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Pacific Fleet cancels the Navy Lighting Contest for this year

The Navy Lighting Contest for 2012 at CFB Esquimalt has been postponed primarily due to extensive ongoing construction at Her Majesty's Canadian (HMC) Dockyard.

"I fully recognize the Navy Lighting event has become a tradition for many of us, including our neighbors in the community," said Capt(N) Bob Auchterlonie, Base Commander of CFB Esquimalt. "My decision is based on a number of factors including the ongoing construction and renewal in HMC Dockyard, the ability for personnel to safely decorate buildings near the work being done, as well as the unavailability of ships due to operational

and maintenance requirements."

Millions of dollars in construction work is being carried out in a variety of locations on the base. As well, a number of Pacific Fleet ships are either deployed or undergoing extensive maintenance work that precludes their availability to support the Navy Lighting Contest this year.

The annual Navy Lighting Contest has been a unique holiday tradition for a number of years. Last year, nearly 5,800 visitors toured HMC Dockyard by bus via a pre-determined route, viewing the decorated ships and buildings, and voting for their favorite.

Sears offers one day deal

Canadian Forces Personnel and Family Support Services (CFPFSS), in partnership with Sears Canada, have announced the 2nd Annual Operation Wish Military Family Shopping Day, taking place Dec. 4.

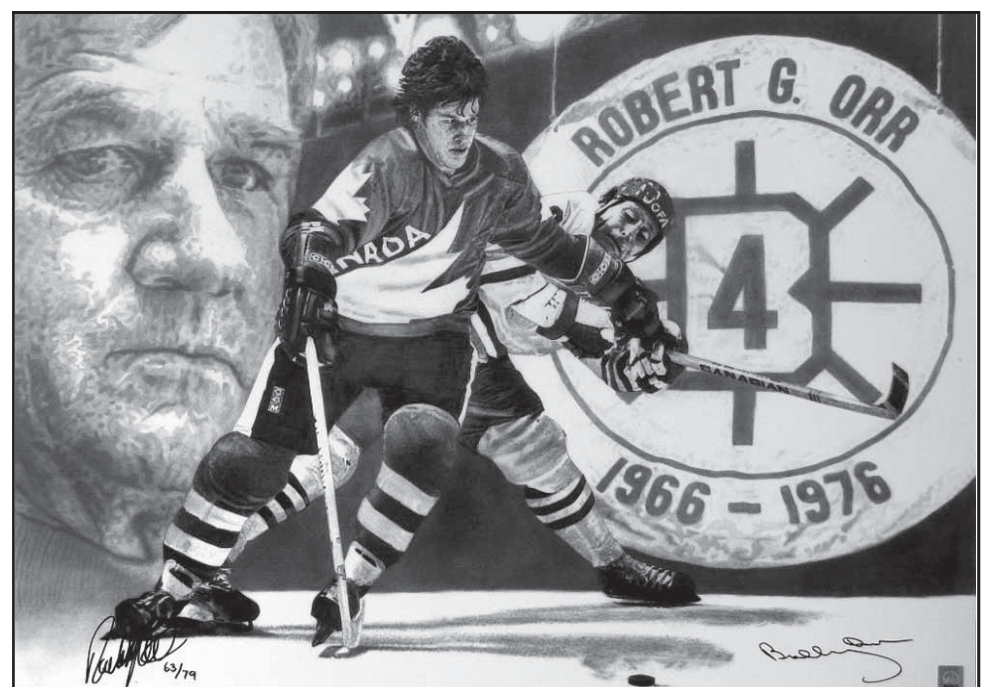
The military community can visit <http://opwish.cfpsa.com> to access a 15 to 25 per cent off coupon to redeem in any Sears store Canada-wide. New this year, the special discount is also available online at [sears.ca](http://m.sears.ca), with a mobile device at <http://m.sears.ca>, or with an iPad using the new Sears Catalogue App.

Members will be required to enter their CF Appreciation ID number or valid Military Service Number in order to access the coupon. For those without a CF Appreciation number, please visit www.cfappreciation.ca to register free of charge to access

this promotion and future discounts on services and products. Valid ID will be requested at the Sears check-out in order to finalize a purchase.

Specially designed Support Our Troops ornaments are also available for purchase at 118 Sears stores this holiday season,

for which 100 per cent of proceeds will be donated to the Military Families Fund. The ornament, a large red bulb emblazoned with the signature gold "Support Our Troops" ribbon logo, will be officially unveiled Dec. 4 at special ceremonies at 25 Sears locations across Canada.



AUCTION TO AID RCNBF

Renowned sports artist Robb Scott is auctioning off a limited edition print of Hall of Fame NHLer Bobby Orr, with the proceeds going to the Royal Canadian Naval Benevolent Fund.

All proceeds from this auction are being donated in honour of Cpl. Christopher Jonathan Reid, the artist's cousin, who was killed while serving in Afghanistan in 2006.

The print is hand-signed by Bobby Orr and Don Cherry. People interested in the print or in aiding this cause can register their bid by going to www.robbscottdrawings.com and clicking on "Cherry/Orr Auction"



Shelley Lipke, Lookout

A hand-drawn fire hose cart (circa 1860), refurbished by Fleet Maintenance Facility employees, was presented to Capt(N) Bob Aucheterlonie (centre) and base firefighters in a brief ceremony at the drill shed last week.

Historic fire hose cart returned to base

Shelley Lipke
Staff Writer

The new base fire hall on Esquimalt Road will have an historical memento on display when it opens; it will serve as an acknowledgment to firefighters of the past.

A hand-drawn fire hose cart, circa 1860, once used to douse fires on base more than 150 years ago, was returned to the base by the Saanich Historical Artefact Society and the Victoria Fire Department Historical Society.

