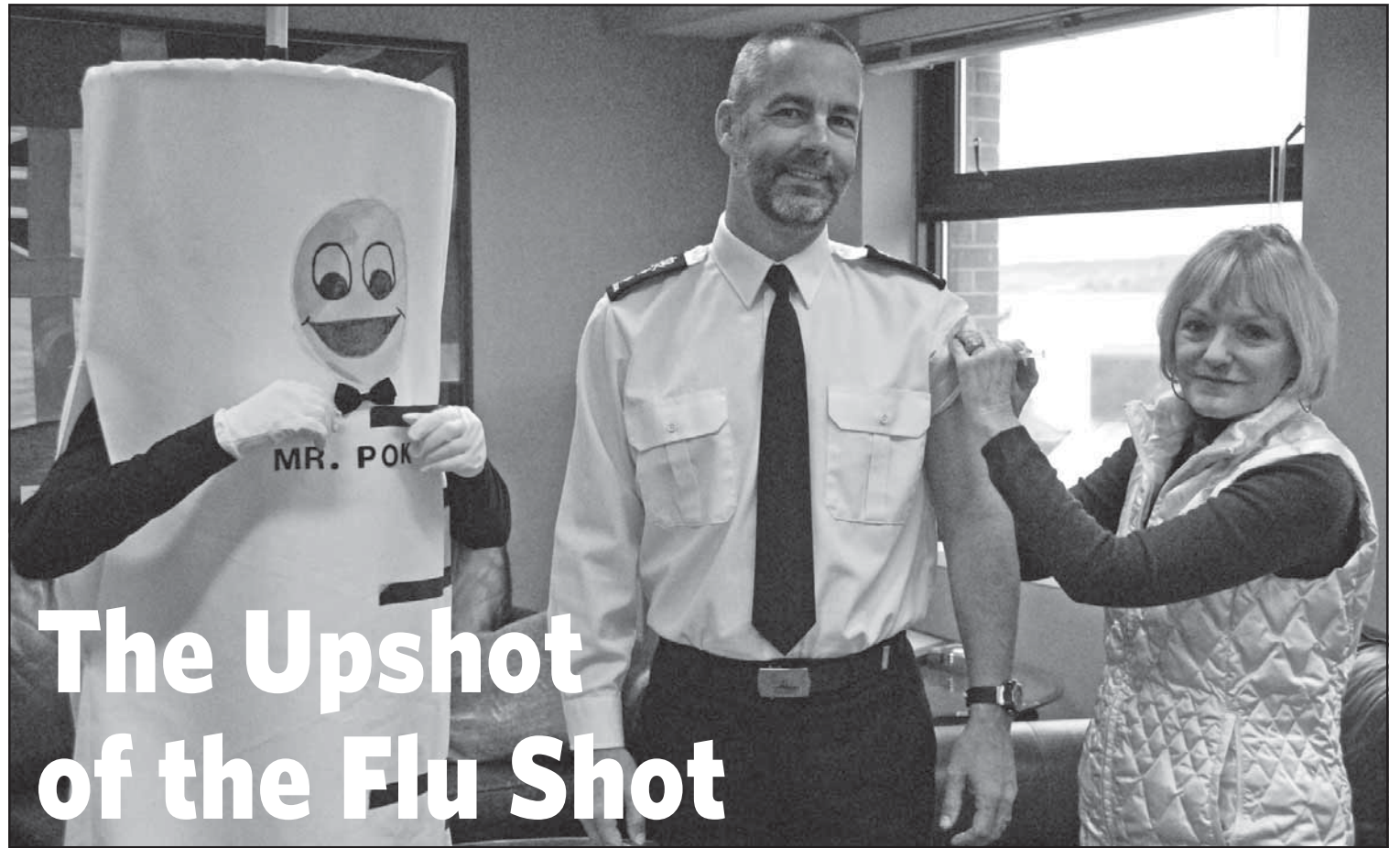
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WHAT SAY YOU



The Upshot of the Flu Shot

Shawn O'Hara, Lookout

CF Health Services Esquimalt Nurse Marjorie Hanks, with a little help from Mr. Pokey give RAAdm Bill Truelove his annual flu shot.

