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Leading Seaman (for the day) Bob Auchterlonie looks on as Base Commander, Captain(N) (for the day) Pryce Nicholson performs the ceremonial carving of the turkey to start the annual Junior Ranks Christmas Dinner at the Pacific Galley Dec. 6. LS Nicholson is a Cook at the Pacific Galley. It is tradition at the Junior Ranks Christmas Dinner festivities for the youngest member to trade places with the most senior officer.

Ed Dixon,
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Commander, Maritime Forces Atlantic, Maritime Component Commander, RAdm David Gardam gives a town hall brief in HMCS Regina's Junior Ranks Mess.

Cpl Rick Ayer, Formation Imaging Services Halifax



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Maritime Component Cdr visits Regina

Lt(N) Chris Walkinshaw
HMCS Regina

Rear-Admiral David Gardam, Commander of Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic (JTFA), joined HMCS Regina for two days at sea Nov. 23.

Already double-hatted in his force-generation and regional force-employment responsibilities, RAdm Gardam is also the Maritime Component Commander for Canadian Forces operations, and advisor to the Commander of Canadian Joint Operations Command. It was this third role that brought him to his rendezvous in Kuwait with Regina.

"It was a privilege to welcome RAdm Gardam on board Regina. Having the opportunity to personally explain both the current operations and the challenges facing your ship face-to-face is important," said Cdr Jason Boyd, the Esquimalt-based frigate's Commanding Officer. "The realities of life in the Arabian Sea are constantly changing, so the opportunity to provide a mid-mission update to our Canadian com-

mander is highly valuable for a deployed ship."

During his visit, RAdm Gardam took the opportunity to explain his responsibilities as Joint Forces Maritime Component Commander, an organizational construct that may be unfamiliar to the crew of a West Coast ship.

All naval units deployed on named operations fall under his responsibility, he said, and he reports to the Commander CJOC in this role.

"Today, the CF has HMC Ships Ottawa and Regina both at sea on named

missions," said RAdm Gardam. "Both these ships are from the Pacific Fleet, and they are reporting to the Maritime Component Commander, who happens also to be Commander, MARLANT and JTFA."

Visits from Canada's senior naval leaders always boost morale in the ship's company. "It makes me proud to show off what we are accomplishing," said Able Seaman Corey Bliss. "The Admiral's visit demonstrates that people with incredibly busy schedules are willing to come and see what we are doing, and remind us what we are doing is important."

During his presentations to the ship's company, RAdm Gardam shared some of the feedback that he received during his recent meetings in Bahrain with the leadership of Combined Maritime Forces: Regina has earned an excellent reputation as a "workhorse", a "go-to" ship, and one of the most capable of CTF-150.

When it was time to disembark Regina, RAdm Gardam told his aide, "You go. I'll stay at sea."



RAdm Gardam talks with Sgt Peter Sova.

ORAL HEALTH RESEARCH

The Women's Health Initiative Supporting Pregnancy Oral Health Group (WHISP-OH) invites you to take part in a research study.

WHAT DOES IT INVOLVE?

- A survey, either face-to-face, on-line or by telephone.
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WHO DO I CONTACT?
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University of Victoria
VANCOUVER ISLAND health authority

Prison time for former army cadet instructor

Sentencing has been passed in the court martial of 2Lt Daniel Moriarity.

2Lt Moriarity has been convicted of two charges of sexual exploitation, one charge of sexual assault, and one charge of sexual interference in relation to sexual offences committed against cadets at the Lt-Gen Ashton Armoury in Victoria and Vernon Cadet Camp in 2010 and 2011.

For these charges he

has been sentenced to 12 months in prison, demotion from his former rank, and dismissal from Her Majesty's Service.

Additionally, the presiding Military Judge issued an order authorizing the taking of bodily substances from the offender for forensic DNA analysis, and an order requiring Captain Moriarity to comply with the Sex Offender Information Registration Act for life.

Attn: DND

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Navy assists in large drug bust

HMCS Ottawa is currently conducting a 44-day deployment in the eastern Pacific.

DND

Two weeks ago, while patrolling in international waters southeast of Isla de Coco, Costa Rica, HMCS Ottawa assisted a United States Coast Guard Law Enforcement Detachment team in boarding a suspicious fishing vessel.

This boarding resulted in the seizure of 36 bales of cocaine weighing 1,086 kilograms, with an estimated wholesale value of more than \$29 million USD.

Between Nov. 18 and 29, CP-140 Aurora crews from 19 Wing, Comox, and 14 Wing, Greenwood, assisted in seizing, through surveillance and detection, 144 bales of cocaine weighing 4,300 kilograms, with a wholesale value of more than \$116 million USD. In total, more than US \$145 million worth of drugs were seized.

In 2012, in addition to Ottawa, the Canadian Forces contributed five HMC ships to counter-narcotic operations in the Caribbean region. Frigate HMCS St John's, the destroyer HMCS Iroquois, the replenishment ship

HMCS Preserver and two maritime coastal defence vessels, HMCS Kingston and HMCS Goose Bay all deployed to the region this year to assist in the disruption of illicit drug trafficking and other criminal activities.

While operating in international waters, their tasks are to locate, track, approach and potentially intercept suspicious vessels in order to allow the U.S. Coast Guard Law Enforcement Detachment personnel to board and conduct law enforcement operations.

"The Royal Canadian Navy continues to work alongside our allies and whole-of-government partners to help suppress criminal activity at sea and interrupt the flow of illicit drugs destined for our shores," said Vice-Admiral Paul Maddison, Commander of the Royal Canadian Navy. "We are taking the fight to the narco-trafficker in their backyard, denying them freedom of movement at sea, enforcing the rule of law and making the streets of our Canadian cities safer for our children."

The Royal Canadian Air

Force has also contributed to Operation Caribe by providing five CP-140 Aurora long-range patrol aircraft to fly critical surveillance sorties in the region.

"I am tremendously proud of the dedication and hard work displayed by everyone involved in this seizure," said Commander Scott Van Will, Commanding Officer of Ottawa. "Their commitment to Canadian and North American security solidifies the many opportunities we have to partner with other nations and organizations to suppress criminal activity at sea and keep illegal drugs off our streets."

