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Extreme exercise

Amphibious Scout Teams move their way up the coast of Vancouver Island to perform littoral exercises as part of Trident Fury and Joint Ex. maneuvers on beaches along the southern tip of the island May 7.

Read the story on page 8.
Photo by Shawn O'Hara, Lookout

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Filling their boots for charity

Shelley Lipke
Staff Writer

The third annual Nijmegen boot drive in support of the Military Families Fund and Soldier On is taking place May 14 from 6:30 to 8 a.m. at the entrance gates to Dockyard, Naden and Colwood.

"We are hoping to raise between \$5,000 and \$6,000 this year for these charities," said Nijmegen team leader, CPO2 Chris Koblun.

The Military Families

Fund provides financial assistance for emergencies caused by the conditions of military service while the Soldier On Fund helps offset the costs for injured soldiers to maintain an active lifestyle.

"When we initially did the boot drive, we were blown away with the support from the DND community and in one and a half hours our marching team collected more than \$6,000 in donations. Last year we did it again and raised roughly the

same amount. It's for a great cause and we'd like to thank everyone for their continued support," he said.

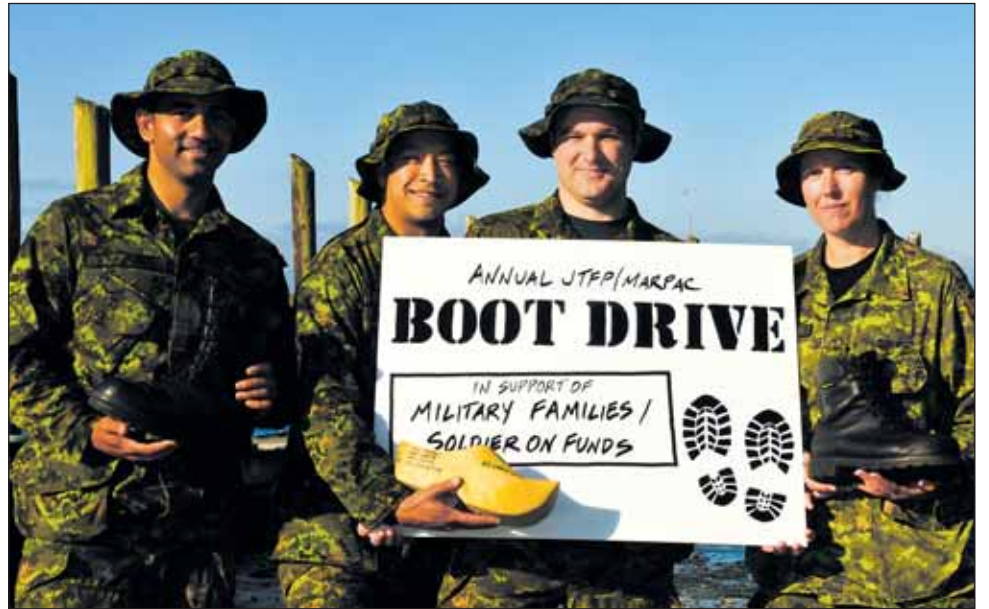
The Nijmegen team began training at the end of February and just completed their first 40 kilometre march. To date, they have marched more than 400 kilometres.

"The 40 kilometre back to back march takes place June 6 and 7 with team selection happening on June 10 when nine marchers will be selected from 20 candidates

for the team," said CPO2 Koblun.

As Nijmegen approaches, the team trains five days a week, marching 60 kilometres.

The 97th annual Nijmegen march takes place July 16 – 19 in the Netherlands and is the largest marching event in the world involving over 45,000 military members and civilians. Canadian military members will march 160 kilometres over four days in CADPAT carrying a backpack weighing at least 10 kilograms.



Capt Fahim Awan, LS Luis Lemus, MCpl Brad Axworthy, and MS Sarah Zimmer hold up boots and a sign, ready for their fundraising drive.

Photo by Shelley Lipke, Lookout

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Left to right:
MWO (Ret'd) Bart Armstrong, Belgian Ambassador to Canada Bruno Van Der Pluijm, Commander Maritime Forces Pacific RAdm Bill Truelove and descendant of LCdr Bourke Shane Jones unveil LCdr Bourke's Victoria Cross/Distinguished Service Order memorial at Royal Oak Burial Grounds on May 8.

Cpl Stuart MacNeil, MARPAC Imaging Services

A hero's memorial

Shelley Lipke
Staff Writer

A forgotten hero of the First World War was honoured with a new war memorial last Wednesday afternoon.