It's in everyone's best interest to be vaccinated for this year's flu strains

It's flu season again. Yes, it's that time of year when those dang medical people are out there digging up business for their flu shot clinics. Why are we doing this again and what are we up to?

I offer some important information in this short article to help you understand why we want you to get this vaccination.

What is the flu shot?

The flu shot is a small (.5 cc) quantity of fluid that is injected, using a small needle, into the muscle of your shoulder; it contains components of three different influenza viruses that will stimulate your immune system to make antibodies and protect your body from infection with the natural versions of these viruses. These three different influenza viruses include a new strain of the 2009/2010 pandemic H1N1 Influenza A virus, a new strain of the old H3N2 Influenza A virus (the one that was predominant before it was replaced by the H1N1 virus),

and an Influenza B virus. If you get this vaccine, you are protected against most forms of influenza virus that will be present for this 2012/2013 flu season.

Why do you have to get a new flu shot each year?

The influenza virus is a unique virus that continuously changes. It's called a "sloppy replicator," which means that often when it reproduces itself, it makes errors in duplicating its DNA. These errors are significant enough that, by the time the virus has gone from the northern hemisphere (flu season from October to March) to the southern hemisphere (flu season from April to September) and back again, it has changed enough that the antibodies we made by being vaccinated in the previous flu season are no longer effective against it. So we must create a new vaccine containing components of the new strain(s) of virus that we expect to see in the new flu season.

Anyone who has a chronic health condition, such as heart or lung disease, diabetes, or compromised immunity needs to get a flu shot. For those of you who are otherwise healthy, it is still a good idea to get the flu shot. Here are three good reasons:

1. Research has shown that getting the flu shot decreases your risk of suffering a first-time heart attack (in those 40 and older) by 19 per cent.

2. Immunizing workers against flu decreases overall absence due to illness during flu season.

3. If we immunize 70 per cent or more of a population of individuals, we can achieve "herd immunity" where the flu virus simply cannot transmit between non-immunized individuals because there is not enough exposure to ill people to support transmission.

So what's the bad news?

You might get some pain at the injection site. Also, there

is a possibility of allergic reaction (we screen out people with any risk of this). And there is a rare risk of a neurologic disorder called Guillaine Barre Syndrome, but the risk of this disorder is higher in those who are infected with the natural influenza virus, so the vaccine is protective against this.

So the upshot is that the flu shot is good for you. So what's stopping you?

For those of you in the fleet who have not yet been immunized, your friendly neighbourhood PA and Baby Doc are only too pleased to arrange for your little dose of health on board your ship.

Any of our Esquimalt health care professionals would be happy to answer any questions you might have about the flu shot.

Stay healthy out there!

Major Phil Prendergast,
MD, MPH

Fleet Support Medical Officer

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Rocky Point shakes out exercise

Capt Derrald Caldwell
CFAD Rocky Point

Canadian Forces Ammunition Depot (CFAD) Rocky Point participated in Shakeout B.C. Oct. 18, a provincially-mandated earthquake drill.

The Commanding Officer, LCdr Jason Cheney, used the opportunity to exercise Rocky Point's internal search and rescue and first aid teams.

Two Depot personnel simulated injuries that required search teams to find them, administer first aid, and then safely extract them from a simulated earthquake damaged building. The exercise concluded with the successful recovery of the injured personnel.

Earthquakes represent a special hazard to an ammunition depot. Not only does it share the dangers of any other facility such as building collapse, fire and the like, the employees face the additional risk associated with storing large quantities of ammunition and high explosives within those buildings.

These materials can be particularly susceptible to catastrophic events such as earthquakes and are in a sense "force multipliers" for sheer destructive force. Unintentional fires and detonations are a significant risk, particularly when an earthquake brings a building down on top of employees and prevents personnel from safely evacuating the premises.