Last Wednesday in the Naden Drill Shed, the newly restored relic was officially presented to Base Commander, Capt(N) Bob Aucheterlonie and CFB Esquimalt's firefighters.

"My father was a volunteer fire fighter for 35 years, so this is very close to my heart," said Capt(N) Aucheterlonie.

The cart was in bad shape, so shipwrights Heidi Schulz and Rick Rainsford, and paint shop employees Shane McClymont and Ryan Yeomans worked for over a month to restore it. They even made new

wheels from scratch.

"This is a great example of several organizations coming together and helping us connect to our past," said Fire Chief Steve Mullen.

The hose cart features a wooden box where fire-

fighters would have kept axes. The frame is a single piece of iron. The cart was the property of Public Works before coming into the care of the Saanich Historical Artefacts Society 14 years ago.



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People Talk

Lookout asked this question:

Do you think the world will be a better or worse place in 100 years and why?



Things are moving in a better direction and I hope they'll stay that way, but what do you know?

Lt(N) John Kirkpatrick



I think that some parts will be better, but overall it'll probably be much worse. With the volatility of the world's politics it can go either way. I hope we'll be okay over here.

Jonathan Stoski



I think it will be better. If you look at the history of humans we've always done something better for the next generation.

Jose Quintero



I think it'll stay the same. Things don't change as fast as you think. Technology changes, politics change, but generally the world stays the same.

James Stuart



I like to think that it'll be a better place. Hopefully we'll be smarter with our technology and how we act towards other people's culture. That's the best we can hope for.

OS Joseph Gibson

WHAT SAY YOU

Lock your car: thieves abound this holiday season

MCpl Jodi Woolridge Military Police Unit Esquimalt

As the festive season approaches, reported incidents of theft from vehicles increase. Many of these incidents are considered crimes of opportunity, meaning your belongings are so easily accessible, criminals can't pass up the opportunity to relieve you of them. You can reduce the risk of being a victim by following a few common sense tips.

- Get into the habit of locking your vehicle doors every time you park and walk away from it.
- Never leave valuables in sight; place purchases in the trunk or on the floor of the vehicle under a blanket or old jacket.
- Never leave spare change, tokens, expensive sunglasses, cigarettes, GPS units, etcetera in plain view. You'd be surprised what criminals would take if given the opportunity.

• Always park in well lit areas within view of your home when possible and utilize an electronic theft device.

• If available, park inside your garage when home and in parking lots with attendants while shopping.

• Don't use a hide-a-key. Even if you think it's impossible to find, it isn't. Thieves know where to look. Give your spare key to someone you trust and call them if you have a problem, or get a service like BCAA.

• Never leave your vehicle running while unattended. This makes it way too easy to steal, and makes it easy for a child to accidentally set the vehicle in motion.

By following these few common sense tips, you can greatly reduce the odds of becoming a victim.

* In the Province of British Columbia, it is an offence to leave your Vehicle Unsecured.* Unsecured Motor Vehicle, Section

191(2)(a) BC MVA. Fine \$81.

Most incidents of thefts from vehicles are the result of criminals going from vehicle to vehicle trying door handles to find an unlocked one. Once an unlocked vehicle is identified, the criminal enters the vehicle and removes all "attractive" items and items of value. This usually takes under a minute and then they move on to other vehicles. On occasion if an "attractive" item is left in plain view, a criminal will force entry to the vehicle, but seldom do they force entry without a goal in sight.

If you spot strange people in your neighbourhood that appear to be "hanging out" or otherwise acting suspicious, contact your local police immediately.

Do not confront them as they may be dangerous or they may flee the area before police can identify and speak with them.

PSP Community Recreation Department needs your help

We must have at least 1,200 responses to a special recreation survey to ensure we continue to meet your needs.

As you know, Community Recreation Services offered by Personnel Support Programs (PSP) provides a number of benefits to the military community that contribute to

the quality of life and operational effectiveness of the Canadian Forces (CF). What is Community Recreation you ask? These are the programs that you participate in your free time. Things such as swimming lessons, yoga, pilates, recreational clubs, etcetera. Some of the benefits

of our programs include:

- community integration
- family support
- deployment support
- health and fitness
- skill development (physical and interpersonal)
- leadership opportunities

In order to ensure the CF community receives these

benefits through participation, it's important the programs and services we offer meet your needs (the needs of our community).

Therefore we've put together a quick survey. It is anonymous and takes only about five minutes to complete. See the link below.

Here is the link: www.surveymonkey.com/s/PSPRECNEEDSASSESSMENT

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Abilities

Fair

December 4
11 a.m. - 2 p.m.
Naden Upper Gym

MARPAC will host an Abilities Fair on Tuesday Dec. 4 from 11 a.m. to 2 p.m. It's open to all Defence Team Members at the Naden upper gym.

Come see the latest products and services to help those with visible and invisible disabilities and those affected by aging.

Exhibitors cover a wide spectrum ranging from health concerns related to aging to adaptive technologies, to assist people with disabilities in daily tasks.

Organizations will be there to answer your questions including the Canadian Diabetes Association, BC Wheelchair Sports Association, and the Learning Disabilities Association.

Guide dogs in training will also be on site. You can obtain information about BC Guide Dog Services for those with impaired vision or autism. Information will also be available about opportunities to foster a puppy that will one day become a guide dog.

The University of Victoria organization

CanAssist will be there. This organization is dedicated to helping people of all ages, across the disability spectrum, to improve their quality of life. Recently, CanAssist made a modification to a bicycle pedal to enable a woman with rheumatoid arthritis to ride a bike for the first time in decades. Come by the fair to see what exciting projects they are working on next.