Every year, under the coordination of Joint Interagency Task Force South, partner nations intercept and seize millions of dollars' worth of illicit drugs, and play a major role in suppressing trafficking in international waters and airspace. Since it began in November 2006, Operation Caribe has helped strengthen international partnerships, build partnership capacity, and demonstrate our regional commitment to combating transnational criminal organizations.

HMCS Ottawa's Sea King helicopter and members of a U.S. Coast Guard boarding party approach a suspect vessel in international waters near Costa Rica.

J1ATF South



WIN tickets to The Gift of Pandora's Box

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Dec. 30 - 2 pm

Royal Theatre

Lookout is giving away 2 pairs of tickets to **Pandora's Box** ~ An Extraordinary Tale of Magic, Superb Dancing, Humor & Holiday Cheer!

Answer this question: What was in the Pandora's box? Email your answer to: kate.king@forces.gc.ca

Draw Dec. 14

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People Talk

Lookout asked this question:

What is your happiest or most cherished holiday memory and why?



Christmas morning when I was a child. Opening presents with my family. I don't have family in Victoria so it's nice to spend time with them.

Matt Koegler



My son's first Christmas. I got to see Christmas through the eyes of a kid again, and that doesn't often happen.

SLt Mike Makow



The holidays are all about getting together with family. Every memory I make with my family is a cherished one.

Amanda Kovacs



Bringing my first born son home on Christmas day. The nurses handed him to us in a tiny red and white stocking cap. That's one I'll never forget.

Tony DeRosenroll



All of the days I spent with my family. I see my family twice a year when I go back to Quebec, so I cherish those times.

AB Maverick Hamon-Boulay

WHAT SAY WE

Holiday season gift drive for Broadmead veterans

The holiday season is approaching, and with it a chance to show our deepest appreciation for the sacrifices war veterans have made to defend the values of freedom.

Veterans of the Second World War and the Korean War are in the later stages of their lives and many veterans no longer have family or friends who can be there for them. Listed below are gifts that the veterans at Broadmead Care Centre will appreciate and use. If you wish to help out, please do not stray from the suggestions below.

The Pacific Fleet Club (PFC) will have a donation jar in order to receive money and/or the gifts.

Because Broadmead Care Centre has many veterans living with dementia, gifts tend towards the more useful and non-consumable side. All of these items are greatly needed and much appreciated.

- Good quality but preferably inexpensive electric razors
- Shaving lotion. Must be scent-free as Broadmead Care Centre is a scent-free environment
- Hairbrushes
- Combs
- Toothbrushes
- Toothpaste
- Denture cleaner
- Denture tooth brushes

- Wall calendars with pictures of animals or photos of Canada (familiar places)

All of the gift ideas listed below must be washable (50/50 polyester/cotton blends). This is extremely important; otherwise clothes will melt in their industrial, higher temperature laundry.

- Fleece cardigans and/or vests with zippers in neutral colours
- Non-skid socks
- Lap blankets, not too big, for covering legs of those sitting in a wheelchair

Christmas cards are also welcome, although we ask that envelopes not be sealed, as we will be adding the veterans' names to the cards before sending them to Broadmead Care Centre.

Broadmead Care Centre would prefer if the gifts were left unwrapped, so as to more easily and efficiently distribute the gifts amongst those who require specific items.

If you wish to show your appreciation to our veterans, please drop your gift or money off to the Mess Manager's Office in the Pacific Fleet Club prior to Wednesday Dec. 19.

Thank you!

MS Gordon McKiver
President of the Mess
Committee
Pacific Fleet Club

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	5	7	8	6		3		
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		3	6			7		
7					5		9	

ANSWERS ON PAGE 15

Level: Beginner

Correction

In last week's Lookout story, Sidney Woman Pens Wartime Memoirs, it was at Albert-Zeeman's street party where Anna-Marie Alberts-Zeeman met her husband John Vandergoot.

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A Royal rumble for charity

Shawn O'Hara
Staff Writer

Mayhem erupted at the end of the 40-minute charitable hockey challenge last Thursday in the Wurtele arena.

However, what looked like a familiar NHL brawl was actually good-spirited entertainment for the crowd of onlookers who had cheered and cajoled throughout the on-ice challenge.

The two teams, a mix of DND military and civilian, local media and Victoria Royals hockey players, took to the ice in support of the Government of Canada Workplace Charitable Campaign's (GCWCC).

Base Commander, Capt(N) Bob Auchterlonie played for the home team, and said the game was a great way for DND personnel to support the United Way and Health Partners and have some fun.

"A lot of us are Royals hockey fans, so we watch these guys play all the time. It's great to be on the ice with them," he said. "I've played hockey my whole life. I'm starting to remember how fast these guys are."

The game ended with a score of 12-9 for the Home Team. Most of those goals were scored in the last three minutes of the game, when the teams fielded two pucks with around 40

players on the ice.

Light hearted, no-holds-barred games such as the Hockey Challenge are a great way for the community to become involved in the charity work, said Capt(N) Auchterlonie.

"The Royals are community leaders, just like we are. It's a real pleasure that we can get the community interested and raise some money," said Capt(N) Auchterlonie.

Darren Parker, Senior Vice President of Marketing for the Victoria Royals, says the Royals' involvement in the DND game was a natural fit.

"We've always had a great relationship with the military," he said. "The guys love playing games like this, where they can relax a little and have some fun. It's beneficial for them and it's beneficial for the cause."

Community relations are important to the Royals, and Parker says the players are an integral part of that image.

"It's our responsibility to develop them not just as hockey players, but as members of the community," he says. "They fully embrace it and love working with the community. It's something that they're really passionate about."

The Victoria Royals will host a Canadian Forces Appreciation Night during their home game Feb. 23.



Above: Honorary Capt(N) Cedric Steele drops the puck at the start of the game.



Right: There was plenty of fun to keep the game lighthearted.

Below: After a hard-fought game, the Home team took the win 12-9 over the media team.

Shelley Lipke, Lookout



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Shelley Lipke, Lookout

Gnaval Gnome was visited by Cdr Gnifty Gnome during a visit to the Wardroom. Gnormally Gnifty hangs his hat at HMCS Discovery.