To practice their ability to respond to this kind of scenario, personnel initially carried out their personal



Photo courtesy of Rocky Point

Rocky Point employees prepare a simulated casualty for transport to medical help.

immediate action drills – stop, cover and hold on – then evacuated the depot grounds. Two civilian members located in Magazine 33 were designated as casualties and remained behind. A liberal application of Halloween-worthy makeup ensured a realistic, if somewhat gory, sight awaited the SAR teams sent to locate them.

Magazine 33 is the building where employees de-fuel and fuel MK46 Lightweight torpedoes before and after a complete teardown and re-assembly. The location is at the far reaches of the 500-acre depot and further compounds the risk with the

addition of Otto fuel. The rescue was conducted using three teams.

The first team on site conducted a rapid assessment of the structure, ensuring it was safe to approach and enter the building. This is vital, as entering an earthquake-damaged building, even to rescue injured colleagues, can result in additional casualties if the building collapses further or a fire or detonation occurs.

CFAD Rocky Point has several members designated to perform this assessment, a qualification that requires a significant training investment. The second team located the casualties and performed the necessary first

aid after performing their own evaluation of the immediate area around the casualties with a special emphasis on the explosive risks inherent in almost all workplaces within an Ammunition Depot.

Finally, as there were no casualties in any other locations, the third team was dispatched to assist with the safe recovery of the casualties out of the damaged building and their transport back to our triage area outside the danger zone.

Overall, Shakeout B.C. was a resounding success for CFAD Rocky Point with the casualties successfully recovered and everyone else safely out of harm's way. In addition, the After Action Review generated several useful suggestions that should improve their ability to respond appropriately in emergencies like this.

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HMCS Ottawa sailors renew bond with namesake city

SLt Jana Steingass
HMCS Ottawa

The Commanding Officer, Coxswain and eight sailors from HMCS Ottawa visited the City of Ottawa, their namesake city, on a good-will tour from Sept. 24 to 28.

On the evening of Sept. 24, after a long day of travel from Victoria, the whole contingent participated in a community cleanup project with the 3rd Orleans Scout Troop.

The evening also served as an opportunity for the Commanding Officer to present a cheque for \$500 to the scout troop to help fund their activities. Ottawa has been affiliated with the 3rd Orleans Scout Troop for 10 years, periodically sending donations of money and ships crests, which they wear on their scarves.

After the presentations, more than 60 Cubs, Beavers, Scouts and Venturers broke off into groups to sweep the woods along the Ottawa River, with the crew evenly distributed amongst them. Following the cleanup, the younger kids took turns demonstrating their strength in a game of tug of war, easily beating the crew each time. When competing against the high school-aged group, however, the crew demonstrated their cohesive line-handling abilities, flattening them in less than 30 seconds after only one "two-six heave" led by the "swain."

The highlight of the second day was a visit to the Children's Hospital of Eastern Ontario. The Commanding Officer presented the CHEO Fund with a cheque for \$10,000.

After the presentation, the hospital made an

We welcomed the opportunity to once again visit home.

-Cdr Van Will

exception to their regular visiting rules, giving the group an extensive guided tour by members of the staff. The crew was unfortunately unable to meet any of the kids because their visit was an early morning one, and it would have interrupted their morning routine.

Nonetheless, the tour of the hospital really hit home with everyone. A few members of the group grew up in Ottawa, so they felt an attachment to the place they went to as children with broken bones or the flu. Others were touched because they have young ones at home, and can empathize with the necessity for a place that can take care of the special needs young people have.

The third and fourth days in Ottawa included trips to City Hall. During the first visit, Cdr Van Will presented a video summarizing the ship's participation in RIMPAC this summer, and gave a short speech on the importance of the ties and bond between ships and their namesake cities.

The mayor, Honourable Jim Watson, introduced the crew and stated that he would declare Thursday, the 27th of September HMCS Ottawa Day.