The Prostate Centre will be present to give information about Prostate Cancer screenings and prevention. There will also be information about the products and services that can help you achieve your best, such as LifeMark Physiotherapy, Queen Alexandra Orthotics, and Veterans Affairs Canada.

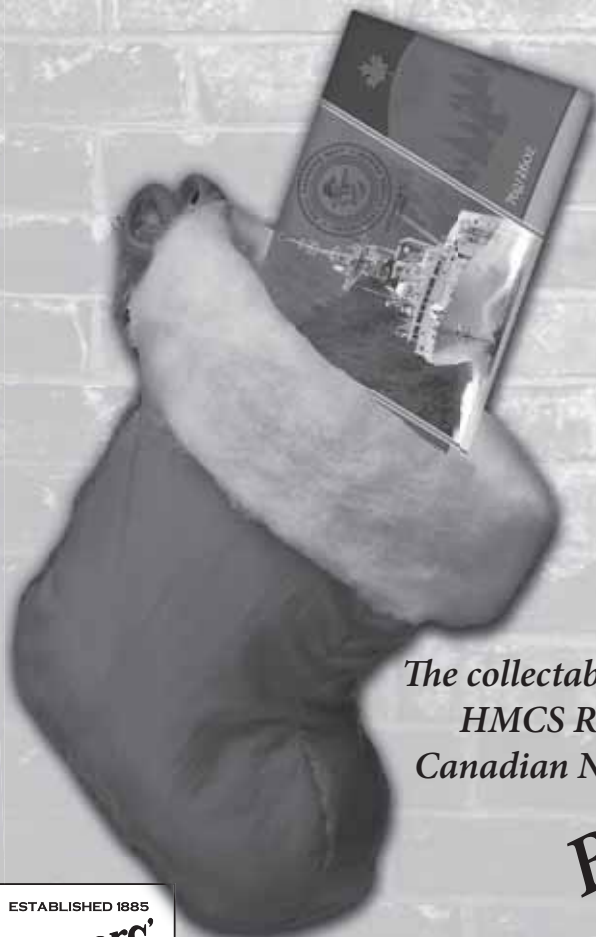
The MARPAC Abilities Fair celebrates International Day for Persons with Disabilities and is supported by the MARPAC Advisory



A young boy with his Autism support dog.
Photo courtesy of Autism Support Dogs

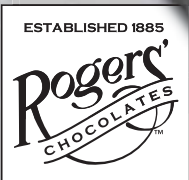
Group for Persons with Disabilities. It recognizes the need to see beyond the disability and focus on the potential in all of us.

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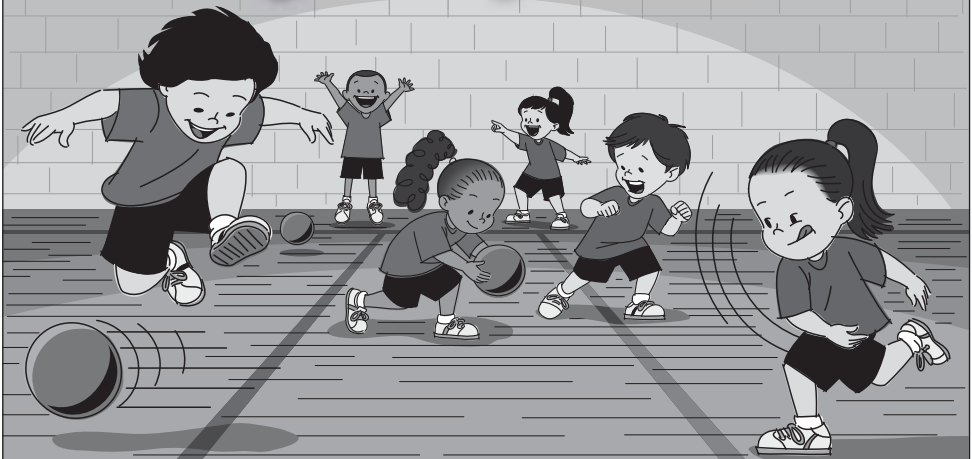


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HMCS Vancouver recognized for service during Operation Unified Protector

A/SLt MacDougall
BPAO Trainee

More than 190 women and men from HMCS Vancouver formed up in the Naden Drill Shed Nov. 16 to receive the Non-Article 5 NATO Medal for Service (Libya Medal).

The drill shed was filled with nervous excitement as the sailors, soldiers and air personnel – formed up in three large platoons - awaited their turn to receive the medal.

With the military band playing in the background, friends, family and distinguished guests watched as RAdm Bill Truelove, Commander of Maritime Forces Pacific and Joint Task Force Pacific; Cmdre Scott Bishop, Commander of Canadian Fleet Pacific; and Capt(N) Bob Auchterlonie, Base Commander of CFB Esquimalt; presented the medals.

“In 20 years when I look back at my Libya Medal, I will feel a huge sense of pride” said LS Stephanie Masciotra, “We worked hard while we sailed in pitch darkness, and were always at the ready at everything we did.”

The Libya Medal was awarded for Vancouver’s participation in Operation Mobile, the Canadian contribution to the NATO Operation Unified Protector. Vancouver was deployed to the Mediterranean region during Operation Mobile from July 10, 2011, to Feb. 19, 2012.

“I’m so absolutely proud of every single one of them, of the things that they accomplished, not only for themselves but for the navy and Canada,” said Cdr Bradley Peats, Commanding Officer of Venture, and Vancouver’s Commanding Officer during Operation Mobile.

Canada played a leading role in the UN-mandated operations with 630 CF members deployed to create a Libyan no-fly zone and prevent attacks on civilians by the government forces of Colonel Muammar Gaddafi.