Cdr Gnifty satisfies love of gnomes

Shelley Lipke
Staff Writer

When Darlene Thornhill first read the *Lookout* and saw the Gnaval Gnome, her heart was warmed. She loved his quirky thoughts and sayings.

Thornhill, a Navy League Cadet Officer at *HMCS Discovery*, always looks forward to going to the reserve unit to pick up a copy of the base newspaper.

"I first saw the gnome in the paper over a year ago and reading about him became an obsession. I would pick up the paper and he was the first thing I'd look for," she says.

Long time friend and fellow Navy League Cadet Officer Raymond Tabb

When I saw this in the gift shop I had to get it for her. I knew how much he would mean to Darlene.

- Cadet Officer Raymond Tabb

knew of her love for the Gnaval Gnome. In early September when she had a fall and broke her elbow, Tabb went to Vancouver's St. Paul's hospital gift shop to buy her something to cheer her up.

There staring at him was a gnome.

"When I saw this in the gift shop I had to get it for her. I knew how much he would mean to Darlene, certainly much more than a bunch of flowers."

It took Tabb a day to paint him in naval dress.

"I have a lady who cleans up my home and when I took him home and painted him, she fell in love with him. I thought she would abduct him so I told her he's already married to a midship woman," said Tabb.

The gift went over well. "I went wild when he gave me the gnome," said Thornhill. "Ray named him Cdr Gnifty Gnome."

Commander Gnome is

now a public relations and morale officer at *Discovery*.

After Thornhill was out of hospital, she phoned *Lookout* and made an appointment to introduce Gnifty to Gnaval Gnome.

Looking at the two Gnofficers standing side by side, Thornhill remarked, "Wow, he is really a lot bigger than Gnaval Gnome. He must be eating more Duff."

Since donning his uniform, Cdr Gnifty Gnome has become quite the celebrity at *Discovery*.

"I have shown several people and they are flabbergasted by him," said Thornhill. "He's so wonderful and I'm looking forward to seeing him in the paper a lot more."

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NEWS Nuggets

Canoe capsized, man saved

A man was fished out of the water off Gabriola Island last Sunday after someone heard his calls for help.

The man, approximately 70 years old, was found clinging to his boat in the Descanso Bay, on the west side of the Island.

While paddling his canoe out to his boat in the bay the man's canoe capsized, says Jeff Olsson, marine search co-ordinator for the Victoria Joint Rescue Coordination Centre.

He clung to his overturned canoe for 30 minutes before a man heard him calling from the water and called emergency services.

"He's very fortunate the man heard him or he would have been in dire straits," Olsson said.

The B.C. ferry Quinsam launched a rescue boat and the Nanaimo Harbour Authority attended. B.C. Ambulance and the RCMP were waiting on Gabriola Island as part of the rescue effort.

Rescue Crew Rescued After Training Mission Goes Awry

Rescue members operating one of 19 Wing Comox's auxiliary vessels found themselves in need of a rescue when their vessel ran aground north of B.C.'s Sunshine Coast last Monday.

The 16-metre Black Duck, operated by the Comox base marine section, was being used during a search and rescue scuba diving exercise. During the exercise it got hung up on a rocky outcropping on Vivian Island near Powell River.

The six rescue technicians and three crew members had to be airlifted out of the vessel by Cormorant helicopter and flown back to 19 Wing Comox.

Public affairs officer Capt Trevor Reid said that no injuries were sustained during the accident.

"Everybody is in good shape, good condition and in good spirits," said Capt Reid.

The vessel's hull was not

breached but remained stuck on the rocks until Coast Guard and members of 19 Wing were dispatched to safely and efficiently get the vessel off the rocks.

The search for British Columbia's Next Sensation

British Columbia's aspiring vocalists will have a chance to test their mettle in the 3rd annual Variety's Got Talent competition.

The competition is open to B.C. residents between the ages of 13 to 29. Video submissions between two to three minutes long are welcomed at www.varietysgottalent.ca from Jan. 2 to 16, 2013.

Finalists will be chosen Feb. 9 by industry professionals.

Those chosen will perform in front of media and industry professionals including music manager Bruce Allen and Global BC's Steve Darling.

For more information go to www.varietysgottalent.ca



Photo courtesy Sylvain Sheehy

An unusual visitor was photographed last week on a jetty in Dockyard. This California pelican was a long way from home.

PSP Professional Development Day

NAC and Lookout closed

Tuesday, December 11


In order to participate in training there will be no staff at Naden Athletic Centre or Dockyard Gym

***ALL FITNESS CLASSES ARE CANCELLED.**

Normal business will resume Wednesday December 12 at 6 a.m.

Thank you for your cooperation

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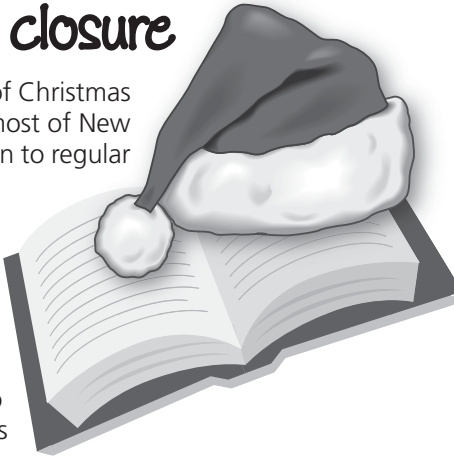


Base Library holiday closure

The Base Library will be closed the week of Christmas (Dec. 24-28 inclusive). We will be open most of New Year's week as detailed below. We'll return to regular hours on Jan. 7.

Dec 31 Open 0800-1200
Jan 1 Closed
Jan 2 Open 0800-1300
Jan 3 Open 0800-1600
Jan 4 Closed


Remember to come in the week of 17 Dec and stock up on books and movies to enjoy over the holidays. Merry Christmas and Happy New Year to all our patrons!