The second visit to City Hall the next day was a more informal setting, where the crew were given the privilege of having coffee and muffins with the Mayor and his assistant. He presented Ottawa a framed City of Ottawa flag, as well

as one the ship could fly at sea. He also presented each member with a coffee table book of photographs of the city taken from a renowned local photographer as a memento of the visit.

After visiting City Hall on the last day, Station 53 of the Ottawa Fire Services hosted the group. They took the time to give the sailors a tour of their station, explain how their shifts, training and postings work, and even gave them the opportunity to try out some of their equipment.

After seeing a quick demo on how to use the "jaws of life", by removing the roof of a car, the crew was broken up into two groups to rip apart cars of their own. Each group had a chance to be "rescued" from a car and to be the heroes. Holding tools that can crush sheet metal like a pop can was extremely empowering. Once the wreckage was cleaned up, rides were given in the fire truck's bucket, drawing a crowd of young children and their parents who lived nearby.

The following morning was an early one, with the majority of the members catching early flights back to Victoria.

The final consensus was the visit achieved its aim of rekindling ties with Ottawa's namesake community.

Every organization visited welcomed the crew with warm hospitality and showed appreciation for what they do as sailors and members of the Canadian Forces.

In turn the members further fostered a feeling of kinship with the citizens of Ottawa, and Cdr Van Will said, "We welcomed the opportunity to once again visit home."

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Faces of HMCS Regina

photos by Cpl Rick Ayer, Formation Imaging Services Halifax



Top left: OS Usa Meaunjit serves lunch in the wardroom servery.

Top right: AB Saidy Mayer mans the distance line, a line used to measure the distance between two ships during a replenishment at sea.

Bottom right: Weapons engineering technicians conduct maintenance on the Close-in Weapons System.

Bottom left: A member of the naval boarding party disembarks a Rigid Hulled Inflatable Boat via a jump ladder.

LINCOLN ALEXANDER

a special bond with the Canadian Forces



Lincoln Alexander was one of a handful of black people allowed to enter the military before the Canadian government officially welcomed visible minorities to the forces in 1942.

photo courtesy
Air Force Association of Canada

Racial barrier-breaking Canadian dies at age 90

Joanna Calder
Air Force PAO

"The air force experience taught me the value of self-respect, discipline, and confidence, and those are elements that have served me well throughout my life. They apply to all areas, whether the air force, the law, or politics," said Lincoln Alexander in his 2006 memoir *Go to School, You're a Little Black Boy*.

Lincoln Alexander, Canada's first black person elected to the House of Commons, first federal cabinet minister and first black person to serve as Lieutenant Governor of Ontario, died Oct. 19, at the age of 90.

He was born in Toronto on Jan. 21, 1922. His father, Lincoln MacCauley Alexander Sr., was from St. Vincent and the Grenadines and his mother, Mae Rose Royale, was from Jamaica. Job options for blacks were limited in those days so his father, who was a carpenter, worked as a railway porter and his mother worked as a maid. Mr. Alexander's first job was in a laundry in Harlem, New York, where his mother had moved after she left her husband in the 1930s.

In 1942, Mr. Alexander

joined the Royal Canadian Air Force. "None of the three services – army, navy and air force – were interested in having blacks," he said. "I opted for the air force. Besides, I thought I looked best in their uniform."

In fact, the RCAF did not allow any visible minorities to join up until March 31, 1942. A few recruiters ignored the regulations, enlisting six black Canadians between 1932 and 1942, while at least three black Canadians joined in 1936 and 1939. Major Mathias Joost, of National Defence's Directorate of History and Heritage, had, as of 2009, been able to identify only 32 black Canadians who served with the RCAF during the Second World War.

Mr. Alexander had poor eyesight and thus was not deployed overseas. He trained as a wireless operator in places such as Guelph, Ont., and Lachine, Que. He then served at Number Seven Air Observer School, in Portage La Prairie, Man., which was a British Commonwealth Air Training Plan (BCATP) establishment. He was discharged at the end of the war, with the rank of corporal.