More than 50 guests attended a special ceremony at Royal Oak Burial Park to remember the bravery of LCdr Rowland Bourke. He saved 38 sailors from the sinking blockship HMS Brilliant, earning him the Distinguished Service Order. He was awarded the Victoria Cross and French Legion of Honour for saving three sailors from a sinking Royal Navy ship while his own ship was hit 55 times.

The Victoria Cross has been awarded to only 94 Canadians and only five navy sailors.

"I am humbled and honoured to stand here today and share the pride we all feel in this hero who made Canada his home for so many years," said MWO (Ret'd) Bart Armstrong, who spearheaded the campaign to honour LCdr Bourke. "His story is incredible and the public needs to

know about and honour him."

Armstrong has been researching Canadian heroes for over a decade. When he began attending Remembrance Day ceremonies at Royal Oak Burial Park eight years ago he started to think that a hero like LCdr Rowland Bourke should be honoured with more than just a flat grave marker and he set the wheels in motion.

Two years ago he met the Bourke family and with help from the Commonwealth Grave Commission, Royal Oak Burial Park and Veterans Affairs Canada, he helped make the memorial possible.

"I am excited that he is being recognized in this way," said Judith McWilliam-Bourke, LCdr Bourke's great niece.

"I am honoured and humbled to pay tribute and offer thanks for the life of LCdr Bourke," said RAdm Bill Truelove. "He was referred to as an unlikely and reluctant hero, a farmer from B.C. who answered the call to serve his nation and he did with great determination and perseverance. He

was a modest leader who focused on the needs of others."

Dignitaries at the ceremony included Belgian Ambassador to Canada Bruno van der Pluijm; Cmdre David Craig, Commander of the Naval Reserve; and Royal Navy Exchange Officer LCdr Mark Raeburn from VENTURE, The Naval Officer Training Centre.

LCdr Bourke's great nephew Jason Jones spoke on behalf of the Bourke family, "I wondered if my relative had any mention on the Internet and when I Google searched him, a Facebook page from HMC Malahat came up. It's been about eight years in the making for this, and it means a lot to my family that Bart took on this initiative," he said.

"His story is incredible," said Armstrong. "My goal is to teach people about this hero and other heroes too. I would like to encourage the public to not wait for a ceremony, but to come see his memorial and stop by to reflect on his accomplishments anytime. It's a great story and it's here for all of us to cherish and remember."

Who was LCdr Rowland Bourke?

LCdr Bourke was born in London, England in 1885, and moved to Nelson, B.C. with his family at age 17.

When the war broke out, he left the family fruit farm to enlist in the Canadian Forces, but was rejected because of poor eyesight. Undaunted, he returned to England and joined the Royal Naval Volunteer Reserve to serve on the motor launches.

In April 1918, raids were arranged to block the Belgian harbour of Zeebrugge-Ostend, which was the most heavily defended of all the German U-boat bases.

Bourke, a Lieutenant at the time, immediately volunteered his vessel for the rescue of sailors whose ships were sunk in the blockade effort. He was again rejected due to his eyesight. Despite being told most of the men would not make it back, Bourke persisted in offering his motor launch (ML) as a standby in case one of the chosen rescue motor launches was disabled.

On the night of April 23, Bourke's launch picked up 38 sailors from the sinking blockship HMS Brilliant and towed the crippled ML 532 out of the harbour. For this, Bourke was awarded the Distinguished Service Order.

When the second operation against Zeebrugge-Ostend was called, Bourke's motor launch was found to be too damaged for the work. But Bourke was so determined to take part that he offered to give up his command in order to participate in the operation on another vessel, ML 254. His own ML was eventually accepted as a standby and he had 24 hours to re-fit his vessel and find a new crew.

He succeeded and on May 9-10, Bourke's vessel followed the blockship HMS *Vindictive* back into the Belgian harbour. While backing out after the raid, he heard cries from the water and conducted a prolonged search of the area amid heavy gunfire at close range. He found a lieutenant and two junior ranked sailors from the RN ship badly wounded in the water. Bourke's own launch was hit 55 times and two of the crew were killed. Still, he managed to bring out his vessel in one piece.

King George V decorated Bourke with the Victoria Cross. He was also presented with the French Legion of Honour. Being modest, Bourke asked his family not to inform the press of his achievements.