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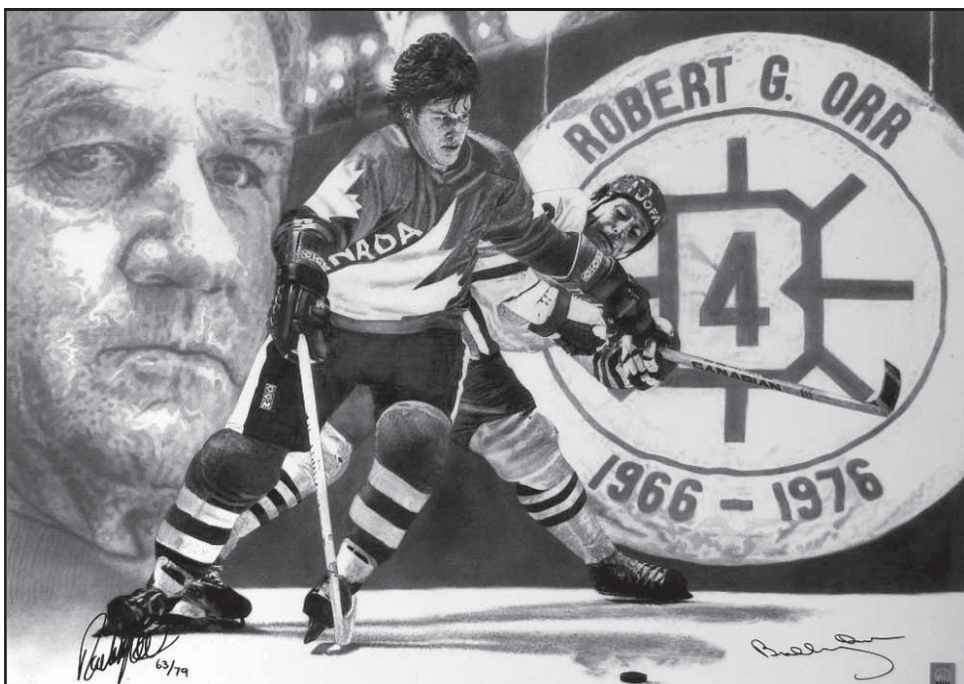


December 18 & 19

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Chief & POs Mess

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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"

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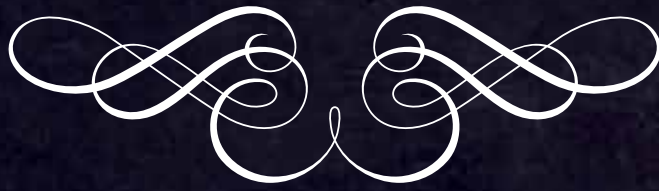
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Military Police program promotes bear awareness

Shawn O'Hara
Staff Writer

Vancouver Island is home to many a fanged, furry creature and CFB Esquimalt's Military Police (MPs) are hoping to keep the island's human residents in the know.

Bear Aware is a provincial wildlife awareness program that seeks to educate people on ways to identify potential dangerous animals and avoid harmful conflict.

The MPs had the idea of bringing the campaign to Victoria after reports of bear and cougar sightings in their jurisdiction increased significantly between 2009 and 2012.

"We've gone from about four calls a year to over 50," says Cpl Sheldon Crawford, of the CFB Esquimalt Military Police. "There's a large cougar population in the areas around our jurisdictions and its important people know what to do if they encounter one."

The implementation of the program will be done through what Cpl Crawford calls a "three-pronged attack."

The first prong involves public appearances. At any

event with a military presence Bear Aware will be there with educational tools and pamphlets full of information.

The main goal of the program, as the name suggests, is to make people aware, says Cpl Crawford.

The second prong of the campaign is public awareness. Cpl Crawford and the MPs have come to an agreement with John Stubbs Memorial School in Belmont Park.

"Belmont Park is where most of our calls come from," says Cpl Crawford. "With a school like John Stubbs in that area it's important that kids know what to do when they see a cougar."

The third aspect of the program comes into effect when an actual sighting or conflict occurs. In the event that a bear or cougar is encountered in a populated area, MPs will visit the neighbourhood's surrounding residents.

"We'll check if there is anything in the area that would have con-

tributed to the encounter, and if we can change it," says Cpl Crawford. "A lot of people don't know the effect leaving your garbage out can have on a hungry bear."

With these new educational tools and information, Cpl Crawford hopes that the number of unnecessary conflicts and animal deaths can be avoided.

"A lot of the time if you have a problem animal they end up being destroyed," says Cpl Crawford. "It's a shame, and it's entirely avoidable, as long as you know what to do."



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FMF and HMCS Ottawa co-operate for mission success

HMCS Ottawa is currently deployed off the Pacific coast of Central America. It is the latest ship deployed on Operation Caribe, the Canadian Forces' participation with Joint Interagency Task Force (South), a U.S.-led multinational effort to fight the movement of contraband into North America. Under Operation Caribe, the Canadian Forces provide naval and air capabilities to support law enforcement measures in the Caribbean Basin and eastern Pacific.

PO2 Dom Lesieur HMCS Ottawa

Just hours after departing San Diego on Nov. 2, HMCS Ottawa's Port Gearbox developed some very troublesome vibrations that quickly caught the attention of the on-watch engineering roundsman.

This vibration was significant because the Port Gearbox transmits 25,000 HP, which is more than 100 times the amount of horse power delivered by an F-150 truck, and vibrations can quickly lead to internal forces that could destroy the gearbox and cripple the ship.

Unable to pinpoint the root cause of the problem positively, ship staff had to lock the port shaft, leaving Ottawa with only one of three driving engines, and significantly reduced speed.

Repairs were necessary, but would not be accomplished easily. In attempting repair, it became clear

the risk of damaging the gearbox was too great. If the gearbox was damaged, the ship could lose propulsion and jeopardize not only the current mission, but also place future missions at risk.

Seeking advice from Fleet Maintenance Facility Cape Breton, (FMF CB), it was decided to fly Ken Smith, FMF CB's Main Propulsion Technical Officer (MPTO) to meet the ship. His expertise was required to help develop a repair plan.

Within 24 hours of the incident, the MPTO was dispatched from Victoria to rendezvous with Ottawa via an unscheduled helicopter transfer from Acapulco, Mexico. Prior to his arrival, Smith was commonly referred to by the entire ship's company as the "Gearing Dude."