"I have a special bond

with the people who serve in the Canadian Forces and for those I served with during the war," he said. "It troubles me deeply to hear the debates that arise annually over whether Remembrance Day is still relevant, or to hear people disparage what our soldiers have done for us. It's incredibly naïve... We live in a country rich in freedom and democracy, and it is important that we pause annually to recognize those people who have sacrificed so that we can enjoy such privileges."

Mr. Alexander's connections with the Air Force continued in his later years. He served as honorary colonel of 2 Tactical Aviation Wing (later 2 Air Wing) from November 1985 to December 1996. A Royal Air Cadet Squadron, 876 Lincoln Alexander Squadron, in Scarborough, Ont., is named in his honour and he was an honorary director of the Air Cadet League of Canada.

Mr. Alexander was educated at McMaster University in Hamilton, Ont., and later studied law at Osgoode Hall in Toronto. Elected as a member of parliament for Hamilton West in 1968, he was Canada's first black person elected to the House of Commons, serving for 12

years.

He made history again in his final year in Parliament when he was appointed minister of labour, and thus Canada's first black cabinet minister.

During his more than six years as lieutenant governor of Ontario, he focused on youth and education and an awards program for young people who demonstrate leadership in combating discrimination and racism within their school or community was established in his name.

Among his many honours and appointments, Mr. Alexander was appointed a Companion of the Order of Canada in 1992 and was appointed to the Order of Ontario. Four years later he became chair of the Canadian Race Relations Foundation. He also served as Chancellor of the University of Guelph.

"Mr. Alexander will always be remembered for breaking down racial barriers in Canadian politics, and his concern for social justice, his compassion and his humanity were evident and prominent throughout his life," said the Minister of National Defence, Peter MacKay in a statement. "He left an indelible imprint on Canada and the Canadian



photo courtesy
Tessa Buchan, LGov of Ontario website

Above: Lincoln Alexander with Camilla Parker Bowles.

Below: In his role as Lieutenant Governor of Ontario Lincoln Alexander inspects the Guard of Honour.



photo courtesy DND

political system.

"His enormous heart and compassion, leadership and love of life matched his physical size. He was a role model for all and will be missed by all who knew him."

A state funeral was held for Lincoln Alexander on Friday, Oct. 26, in his home-

town of Hamilton, Ont.

All Mr. Alexander's quotations are from *Go to School, You're a Little Black Boy: The Honourable Lincoln M. Alexander: A Memoir*, published in 2006 by Dundurn Press.

With files from the office of the premier of Ontario's website.

Chief goes the distance in duathlon

Shawn O'Hara
Staff Writer

CPO2 Brian McBarron, a Weapons Engineering Technician from CFB Halifax, went the distance for Canada this year at the 2012 Duathlon World Championships.

He placed 47th overall in the event, which featured hundreds of competitors from dozens of countries.

"My main thought was that I didn't want to come in last and embarrass Canada," says CPO2 McBarron. "I couldn't bear to see the country that I respect so much have a flag in last place."

He flew out from Halifax to the town of Nancy, France, arriving Sept. 18.

After a few days of team and practice rides, CPO2 McBarron took part in a Parade of Nations for the participating countries.

"Even though it literally started to rain on our parade, it was a jubilant feeling to represent Canada," he says. "I had a pocket full of Canadian flag pins that I passed out to some of the other athletes and they were acting like I'd given them the key to the city. One athlete from Brazil was so appreciative that he gave me the Brazilian flag keychain off his keys."

Come race day, CPO2 McBarron was ready to start the event he'd been training so long and hard.

"The course was deceptively difficult and very technically challenging. Plenty of hills and narrow 90 degree turns with three 180 degree hairpin turns per lap," says CPO2 McBarron. "During the race I could hear people cheering on other members of Team Canada and I could hear my wife's voice coming out through the crowd. It really helped me keep going."