Other Canadian assets with Operation Mobile included CF-188 Hornet fighters, CC-150 Polaris in-flight refuelling tankers, CC-130 Hercules tankers, CP-140 Aurora long-range patrol aircraft as well as Canada’s massive C-177 Globemaster III aircraft.



Above: HMCS Vancouver’s former commanding officer Cdr Bradley Peats (right) receives the NATO Medal from RAdm Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force Pacific.

Left: RAdm Truelove receives the salute before presenting the NATO medal to members of the ship’s company.

Cpl A.W. Croskery, MARPAC Imaging Services

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NEWS *nuggets*

Festival trees bring good cheer to all

Last week the Fairmont Empress Hotel's hallowed halls lit up with hope and good cheer as the 21st Annual B.C. Children's Hospital Festival of Trees kicked off.

Local companies, organizations and individuals strung garland, tossed tinsel and lit up more than 75 trees that line the Fairmont Empress' hallways. This annual Christmas tradition, which runs until Jan. 4, 2013, raises more than \$100,000 for B.C. Children's Hospital Foundation each year.

Raising awareness about psychosis

ReachOut Psychosis will tour high schools and middle schools on Vancouver Island Nov. 26 - 30. The tour raises awareness about psychosis and mental illness.

ReachOut Psychosis makes this message meaningful to B.C.'s youth with free school presentations. By identifying psychosis as a serious, but treatable medical condition of the brain, this program works to help youth and their friends and teachers recognize it early

and get effective help. If properly diagnosed at early stages, medical treatment has the ability to not just turn young lives around, but to save lives. Teen suicide statistics related to youth mental illness are staggering.

ReachOut is a dynamic and highly effective performance touring the province since 2005, performing for more than 22,000 students annually. It is a program of the BC Schizophrenia Society and HereToHelp.

Carol-Along with the Carillon

It's a unique holiday experience enjoyed by more than 100 people. The Provincial Carillonneur climbs 75 spiral steps to ring out 22 seasonal favourites and everyone sings along. Hot chocolate, cookies and song sheets are provided. Members of the Newcombe Choir lead the carolling. When the singing ends, the carillon is lit up for the festive season. This event takes place in all conditions except high winds.

Christmas in Old Town, Royal BC Museum

Nov. 15, 2012 - Jan. 7, 2013, 10 a.m. to 5 p.m. daily. The sights and sounds of Christmas long ago. Marvel at the 4.5 metre Christmas tree, visit the wood-cobbled streets laced with festive garlands and stroll past the old-time shops with their seasonal finery. Included with admission or membership.

Father Christmas - A Victorian Experience,

Dec. 7-23, Friday to Sunday, 11 a.m. to 4:30 p.m. Father Christmas will be part of the magical experience in Old Town. Share holiday wishes and have a photo taken in this special setting. Included with museum admission or membership. Extra fee for photos.

Helmcken House Old-Fashioned Christmas

Dec. 22 - 31, 12 - 4 p.m. daily. Open the door to one of B.C.'s oldest buildings. Helmcken House comes

alive with the spirit of an old-fashioned Christmas in Victoria. Discover the traditions of early Victorians - Christmas crackers, cards and carols. Included with museum admission, membership, or by donation.

Half Price Weekday Afternoons at the Museum

Half-price admission, ideal for visits on dark winter afternoons, is now available until March 31, 2013, with the extension of the Royal BC Museum After School Special. Visitors are invited to extend the weekday learning experience every afternoon from Monday to Friday. Individual museum admission is half price from 3:30 p.m. until closing at 5 p.m. Children five years or younger experience the museum galleries free of charge, as they do year-round. This offer does not include the IMAX Victoria Theatre, family or group museum admission or museum membership, and may not be combined with any other offers.

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Cadets tour HMCS Nanaimo

Shawn O'Hara
Staff Writer

Two female cadets, profiled in the Defence Women's Advisory Organization (DWAO) newsletter, were invited to the base to learn about life on a warship.

Sea Cadet MS Oressa Mathers-Cyr, from Comox, and Air Cadet Sgt Sarah Gunderson, from White Rock, crossed the brow of HMCS Nanaimo two weeks ago for an in-depth view of the ship.

"I'd never been on a naval ship before," said MS Mathers-Cyr of Cadet Corps 189 Port Augusta. "I've been learning about naval vessels for so long. It was a great experience to finally get a chance to see it for myself."

They were taken through

Nanaimo deck-by-deck. They met the crew, hung out in the mess, and sat behind the controls of the 40mm deck gun.

"I've been learning to shoot rifles on the range, but that was unlike anything I saw here," said Sgt Gunderson.

The two cadets met in the summer at the Vernon Cadet Camp during an Army Cadet Marksmanship Instructor Course. The course brings together all three cadet branches (Army, Air, and Sea) to develop leadership skills.

"It didn't change anything with Oressa being a Sea Cadet and me being an Air Cadet," said Sgt Gunderson. "When you're at camp those walls come down. Everyone is there for the same reason."

As girls in the Cadet Corp, MS Mathers-Cyr and Sgt

Gunderson face a unique challenge.

While they acknowledge the CF is a male dominated workplace, this doesn't deter them from considering careers in the military.

"At 189 Port Augusta there is definitely a dominant male presence, but no one looks at me differently because I'm a girl," says MS Mathers-Cyr. "We're such a small group that it doesn't matter if you're a boy or girl. We're like a family."

When it comes to the future, Sgt Gunderson sums up the situation perfectly.

"At this point in history we're lucky to be able to do whatever we want," she says. "I'm not going to let any opinion determine what I do with my life."



Above: Sgt Sarah Gunderson spies through the Big Eyes on HMCS Nanaimo.



Right: MS Oressa Mathers-Cyr sits behind the control of the 40mm deck cannon.