He was even more popular when he emerged from Sea King helicopter dressed as "The Dude", a character from the Hollywood film "The Big Lebowski."

This was an opportunity to do something that has never been done before. To be able to contribute directly to the success of this mission.

-PO2 Lesieur

With the help of Smith, ship's staff determined the problem was in the Port Auxiliary (aux) Gearbox. To anyone's knowledge, the type of maintenance required had never been attempted by a ship's company; however, it was determined they had the expertise and skill to conduct a temporary repair.

The plan was to remove the aux gear box drive gear and then place the aux gearbox back in position with the gear removed in order to decouple suspect bearings from the drive, and restore most of the gearbox's capability.

If mistakes were made during repairs, the mis-

sion would be in jeopardy. Ottawa's Main Machinery Room supervisor PO2 Dom Lesieur was excited about the possibility of success.

"This was an opportunity to do something that has never been done before. To be able to contribute directly to the success of this mission, and to employ all of our training and experience in overcoming this challenge was a great feeling," said PO2 Lesieur.

With enthusiastic teamwork between the MSE department, Deck department and Combat Systems Engineering (CSE) department, the ship's staff began the job. From a difficult position with a lack of com-

fortable workspace, sailors removed the 1,200 lb. auxiliary gearbox to access the drive gear.

The Deck department set up the complicated and challenging rigging in order to hoist the heavy gearbox. Riggers were able to take the weight off the gear casing to allow the engineers to commence removal.

Once free, the riggers used some very delicate skills to pull the auxiliary gearbox away from the main gearbox, far enough out to allow the engineers to reach in and disconnect the drive gear. Once the drive gear was loose, it was removed using another rigging job to support the significant weight.

With the gear removed, it was time to replace the gear casing, a very daunting task. With tremendous patience and skill, the Deck department were able to align the gear casing and allow the engineers to muscle the last little bit and bolt it

back to the Port Gearbox. The job was complete and the Commanding Officer was much happier with his restored capability.

While still unable to provide full power for any length of time, Ottawa could now sustain dual shaft propulsion, providing the ship much more capability to continue on and succeed in the mission.

In a unique conclusion to the story, a joint mobile repair party from FMF Cape Scott and FMF Cape Breton conducted final repairs in Panama. With an excellent effort from both coasts and the ship's company, working in the heat of Panama, the aux gear box was repaired, restoring Ottawa back to full capability.

Ottawa was able to carry out its mission successfully and eventually seized more than \$29 million USD worth of cocaine from a suspect vessel during the operation.



HMCS Ottawa raises funds and morale

Lt(N) Jeannine Friesen and MS Whitney Skilnick HMCS Ottawa

During autumn of 2012, HMCS Ottawa was deployed off of the Pacific coast of Central America for Operation Martillo, a U.S. led multi-national inter-agency counter-narcotics interdiction operation, when it kicked off the annual Government of Canada Workplace Charitable Campaign (GCWCC).

Each member of the ship's company was canvassed for donations and, in addition, several other fund raising activities were held that also contributed to the ship's morale.

CPO2 Kelly Pittman serves dinner to LS Sonja Allison Ryan (left) and LS Clarissa Smallwood. Lt(N) Jeannine Friesen, HMCS Ottawa

The ship's company raised \$15,684 for GCWCC /United Way.

A pizza delivery night offered pizzas made to personal specifications and delivered to the customer's space of choice by a selection of crazily dressed Chiefs, Petty Officers and Officers. Poutine and burgers were also on the menu. The "delivery fee" found its way into Ottawa's rapidly growing charity coffers.

The Combat Chief, CPO2 Kelly Pittman auctioned himself off to the highest bidder in an event called "Rent a Combat Chief."

The winner was LS Sonja Allison-Ryan, a Naval Electronic Sensor Operator (NESOP) on board. She was treated to breakfast in bed and had her rack made up by the Chief. That evening, the Chief served dinner to the lucky winner and three of her friends in the Junior Ranks

mess. The Chief pulled out all the stops by setting the table with a linen table cloth, wine glasses, and a bottle of red wine. The Chief even got a lesson in salad preparation from the Chief Cook in order to prepare four artistic salads.

PO1 Krista Urkosky created a colorful, fragrant bouquet of paper flowers for the table. LS Allison-Ryan's charitable donations had won her a beautiful dinner all for the benefit of the GCWCC.

LS Katherine Walker, another of Ottawa's compassionate NESOPs, offered an hour-long relaxation massage to the highest bidder. After several stressful weeks at sea, this was a very popular offering, earning \$150 from one bidder going towards charity.

The GCWCC was a great success this year as the ship finished the campaign ahead of its goal.



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Airforce Cpl Rob Stoodley attempts to free entangled sea turtles.

Photo by ME2 Steven Lyons, HMCS Ottawa

Ottawa Sea King saves Sea Turtles

Capt Carly Cake
HMCS Ottawa

Last Tuesday, while deployed on Operation Caribe, Canada's contribution to the international war on drugs, *HMCS Ottawa* and its Air Detachment worked seamlessly together in an animal rescue. *Ottawa's* Sea King helicopter and crew were conducting patrol ahead of the ship when the aircraft captain, Capt Derek Kauth noticed an unmanned bamboo raft in the water with three sea turtles in tow. At a closer look, the crew found that two of the sea turtles were hopelessly tangled in a net attached to the raft.

The crew put their search and

rescue training into practice by lowering their Airborne Electronic Sensor Operator, Cpl Rob Stoodley down the rescue hoist into the water to attempt to free the turtle.

The aircrew, based out of 443 MH Squadron, provided continuous radio updates to the ship and launched a smoke-marker into the water to indicate the trapped animals' position.

Ottawa quickly closed the helicopter's position. The ship arrived and deployed its Rigid Hull Inflatable Boat and Zodiac, carrying sailors from the ship's diving team. PO2 Jason Bode was able to grab a hold of the net with a hook, while MS Allan Kobayashi unhooked the netting from one of

the turtles.

PO2 Bode and LS Sean Dubeau snipped the netting away from the second turtle allowing the two turtles and a hiding turtle baby to swim away unharmed. The dive team disassembled the bamboo raft altogether and removed the netting from the sea to prevent further wildlife endangerment.