Near the end of the second and final run, CPO2 McBarron encountered an unexpected setback, a debilitating cramp in his left leg.

"Starting this last segment of the race my legs were burning and felt like rubber. I rubbed it and tried to start up again but the pain was excruciating," he says. "Thinking I was finished and limping dejectedly, I heard the voice of a British woman who had been cheering me on throughout the race yelling 'come on Canada, rub it and get on.' I'm not sure if it was something in her voice or perhaps it was because she called me Canada, but her words reached deep within me."

CPO2 McBarron soldiered through, finishing with a time of 2:22:28, and 47th overall. His fear of finishing



CPO2 Brian McBarron stands in front of the electronic display announcing his 47th place finish at the Duathlon World Championships at Nancy, France.

last was officially abolished.

Training for an event such as the World Championships is a huge undertaking. CPO2 McBarron began his regiment in October 2011, tailoring it to fit the 10 kilometre run/ 40 km bike/ 5 km run structure of an official duathlon. He put in 48.63 km of swimming, 3,829 km of biking, and 1,954 km of running between then and August 2012.

"I'd run for about an hour then bike for an hour or

two," says CPO2 McBarron. "It was really challenging, but I knew the race was going to be even harder."

Despite the blood, sweat, and tears CPO2 McBarron is hoping that he qualified for the 2013 World Championships taking place in Ottawa.

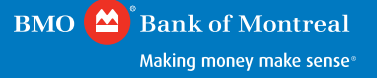
"Representing Canada in a world competition is something I will reflect upon with pride," he says. "Even with the pain, I can't wait to do it again."

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MCpl Max Murphy, Formation Imaging Services Halifax, NS
RAdm David Gardam, Commander Maritime Forces Atlantic/Joint Task Force Atlantic (right); Royal Canadian Navy sculptor in residence Christian Corbet (left) and Second World War WREN Elanor Goldring (centre) unveil the bust of Capt Adelaide Sinclair at the Maritime Command Museum at CFB Halifax on Oct. 17. Capt Sinclair, who served from 1943 until 1946, was the first Director of the Women's Royal Canadian Naval Services (WRCNS). The unveiling marked the opening of an exhibit at the museum to celebrate the 70th anniversary of the WRCNS.

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Shipwright joiner Allison Verley runs a piece of maple on the joiner.

Steady growth for tradeswomen

Megan Gerryts
Workforce Planning Assistant

Allison Verley is a rarity; she is one of a handful of women working in the trades.

She's a shipwright joiner at Fleet Maintenance Facility Cape Breton (FMF CB), a job she's held for eight years.

Before carving out a career in the wood shop, she worked for seven years as a cook. But when her appetite for that job waned, she looked for another hands-on job that tapped into her creativity, and offered a better wage.

Her launching pad was a janitorial job in the wood shop in dockyard. She took the initiative to ask the Group Manager about getting an apprenticeship, and then took the pre-apprenticeship courses required in the evening. When an opening arose in dockyard she was interviewed, and won

the position.

She did feel the pressure of being one of a few women in the trades. But time, determination and skill proved she was a valuable addition to the shop.

In her eight years, she's seen a gradual growth of women in the trades.

"The federal government is making excellent strides in putting more women in the workforce; it's only been getting stronger," she says.

To help that growth, Verley promotes the industry to women she meets.

"If I can get one girl interested I'll have done my part," she says, adding this piece of advice. "Don't be deterred by stereotypes. Don't be intimidated by the work environment. Be fully capable and see it as a challenge. You can't expect what you want to just fall into your lap. Don't be discouraged."

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Queen's Diamond Jubilee Medal presentations

Capt(N) Mike Knippel presented the Queen's Diamond Jubilee Medal to members from Maritime Forces Pacific Headquarters on Oct. 19.



Bill Schulte



Lt(N) Sheffield



CPO2 Jeffery



MWO Krekoski



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Lt(N) Matthew Clark presents medals to members of the Naden Band of the Royal Canadian Navy.