Cadets Sgt Sarah Gunderson (right) and MS Oressa Mathers-Cyr toured HMCS Nanaimo during a visit to CFB Esquimalt.

Photos by Shawn O'Hara, Lookout

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Slt Natalie York
HMCS Regina

As you're driving down the road, across town or even across the country, do you wonder when you will next get a chance to buy gas, and maybe a snack?

Count yourself lucky you're in a car. If you were driving a warship, you would face that problem on a much grander scale.

Ships that have to stay at sea for extended periods must find a way to restock everything ship and crew consume — from peanut butter to engine parts to fuel.

It's called "replenishment at sea" — abbreviated RAS (pronounced "razz") — and the commodity most often replenished this way is fuel.

When a ship such as *HMCS Regina* refuels at sea, the crew aligns it beside a replenishment ship (called a tanker). As the two ships keep sta-

tion, cruising along side by side, the two crews rig a span wire to connect them. Then the tanker crew uses the span wire to send a fuel hose fitted with the right kind of nozzle to the receiving ship.

The crew of the receiving ship catch the nozzle of the fuel hose and attach it to their inlet pipe. When everything is firmly connected, the fuel starts to flow. Imagine trying to fill up your car from a tanker truck while both you and the truck driver keep going down the highway, side by side.

Since leaving Esquimalt July 3, 2012, *Regina* has replenished at sea more than a dozen times, taking fuel from American and British naval tankers.

From initial planning to completion, each RAS requires a high degree of cooperation between the two ships' companies, and among the various depart-

ments of each crew.

The Combat Department is responsible for precision ship-handling. The Deck Department delivers expert seamanship in tasks such as rigging the span wire. The Combat Systems Engineering Department keeps all the communication equipment in top shape, and the Marine Systems Engineering Department monitors the entire fuelling operation.

Regina is currently deployed on Operation Artemis, the Canadian Forces participation in maritime security and counter-terrorism operations with Combined Task Force 150 in the Arabian Sea, the Persian Gulf, the Gulf of Oman and part of the Indian Ocean.

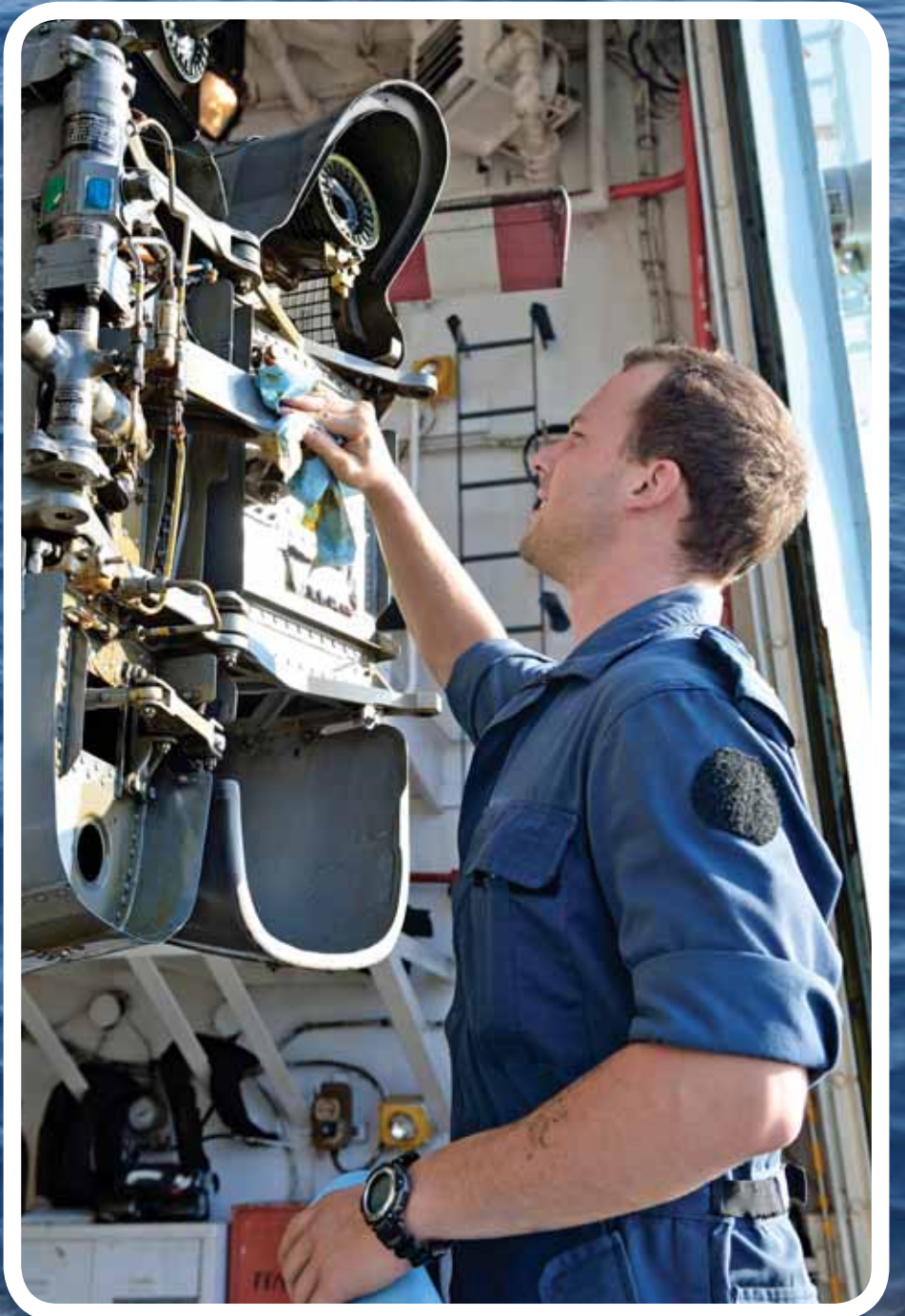
This area of responsibility comprises about 2.5 million square miles of ocean and encompasses some of the world's most important shipping lanes.