The rescue was an impromptu and well-executed effort between all departments of *Ottawa* and its Air Detachment, speaking volumes to the hard work and continuous training they have conducted during the past several months. The success was a great morale booster for sailors and animal lovers alike.



Photos by MS Andrea Christal, HMCS Ottawa

Above: LS Sean Dubeau of HMCS Ottawa's dive team frees an entangled sea turtle.

Below: LS Dubeau and LS Tristan Adams approach the entangled sea turtles.



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Cook's Christmas at sea

Shelley Lipke
Staff Writer

Somewhere in the Arabian Sea, *HMCS Regina* is sailing the waters on Operation Artemis. Deep in the ship's midsection is Sgt Trevor Hughes, Galley Supervisor. Through email correspondence, *Lookout* asked Sgt Hughes a few questions about life at sea over the holidays.

What is the deployment like?

I have been in the military for 27 and a half years and have been on five other deployments in my career, all over Christmas; however, this is my first navy deployment. It is hard to talk about it because it is much different from the five army deployments. With the navy, the cook's job on board is to keep the morale of the ship's company high. We aim to achieve this by presenting high quality meals five times a day (breakfast, lunch, dinner, plus midnight dinner and early breakfast for shift workers), with a variety of choices to choose from at every meal. This helps with the long days of being away from our loved ones for a long period of time.

How will the crew celebrate?

On Christmas Day, the ship will be on patrol. The crew will celebrate with the traditional Christmas dinner served by the officers and chief and petty officers of *HMCS Regina*.

Are you cooking anything special for Christmas?

We will be having the traditional turkey dinner with all of the fixings.

Talk about the challenges of cooking on a warship. What are the pros and cons?

Pro - Having the ship's company say each meal that we serve was outstanding. Knowing how many diners will be eating each meal.

Con - We have a saying on



Cpl Rick Ayer, Formation Imaging Services, Halifax Cook, Sgt Trevor Hughes serves lunch in the Chiefs and Petty Officers Mess on board *HMCS Regina*.

board: groundhog day. This means that we do the same thing every day. The routine is repetitive - day after day.

What are the challenges of being deployed over the holidays?

The biggest challenge is keeping up morale while being away for the holidays. For the cooks on board it is a double challenge. First, we need to keep our morale up so that we can keep the whole ship's company's morale high, so they will not be thinking about missing what is going on at home on this holiday season. For everything to run smoothly on board, we try to make it a little better for each person.

What are the challenges of being on a long deployment?

The most challenging thing about being deployed

for a long period of time on a ship is that you only have 440 feet to go anywhere. There is not much privacy on board; you only have your bunk space. For me I am over six feet tall and my bunk space is just a little bigger than me.

I joined *Regina* in Singapore on Aug. 13. I will be on board until we return home in mid March 2013.

What will you miss most about Christmas at home?

I will miss when my wife and children open their presents Christmas morning.

What message would you give your loved ones back home?

That I miss them all and I hope they have a great Christmas with friends and family that are home for the holidays.

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Since 2008, community support has helped the region weather the storm. Without the existing donor base of 12,500, it would have fallen behind.

"Year after year donors have answered our call for support and for this we thank you, but the need continues," adds Hughes.

People are working multiple jobs to make ends meet.

-Linda Hughes
CEO, United Way

With less than a month left in their annual fundraising campaign, United Way is looking to grow their family of donors to 15,000. If an additional 2,500 people donate this year, United Way would be able to fund 1,400 youth to learn life skills and connect with community resources; 4,100 people to receive mental health and suicide awareness counselling; and 3,000 Aboriginal people to access health and wellness initiatives.

People of all ages benefit from United Way services – your friends, co-workers, neighbours and family.

"It's a powerful choice that each one of us can make. We can choose to reach out a helping hand. We can lift up one another. When you give to United Way/GCWCC you invest in the services that help people become more resilient today. But you're doing much more than that — you're building a stronger foundation to support us all tomorrow," says Hughes.

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Day of caring, Base Logistics steps up

On Nov. 9, the Corporate Resources Division and other Base Logistic members spent the morning helping out at the Victoria Therapeutic Riding Association (VTRA).

VTRA uses horseback riding as a recognized therapeutic aid for people with a wide range of physical, intellectual and learning disabilities.

Dubbed a "Day of Caring" by the United Way, these activities provide another means of giving back to any given community. Though significant funds are raised each year during the GCWCC, nothing can compare to hands-on assistance to a non-profit organizations such as VTRA.

Among the tasks completed that morning were trimming sharp, overgrown blackberry bushes that were creeping past the fences outlining the horses' stalls, removing debris and rocks from a large field that will someday be used by the horses, cleaning horses' stalls and other storage spaces on the farmland, and waterproofing the horses' saddle blankets. Though only three hours were spent helping out on the farm, the hard work of 18 volunteers made a substantial impact on VTRA.

We would like to thank our hosts at VTRA, Liz Gagel – Coordinator of Volunteers and Instructor and Sue Colgate – Administrative Officer. If you are interested in finding out more about this organization please visit their website at <http://vtra.ca>.

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Kevin Laing (right) presents the Rheinmetall Award to LS Renton.



Above: MS Paul Awalt was promoted to his new rank by Cdr Muir and LCdr Whelan at RJOCP.

Right: LCol Anne Parker, Division Commander at Language Training Centre (CFFSE), promotes MCpl Justin Harper. Sgt Harper's grandmother Vivienne assists.



Warrant Officer Scott Polson of Military Minds presents Gaynor Jackson of the Military Family Resource Centre (MFRC) with a donation of \$250. The gesture was a donation from Karen Adams on behalf of Military Minds. Military Minds is an organization dedicated to raising awareness for the stigma around Post-Traumatic Stress Disorder.