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WHAT SAY YOU

People Talk

Lookout asked this question: *What was the last song that was stuck in your head and was it a good or bad thing?*



"Someone Like You" by Adele. I love that song so much, so I don't mind having it stuck in my head at all.

LCdr Janet McDougall



"The Cantina Song" from Star Wars is my ring tone so it's basically always stuck in my head. Luckily I love Star Wars.

OS Guillaume Durand



"Scream and Shout" by Will.I.Am and Britney Spears. It was a terrible, terrible experience. It's always on the radio so it's hard to avoid.

OS Kurtis Zurbrigg



"Kodachrome" by Paul Simon. I heard it on the radio, and I'm a photographer so I really love that song.

PO2 Charles Banville



"All Along the Watchtower" by Jimmy Hendricks. It was the last song I heard on my way to work and it is such a heavy song. I just love it.

PO2 Chris Acheson

WHAT SAY WE

New Zealand team visits Sea Training

CPO2 Lonnie Thompson Sea Training Pacific

Sea Training Pacific recently hosted three members of the Royal New Zealand Navy's Maritime Operational Evaluation Team (MOET). MOET is the New Zealand equivalent of Canada's Sea Training.

MOET Commanding Officer, Cdr Keith Robb, along with his physicians assistant WO Mike Wiig and damage control specialist WO Chris Allan, initiated an exchange of ideas visit with Sea Training Pacific in order to gain a better understanding of how Canada approaches training on board ship.

During their visit, the MOET team observed a full harbour readiness training program on board HMCS Winnipeg. Observing this program, they were able to get a firsthand look at how Canada conducts shipboard harbour response training to emergencies such as man overboard, fire, force protection, flood and bomb threat.

In addition, they were able to attend a Close Engagement Ammunition Simulation System lecture and came away impressed with the realistic use of force training it provided.

Another aspect to their visit was an overview of how Sea Training Pacific builds a work ups program tailored to the specific requirements of each ship. MOET members were shown the MICRO/MACRO flex used to organize work ups. They were able to see the tremendous volume of resources, including consorts, services,

trainers and targets that our sailors use.

MOET personnel were able to take away key information on how to track, plan and execute serials and taskings that comprise a work-ups program. With a focus on improving New Zealand's damage control capabilities and training, they toured the Damage Control Division, attended the battle damage repair and leadership semi-

nar, and were introduced to the hammer-head targets at the CANFLTPAC Target Cell.

Being a first for Sea Training Pacific and MOET personnel to have such a visit, it was highly successful in terms of creating a better understanding of our two navies and highlighted the necessity to continue communications.



Sea Training Pacific hosted three members of the Royal New Zealand Navy's Maritime Operational Evaluation Team.

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Photos by MCpl Angela Abbey, MARPAC Imaging Services

During the Battle of Atlantic Sunday ceremony on May 5 at the B.C. Legislature, AB Erik Mciuk, from HMCS Winnipeg, sounds eight bells in remembrance of the merchant ships lost during the Battle of Atlantic.

The Battle of Atlantic campaign secured the supply lines from North America to Great Britain during the Second World War and ultimately made the allied D-Day invasion possible. For 69 months the Royal Canadian Navy escorted more than 25,000 ships to Europe between 1939 to 1945. It was the longest, largest and most complex battle of the Second World War. Canada lost 24 warships and 2,300 sailors.

Battle of Atlantic



The Colour Party, consisting of veterans of the Royal Canadian Navy, Royal Canadian Navy Reserve, Royal Canadian Navy Voluntary Reserve, Royal Canadian Air Force and the Canadian Merchant Navy, lead the Battle of Atlantic parade down Government Street.

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In-depth training for clearance divers

Shelley Lipke
Staff Writer

Nine sailors are hoping to join an elite group of divers this August by enduring the rigours of the year-long Royal Canadian Navy Clearance Diving Officer/QL5A Clearance Diver course.

Last Tuesday off Brentwood Bay, *Lookout* joined the sea portion of the CUMA Rebreather phase from this specialty course to talk to the trainers and divers to find out more about this specialized dive training, which is only offered at Fleet Diving Unit Pacific (FDU(P)).

"There are only 120 clearance divers in Canada," said senior dive instructor PO1 Sean Ratz. "The students find this course challenging, rewarding and they also love bonding and working as a team," he said. "It's a difficult course, and the learning curve is steep."

Seven Leading Seamen and two officers, including one exchange officer from the Irish Navy, are taking this course.