Cpl Rick Ayer, Formation Imaging Services, Halifax
HMCS Regina's LS Graham Williams secures a hose from Royal Fleet Auxiliary Wave Ruler, a British tanker, during a refueling at sea while deployed in the Arabian Sea for Operation Artemis.



Above: Marine Engineers, AB Michael Wilson (left) and LS Derek Rowlands, repair a fuel hose.
Right: Cpl Guillaume Tremblay performs maintenance on the CH-124 Sea King helicopter.
Below: Sgt Michael Ziska performs maintenance on the CH-124 Sea King helicopter.
Bottom: Maritime Surface and Sub-Surface Officers, SLt Sean Flynn (left) takes a bearing while SLt Chris Witters operates a radar on the bridge.



Regina at work


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Tend your lockout blues here

Shelley Lipke
Staff Writer

Has the NHL lockout this December got you feeling blue?

Need someplace to don a hockey jersey, and hoot and holler for your favourite team?

Wurtele Arena is just the place.

On Dec. 6, 10 a.m. to noon, players from the Victoria Royals hockey team, the base, including Base Commander, Capt(N) Bob Auchterlonie, and local media will form teams and try to out skate, out shoot, and out shine each other.

The on-ice challenge is part of the Government of Canada Workplace

Charitable Campaign (GCWCC).

Intermission will feature a chuck-a-puck contest with the winner receiving a Victoria Royals jersey. The canteen will be open for an early lunch.

Cost to root the teams on is only \$5, and with that entry fee comes one free pass to a future Royals game and entry into a prize draw. All proceeds go to the campaign.

Tickets are limited due to arena capacity and must be purchased in advance by calling or emailing Vicki Laidlaw: (250-363-2595) or vicki.laidlaw@forces.gc.ca

As part of a mini food drive, non-perishables donations for the Mustard Seed Food bank are being accepted at the entry of the arena.

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Employment Skills Access program give hope for new job

Shawn O'Hara
Staff Writer

Recent funding to Camosun College will translate into tuition-free skills upgrading and training for up to 234 people between now and July 2013.

The post-secondary school will receive up to \$943,000 in Employment Skills Access (ESA) funding to train eligible clients in six targeted job-readiness programs linked to current regional labour market demands: retail and hospitality; pre-entry nautical; building custodial services; office administration and computer skills; foundations in website design, and First Nations leadership and capacity building.

Shelley Gilmour, Program Coordinator for

ESA, says the courses available are a balance of hands-on and practical skills, as well as business administration and office work.

"We're trying to appeal to people looking for varied kinds of work," she says.

The length of the programs vary, from four weeks to 12 weeks.

ESA is a provincial initiative of the Ministry of Jobs, Tourism and Skills Training intended to help those unemployed to access training in local public post-secondary institutes to strengthen their job-specific skills in challenging economic times.

This will be the fourth year Camosun has provided training under the ESA program. Over the past three years, the college prepared 384 clients to be job-ready.

"This funding means

Camosun can continue working with unemployed individuals to equip them with in-demand work skills and recognized certifications to find meaningful employment," says Gilmour. "In many instances, we hear from past clients about how ESA training has changed their lives."

Individuals may be considered eligible for an ESA funded program if they are unemployed and have not had an employment insurance claim in the past three years or a maternity/paternity claim in the past five years.

For more details on each of these ESA training programs, visit Camosun's website at www.camosun.ca/back-to-work, or book an appointment to discuss eligibility. Call 250-370-4790 or email esa@camosun.ca.

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REMEMBRANCE IN THE NORTH



Navy joins Prince Rupert in Remembrance of the Fallen

SLt Alex B. Fast
HMCS Brandon

Crews of *HMC Ships Brandon* and *Yellowknife* gathered in Prince Rupert Nov. 11 to pay homage to our fallen soldiers.

Joined by members of the RCMP, Rangers, and Sea Cadets, the ships' companies of *Brandon* and *Yellowknife* marched in formation to the town's cenotaph for the commencement of Remembrance Day ceremonies.

With the rain cascading down upon them, the parade stood solemnly during a moment of silence, and as the town chaplain delivered prayers, honouring those we have lost. Local officials and townspeople gathered to lay wreaths and pay their respects on this sombre day.

Upon completion of the ceremonies, the crews of *Brandon* and *Yellowknife* marched to the Royal Canadian Legion to partake in the grand re-opening ceremony.

Top: LCdr Liza Sprang, Executive Officer of HMCS Brandon leads the companies of HMC Ships Brandon and Yellowknife towards Prince Rupert's cenotaph.

Middle right: OS Sylvia Hill of Royal Canadian Sea Cadet Corps Captain Cook stands sentry at the cenotaph.

Bottom right: Lt(N) Sylvain Leblanc, Executive Officer of HMCS Yellowknife, salutes with the platoon commanders of the RCMP and the Ambulance Service.



Lost and found

The following items have been found on base:

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- Backpack
- Air pistol and pellets
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- Computer speaker
- Blackberry cell phone
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- Knife and case
- iPhone
- Heart rate monitor
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Golf win! Medals come home

Shawn O'Hara
Staff Writer

On a humid golf course in Jacksonville, Florida, a Victoria, B.C. Army reservist took home an international victory.

MCpl Escobar of the 11th Field Ambulance represented the Canadian Forces Oct. 11-19 in the CISM Golf Military World Championship.

She competed in the Women's Individual and the Women's Team categories, in which she took home a bronze and silver medal, respectively.