Photo by Jon Chabun, MFRC

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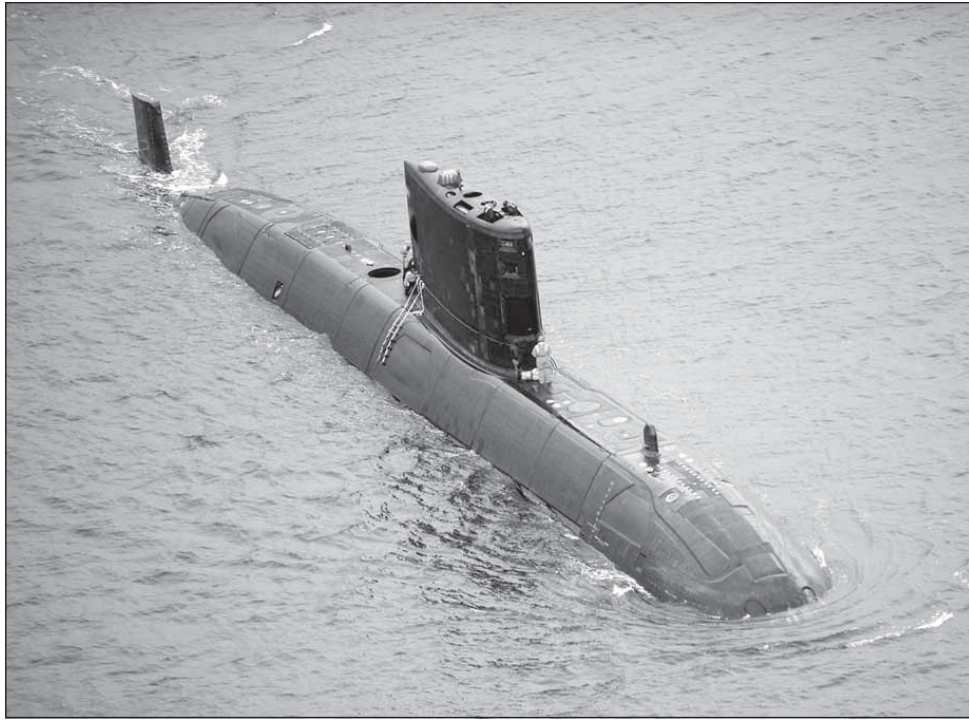
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Cpl Malcolm Byers, MARPAC Imaging Services

HMCS Victoria performs hoisting drills with a Sea King helicopter from 443 Maritime Helicopter Squadron during sea trials

Submarine's newest strength

Shawn O'Hara
Staff Writer

The on-going transformation activities within the Royal Canadian Navy have spawned the creation of the Canadian Submarine Force (CSF).

The newly formed organization addresses the need for centralized management of submarine forces within the navy.

Because the submarine community is relatively small (about the size of a frigate crew), the establishment of the submarine capability on both coasts resulted in significant pressure on a small number of experts.

"We ended up spreading ourselves a little thin; perhaps too thin," says Capt(N) Luc Cassivi, the inaugural Director Canadian Submarine Force. "The Commander RCN agreed that we needed to bring experience and expertise together to ensure we're supporting submarine operations in a safe and sustainable manner."

As the Director Canadian Submarine Force, Capt(N) Cassivi is the navy's submarine expert and the main advisor to Commander Royal Canadian Navy (RCN) on all submarine matters. He leads a team of specialists focused on:

- coordinating submarine-specific force generation and submarine force employment,
- planning and execution of east and west coast submarine operations
- exercising operational control of all submarines on behalf of the Formation Commanders and the Maritime Component Commander
- ensuring the long term health, safety, and sustain-

ability of the submarine force

- representing the RCN in all national, NATO, allied, and Asia-Pacific submarine operations related forums

It's expected three of Canada's four submarines will be available for operations by late 2013. A high-readiness submarine will be available in both the Atlantic and Pacific oceans, and a third submarine will be available for other tasks. As part of the ongoing submarine operational cycle, the fourth submarine will rotate into a scheduled deep-maintenance period.

Top on his agenda is to ensure efforts are coordinated to safely progress from a decade of single submarine operations to three running boats.

"We're going from operating one submarine to operating three in a very short

amount of time. We need to make sure we're training the right people at the right time and providing them with a realistic program at sea to build their experience level and confidence in operating these sophisticated platforms."

As the central hub for submarine activities, Capt(N) Cassivi and his team work with all Commands with an interest in the submarine capability. With such a small force, any event in one submarine has an effect on another; therefore, careful coordination is required.

"We're going to provide a more coordinated leadership to submarine operations," says Capt(N) Cassivi. "It will enable us to better manage pan-navy submarine priorities, and allows the Submarine Force to better serve the navy, and ultimately Canada."



Cpl Malcolm Byers, MARPAC Imaging Services

LCdr Christopher Holland (right), Executive Officer of HMCS Victoria, signals to a waiting Sea King helicopter.



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Christmas in the galley

Above: Special guest Barbara Duncan (right) and Base Commander, Capt(N) Bob Auchterlonie season the rum sauce at the Annual Veterans/Senior Citizens Yuletide luncheon held in the Nelles Galley on Dec. 4.

Top right: SLt Anna Dupuis serves Margaret Caldwell her meal.

Right: Nelles Galley was a full house as guests sat down to a turkey dinner with all the fixings during the annual Veterans/Seniors Yuletide luncheon.

Photos by Cpl Justin Ancelin, MARPAC Imaging Services



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Yellowknife reconnects with the North

Recently the crew of HMCS *Yellowknife* had the great opportunity to reaffirm its ties with the Northwest Territories and their namesake city.

On Monday, Nov. 19, Glen Abernethy, Minister of Justice, Minister of Human Resources and Services, Minister Responsible for the Public Utilities Board for the Northwest Territories representing the riding of Great Slave; Norman Yakeleya, Member of the Legislative Assembly for Sahtu; and Stephen Dunbar, Executive Assistant to Abernethy made a trip to Vancouver to meet the ship.

Upon their arrival, the ship held a ceremony on the bridge during which it was presented with a new Northwest Territories licence plate reading: HMCSYK. This licence plate was presented as a replacement for *Yellowknife's* previous plate that was of an older design. In addition, the entirety of the ship's company and officers were given a small gift, a Yellowknife camo ball cap.