CPO2 Cayer receives the Queen's Diamond Jubilee Medal.



PO1 Broadley receives the Queen's Diamond Jubilee Medal.



PO1 Sutton receives the Queen's Diamond Jubilee Medal.



PO2 Cossette receives the second clasp to his Canadian Forces Decoration for 32 years of service.



PO2 Ellis receives the Queen's Diamond Jubilee Medal.



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NEWS Nuggets

Bring your youth to work

DND personnel are reminded that Nov. 7 is a great opportunity for CF personnel to bring their children to work for the day (Grade 9 students only). Through workplace visits, youth develop an appreciation for the importance of staying in school, finishing their high school diploma and pursuing post-secondary studies; an appreciation for their parents' roles in making a living and supporting their family, and exposure to the skills required in today's workplace.

Capt Moriarty found guilty on four charges

A military judge has found a former Vernon Army Camp instructor guilty on four sex-related charges.

The judge found Capt Daniel Moriarty guilty on two counts of sexual exploitation and one count each of sexual assault and behaving in a disgraceful manner.

The Canadian Forces National Investigation Service (CFNIS) – the investigative arm of the Canadian Forces Military Police – charged Moriarty in February after he allegedly committed crimes against two cadets at the Vernon Army Cadet Summer Training Centre and the LGen E.C. Ashton Armoury in Victoria.

The incidents allegedly occurred between 2008 and 2011.

The case was brought forward by the chains of command for the two cadets, who contacted the military police about the allegations.

Moriarty is slated to be sentenced on Oct. 31.

All four charges were laid pursuant to the National Defence Act and Criminal Code of Canada.

The CFNIS is an independent military police unit with a role to investigate serious and sensitive matters in relation to national defence property, DND employees and Canadian Forces personnel.

Final Stage for FMF Modernization coming soon

The final stage of modernizing the base's massive Fleet Maintenance Facility Cape Breton will start in the spring and includes seven work packages, including new buildings,

deconstruction of existing buildings, fit-ups in new spaces and decontaminating sites - all to be carried out while regular operations continue at the ship repair yard and across the naval base.

The work is being tendered in parts, each valued at between \$15 million and \$40 million. It's getting started using a construction management team of partners EllisDon Corp. and Kinetic Construction.

The total value could be as high as \$187 million over five years.

Contracts for new jetties at CFB Esquimalt awarded

Key contracts are being awarded to replace the main docks where warships tie up at CFB Esquimalt.

A and B jetties are considered too old and small for today's operations. Built in the 1940s, they're made of treated wood that has reached the end of its life.

Supporting infrastructure, such as electrical wiring, water and sewage conduits and telecommunications cables, also require upgrading to meet modern standards.

A \$4.3-million engineering design contract for A Jetty was awarded a week ago to Amec Americas Ltd. of Halifax. Design work for B Jetty is ongoing with consulting company Stantec. A \$1.1-million contract was awarded this year to Ruskin Construction to upgrade A Jetty to keep it operational.

Once finished, the new jetties will provide berthing

space for four frigates or destroyers, two Arctic and offshore patrol ships, one re-supply vessel and two submarines.

Food from the Home Front

Savour the flavour that came from Victory Gardens and learn about war-time cooking at the next B.C. Bites and Beverages event, Food from the Home Front, Nov. 8 from 7 to 9 pm at the Royal B.C. Museum.

Author Carolyn Herriot will begin with food production during the Victorian era when people were moving to Vancouver Island, then talk about the Victory Gardens of both World Wars. She will link this to a future disaster scenario - what we would eat if cut off from the mainland food supply - and play a short film on the production of local legumes, pulses and grains.

Truffles Catering will re-create the tastes of the period with appetizers from recipe books used during the First World War while guests mingle and chat. Janet MacDonald, Royal BC Museum, will show a few of the war-time recipe books held by the BC Archives, and provide copies of the booklet War-Time Recipes by Olive E. Hayes, Government Food Specialist to take home.