Competing on an international level is no easy task, and the tension felt on the course during the medal winning games proved this.

"At the beginning we were all joking and chatting but by that point no one was saying much. We were

all so focused on doing our countries proud," she says.

In the end MCpl Escobar placed third overall in the Women's Individual category, and second in the Women's Team.

"I would have liked to come back with a silver or gold, but I guess it just wasn't in the cards. It can be difficult to stay in the moment and focus when you know you're all fighting for those medals," she says. "Bringing back a medal at all says something about you. I can honestly say I left everything I had on the course."

For MCpl Escobar athleticism is just one facet of the sport.

"Golf is such a mental game. A lot of your time is spent trying to stay calm," she says. "When you're shaking hands with your opponent you're basically

trying to still your mind and get through the game."

The tournament featured competitors from 11 military forces the world over, including the United Kingdom, Zambia, Pakistan, Germany, and Bahrain.

"Being in the service gives everyone a common bond," she says. "You may be from different countries and wildly different cultures, but you have that in common."

By tournament end, Team Canada had won five medals in total: Silver in the Women's Team category and Bronze in the Men's Team; Gold and Bronze in the Men's Individual Seniors (40+ category); and Bronze in the Women's Individual. The Team also won the Fair Play Award voted on by their peers for the team that best displayed sportsmanship and fair play.

SPILLEX tests response plan

Shelley Lipke
Staff Writer

Emergency response skills were tested mid-November with an oil spill response exercise.

On Nov. 15, 35 base personnel from various units and the Fleet responded to a simulated situation in a tabletop exercise, the first since 2005.

While emergency responders, such as the fire department, Base Construction Engineering, HAZMAT Emergency Response Team and the POESB Marine Environmental Response Team, regularly exercise their capacity to respond to spills, this event was an opportunity to bring key players together with the activation of the Emergency Operations Centre, said environment officer Jenn Holder.

Participants received training and discussed the scenario prior to gathering at the Emergency Operations Centre in Nelles Block. The scenario was: *Due to a mechanical failure at the fuelling facility, 8,000 litres of fuel had been released into the marine environment and two casualties required attention.*

The emergency responders established a command post and commenced clean-up of the spill, and the Emergency Operations Centre was stood-up with representatives from base units working together to support the clean-up efforts.

Base Logistics coordinated the purchase and delivery of supplies needed to tackle the clean up; Base Administration arranged provisions for those displaced or involved with the emergency; and Formation Safety

and Environment notified other government departments of the situation, and solicited expert advice from Fisheries and Oceans Canada and Environment Canada on how to manage certain aspects of the scenario, such as how to handle oiled wildlife.

Queen's Harbour Master coordinated marine assets and Base Public Affairs responded to mock media and public concerns.

The exercise brought attention to a number of issues that would need to be addressed in the event of an actual spill. One of these issues would be how to transport DND personnel should the Baseline Harbour Service be cancelled.

"It's good to practice this so everyone is familiar with the issues specific to this kind of a scenario and get everyone's brains thinking about what needs to be done" says Holder. "The more you exercise the fewer stumbling blocks you have during the actual event. It also validates and helps us improve our existing contingency plans."

Many of the military personnel involved in the exercise were not on the base when the last base-wide SPILLEX occurred seven years ago, so it was a good opportunity for them to practice their roles.

"If we never test these plans, we never know if they work," says Holder.

The fuel tanks on the farm in Colwood hold more than 22 million litres of marine diesel and jet fuel, so it's prudent to have a plan in place should the unthinkable happen.

Similar exercises, either tabletop or fully deployed, will be held annually.

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- Renegade by Jack Whyte

- *The Panther* by Nelson DeMille
- *The 100-Year Old Man Who Climbed out the Window and Disappeared*
- *The Secret Keeper* by Kate Morton
- *A Nation Worth Ranting About* by Rick Mercer
- *Total Recall* by A. Schwarzenegger
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Scanning history into the future

Digitized cadet yearbooks tell Royal Roads history

Shawn O'Hara
Staff Writer

Over 50 years of military history is making its way into the future.

The archives at Royal Roads University (RRU) are making available 7,000 pages of cadet yearbooks from the days as Royal Roads Military College.

"The Military College and RRU are such a rich source of history on the island. It's important that we make it available," says Caroline Posynick, Archivist at RRU.

From 1942 to 1995, RRU operated as the Royal Roads Military College, where military officers from all over Canada received their educations.

Each year a book was produced for students that featured stories and photos from arrival to graduation.

"We found that former cadets were interested in seeing the books, but unless they had their own copy there wasn't a way for them to get that information," says Posynick.

The University of British Columbia's Irving K Barber Learning Centre helped offset the cost of the project with a grant that matched the funds put forward by RRU.

"We have stakeholders who are very interested in the project, and the grant really helped us," says Posynick. "The whole point of the project is to get information out there for people who want it."

The funding was in conjunction with the B.C. History Digitization Program, which hopes to make more of the province's history freely



available online.

The yearbooks were shipped off to an outside facility that scanned them into PDF format. Once the files were delivered to RRU, Posynick had the task of formatting thousands of pages and decades worth of history into an easily readable format.

"There's no sense in having all this information available if you can't make heads nor tails of it," says Posynick.

After the files had been formatted, they were uploaded to the server cache at RRU and made available on the university's website. The formatting makes it not only easy to read, but easy to research.

"It's not just for the cadets that we're doing this, it's for the researchers as well," says Posynick. "There are a lot of people interested in the site's heritage for academic reasons, so we want them to be able to access the information they need."

The project was partly inspired by a deal between DND and RRU.

The land that RRU stands on is leased from DND and as part of the conditions of the lease Posynick and the archives have the job of maintaining records of the site's military past.