Following the presen-



Glen Abernethy tours the ship's engine room with Lt(N) Tien, PO1 Peats and Norman Yakeleya.

tation, which concluded with the reading of a letter from the mayor of Yellowknife, the ship and crew presented the minister with a brass mount of the ship's crest. The minister expressed sincere gratitude for the gift and jokingly commented on its weight and the overweight baggage costs he expected to incur on his flight home.

Following the dismissal of the ship's company, Abernethy and his guests were given an extensive tour of the ship by the Operations Officer, Lt(N) Nickolaus Tien. The tour concluded with a reception hosted by the Master Seaman and Below's mess,

in which many of the ship's company were given the opportunity to mingle with the guests and enjoy what has been called the most delicious sticky buns on the west coast.

The reception was also the perfect opportunity for the Commanding Officer, LCdr Sherban, to present Lt(N) Tien with his Canadian Forces Decoration.

In all, the experience offered both the ship and the MLAs the opportunity to interact and develop an enduring relationship, a relationship that will be furthered when *Yellowknife* makes a namesake visit in the upcoming year.



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Port O' Pierre is a luxurious cottage that includes a kitchen, bedroom and a family room with a gas fireplace, TV, digital cable and WiFi. Sleeps seven guests comfortably.

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a completely custom collar for your pet



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Call 363-3014 to book your display or word ad

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

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.

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.

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.

CALLING UNDEREMPLOYED WOMEN! Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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>

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

REAL ESTATE • FOR RENT

BELMONT PARK (MILITARY HOUSING AREA) Apartment for rent. sunny 700 sqft 1 bdrm, appliances incl. storage, top floor, laundry facilities on site, parking incl. Walking distance to path to the ferry boat for Esquimalt base. Royal Roads U, new shopping area, Juan De Fuca Rec Centre, on bus route # 39. Pets permitted. Ref. Req. \$800/mo. For appt call 250-886-9449.

LRG. 2 BDRM APT WITH VIEW. \$949 included ht/hw & parking. NS, neutered indoor cat ok. near bus/park not far from base. Crime free mult housing blg. Quiet area, Resident manager. Avail. Jan 2013. Contact Elizabeth 250-479-9383 or meb1@shaw.ca

SEEKING ROOMATE TO SHARE nice house in Maple Bay. Choice of bedroom, separate bath. Non-Smoker, must like dogs. Carpool available to Esquimalt. Short stays welcome. \$500.00/mo. 250-715-1156

FULLY FURNISHED, SPACIOUS bedroom with kitchenette, ensuite bthrm. 1 cozy private fireplace, incl. water/heat/hydro/WiFi *4 Star Recommended B&B. 10 min walk to base. \$1200/mo. Avail. Jan. 1st. 250-384-0862

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PIANO LESSONS ARE NOW OFFERED in Esquimalt near Saxe Point Park by an RCM Affiliate Teacher with over 30 years experience. Lessons are offered to all ages and Levels. In home teaching is available. Celebrate Your Time! or Give a Gift that lasts a Lifetime. One month Free to Beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com

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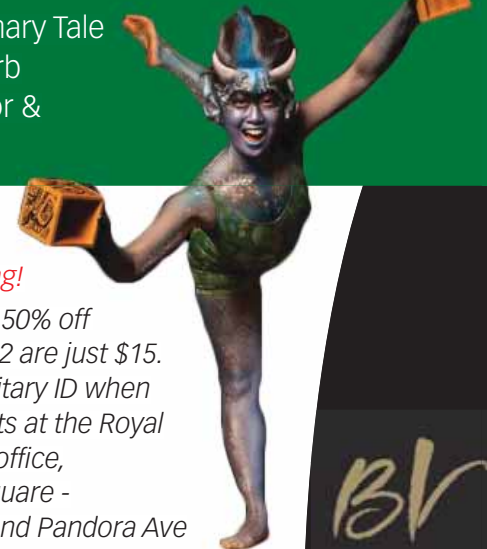
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Royal Theatre
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 Dec. 30 - 2 pm

Lookout is giving away 2 pairs of tickets to the performance of **Pandora's Box** at the Royal Theatre ~ An Extraordinary Tale of Magic, Superb Dancing, Humor & Holiday Cheer!

Answer this question: What was in the box? Email your answer to: kate.king@forces.gc.ca



Military families get special pricing!
 Adult tickets are 50% off and kids under 12 are just \$15. Present your military ID when purchasing tickets at the Royal McPherson box office, #3 Centennial Square - Government St and Pandora Ave

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Children of military families needed for a study

We are looking for parents interested in having their children be part of a focus group with other children to discuss their perspectives on issues related to deployment, relocation, and well-being.

*The focus groups will be conducted by a qualified researcher with a PhD, and a social worker will be present at all times.

THE STUDY

Children in Military Families: The Impact of Military Life on Family Well-Being

The Chief Military Personnel and the Chief of Defence Staff have made the well-being of military families a top priority. Thus, this research study looks at the impact of military life from the children's perspective. We would like to understand children's experiences of military life, so we can make policy/program recommendations that will improve the quality of life and well-being of Canadian Forces families.

It's an opportunity for children to have their voices heard on issues that affect military families.

OUTLINE

- Focus Groups are planned for Jan. 8 & 10, 2013, at 6 pm Colwood Pacific Activity Centre (CPAC), 2610 Rosebank Rd, Colwood, V9C 4J7
- 30 to 40 minutes long.
- Children grouped by age (8 to 10 and 11 to 13).
- Questions related to their experiences of parental deployment, family relocation, and well-being.
- Responses will remain confidential and anonymous.
- During the focus groups, parents will be asked to remain in the waiting room nearby.

You and your child can meet the researcher conducting the focus group and ask any questions prior to your child's participation. You will be asked to sign consent forms, but please note that your child's participation in the focus groups is completely voluntary and he or she may leave at any time.

QUESTIONS

If you have any additional questions regarding this research, please contact :

**Dr. Alla Skomorovsky 613-992-8739 /
Alla.Skomorovsky@forces.gc.ca**

INFORMATION AND REGISTRATION

Pauline Sibbald 250-363-2640
Pauline.Sibbald@forces.gc.ca

This research study was approved by the SSRRB in accordance with CANFORGEN 198/08, approval # 1134-12F.