Tickets available online at <https://sales.royalbcmuseum.bc.ca> or in-person at the box office. Museum members \$35 plus HST, Non-members \$40 plus HST.

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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. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Third Street. General inquiries: Michael@LifeRingCanada.org.

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EVENTS

REMEMBER THE ROOF! A Musical Evening in support of the Roof Fund at Esquimalt United Church. Saturday Nov. 10th, from 7 to 9pm, at the Esquimalt United Church, corner of Admirals Rd. and Lyall Street. Featuring vocalist Lorraine Nygaard, with the incredible musical talents of Brooke Maxwell, Ross MacDonald, Kelby MacNayr. Tickets in advance at EUC office, or at the door. \$10adults/\$5children. Doors open at 6:30. Elevator access is via Lyall street entrance.

ESQUIMALT UNITED HOLLY TEA AND SILENT AUCTION event. Nov. 3, 2012, 1:30 - 4pm at 500 Admirals Road and Lyall Street in Esquimalt. Join us for a delicious Holly Tea, fun auction, and music by Wine & Roses Orchestra. Tickets available at adult or at door \$10 for adults and \$5 for kids. see www.esquimaltunited.com or call 250-384-3031 for info.

VANCOUVER ISLAND MULTIPLE BIRTHS Association kids mega sale. Saturday, Nov. 24, 2012. Pearkes Arena, 3100 Tillicum Rd. 09:30 - 12:30. Cash only, no tax. Bring bags for your purchases. your children need it, chances are you will find it at the KMS, Babies and childrens clothing, shoes, gear, bedding, maternity, toys, books, and more. Contact to sell: kidsmega-sale@gmail.com.

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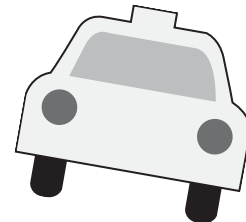
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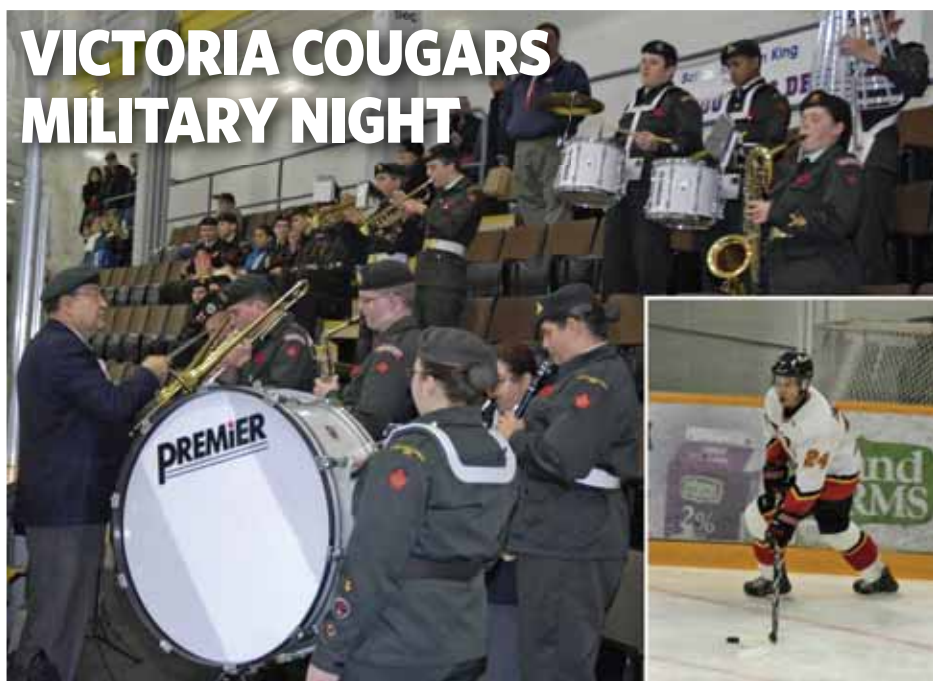
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