The project is something Posynick and the archives have been interested in doing, and now the funds and support are there, she says.

"A lot of people are unaware of the history of the University," says Posynick. "Here at RRU we think it's important to respect and remember the military heritage of the site."



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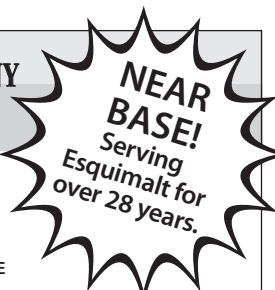


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The latest Activity Guide is coming soon! Watch for it at MFRC and PSP outlets.




Military spouse Shannan Blackburn found much-needed comfort from other spouses in the MFRC's Deployment Coffee Night's when she first moved to Victoria.

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MFRC coffee nights about more than just coffee

Jon Chabun
 MFRC

The name of the Coffee Nights weekly meet-up group can be a little misleading.

It's officially called Deployment Coffee Nights, but there's more to the group than what's being served inside a cup.

Wednesday nights have become the perfect way for military spouses to connect with each other in a welcoming environment.

Shannan Blackburn is pretty much the blueprint of why this group exists. She wasn't from Victoria. She had family on the other side of country in Newfoundland. She didn't have a military background. She didn't know the Military Family Resource Centre (MFRC) could help her. When her husband deployed for four months, it was the first time they had been apart for any amount of time.

One of her girlfriends mentioned the MFRC. She did some research and eventually made the phone call.

"The first time I went to a coffee night, I cried for two hours straight," she says.

The group provided great comfort and an emotional release for her. It was exactly what she needed.

"My first memory of Shannan is her sitting on the couch and crying and apologizing," said Sandra Pinard, deployment coordinator at the MFRC. "She

was really missing her husband."

As Blackburn was leaving the group that night, she told everyone she would see them next week. There was an awkward pause in the room.

"What do you mean we're not meeting for another month?" she said.

Linda Nowak was a deployment volunteer on Blackburn's first night.

"She's the reason we now have coffee nights every week," says Nowak.

The organizers have always been good at listening and responding to the needs of the group, and made the change to meet weekly.

"It is great being able to have a conversation with someone who is going through, or has gone through, the exact same feelings and emotions as you," said Blackburn. "It's just nice to know you're not alone."

She has made strong friendships along the way, and is now able to provide comfort to others experiencing the same emotions she did. She is also pursuing a social work degree to give back even more.

"If I meet people who are going through their first deployment, I always tell them about coffee nights and tell them they need to go," said Blackburn, putting emphasis on the word "need."

According to Pinard, there is plenty of research out there that suggests, "the

more connected you are to people and the more tied-in you feel to others, the healthier you are.

"We see the beneficial effects of these informal networks and how they help families in adapting to and managing the stress from deployments."

Deployment Coffee Nights are not only popular with those dealing with a deployment, but for those looking to meet new people, those new to the military lifestyle, and others that want to stay connected and give back to the community.

Coffee Nights take place every Wednesday evening. Child care is available for those experiencing a work-related separation, if booked in advance. The sessions alternate each week between the Colwood Pacific Activity Centre and the Anglican Parish of St. Peter and St. Paul in Esquimalt. For more information, visit www.esquimaltmfrc.com or phone 250-363-2640.

The MFRC is the only local non-profit organization specifically dedicated to providing 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.

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Fleet Maintenance Facility recognizes employees



Marion Draper, Contributor

Several Fleet Maintenance Facility employees received the Queen's Diamond Jubilee Medal from Commanding Officer Capt(N) Smith.

Back: Richard Summers; Barry Ross; Mark Darley; MS M.A. Gregg; MS C.D. Hall; LS T.R. Jarczewski; Phil McEvoy; CPO2 D.P. McCabe; John Raymond; CPO1 K.A. Woods.

Middle: Cdr R.C. Solomon; MS R.R.J. Arseneault; Alan Butler; PO1 C.G. Fraser; LS E.A. Stevens; Susan Plato-McLean; Philip Nelson; David Stein.

Front: Jaylene Smith-Newman; LCdr L.M. Hodgkins; CPO1 D.A. Bell; Capt(N) D.F. Smith; MS S.J. Lonergan; Jennifer Giardet; and Karen Wylie.



PO1 Todd Wright is awarded his Canadian Forces Decoration by Capt(N) Smith.



CPO2 Daniel Skaalrud receives his new shoulder slippers from Fleet Maintenance Facility Commanding Officer Capt(N) Smith and from his father, Retired CPO1 Milton Skaalrud.



CPO2 Darryl Lewis receives his new shoulder slippers from Capt(N) Smith and LCdr Manley.



CPO1 Don Mills receives his new rank from Capt(N) Smith and LCdr Manley.



To mark Remembrance Day this year, MARS IV Mackenzie students of Patrol Craft Training's Orca, Moose, Cougar, and Raven disembarked for the short walk into Ganges on Salt Spring Island. Formerly known as Admirals Island, it has always had a strong relationship with the Royal Canadian Navy. Members from the local RCMP, Coast Guard, Fire Department, and Royal Canadian Legion were also present to pay respects to those fallen in the name of freedom. More than 80 members of the Royal Canadian Navy participated in the parade and their contingent was by far the largest present.

SLt Charles Paterson, HMCS Ottawa

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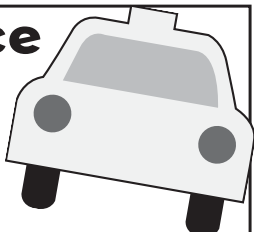
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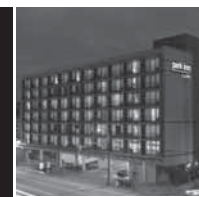
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