The course began in September and since then divers have conducted pool training at Commonwealth Pool, navigated a one kilometre underwater rope course and completed a series of work-ups for deep dives to 21, 30 and 45 metres. They have also learned to use new equipment and apply theories learned in the classroom.

Now at sea for a two week course, they are aiming for the maximum depth of 81 metres using Canadian Underwater Mine Apparatus (CUMA) rebreather dive gear. The CUMA Rebreather uses a mix of helium and

oxygen, which allows people to dive much deeper than traditional SCUBA air supply.

"The CUMA rebreather allows you to dive deeper and are much quieter and less invasive acoustically and magnetically," said Irish exchange officer SLt Shane Mulcahy. "We have naval divers in Ireland, but there is no rebreather training like this. This training allows us to carry out tasks like mine clearance with significantly less risk of activating the device."

He added, "I am finding this course very intense, physically and mentally, as we never know what is coming next and what the day will bring whether it is physical training, compass dives, night dives or morning swims."

Student LS Charpentier says he has enjoyed learning the science and physics behind the equipment.

"You don't produce any bubbles with rebreathers, and you spend more time listening to your thoughts. With diving, there is a lot of non-verbal communication and you get really good at communicating with your buddy without using words," he said. "You also learn to trust your supervisor and your kit, which is very important. A big part of diving is mental attitude."

As the divers descend beneath the surface to 42 metres and deeper, they practice rebreathing techniques, safe return to surface techniques and emergency procedures. The support crew is also practicing its skills, ensuring the rebreather lines are working and the gases are mixed properly. Too much or too little of either helium or oxygen could be deadly.

The CUMA rebreather is equipped with a sensor that monitor the status of the gases. The indicator light can be green or red.

"If a red light goes off in the corner of the diver's mask they must count to 15, see if their equipment is still delivering the proper amount and percentage of helium and oxygen," says PO2 Rob Majore. "If the light remains red, then the diver must give the appropriate signal with his lifeline, switch on his emergency bailout system and return to the surface. The signal will allow the supervisor to send a standby diver to assist the diver to safely return to the surface."

Once on the surface, if the diver is suffering from decompression illness, the crew would utilize the onboard recompression chamber to return the diver to pressure. The support crew can bring him back safely to the surface under the care and advice of a consultant of diving medicine who is part of the specialized crew onboard the dive tender while conducting deep diving training.

Clearance divers are called on to remove bottom mines in shipping lanes, render ordinance safe and dive under ships to assess and repair battle damage. This type of diving was used in the 1998 Swiss Air plane crash in which clearance divers worked to recover pieces of the aircraft, including the black box, from the ocean floor after the crash.

"My most memorable experience diving with the Canadian Forces was last year in Estonia," says PO1 Ratz. "We were deployed as a team of six, clearing the Baltic Sea of mines. We did 98 dives in two weeks to clear mines which were set in the Second World War. It was very rewarding to speak with the locals and hear about their appreciation for the work we were doing," he said.

To become a clearance diver, students must first be a Ship's Team Diver, Port Inspection Diver or a Combat Diver. Potential candidates are screened during a two week selection phase at FDU(P) to see if they have what it takes and so they can decide if they wish to pursue it. If selected, they undergo the 11-and-a-half month clearance diver course.

"I was drawn to this field because it's ever changing," says LS Charpentier. "I was a port inspection diver for the past 12 years as a reservist and I finally decided I wanted a full-time career in diving. I can work in EOD [Explosive Ordinance Disposal], regulator repair, mine counter measures or battle damage repair, so there is always a lot to learn," he says.

"During this course we are not only learning rebreather diving, we are also learning everything about the trade like being on a ship's crew, duty watch, anchoring and driving the many different small boats. It keeps your mind focused all the time, whether you are driving the boat or operating the recompression chamber. There is always lots to learn and that is what I love about being a diver," he said.

After graduation on Aug. 9, four clearance divers and one officer will remain in Esquimalt and the other three will return to their posts in Halifax. Each year six to eight non-commissioned members and one to four officers take this course.



Photos by Shelley Lipke, *Lookout*
Standby clearance diver and Canadian Underwater Mine Apparatus technician LS Adam King fixes a regulator on the rebreather on board YDT II.



Above: PO2 Rob Majore adjusts the amount of gasses entering the recompression chamber for a diver who has just come out of the water. To get comfortable with the process of recompression, divers simulate time in the recompression chamber following each dive.

Below: LS Litter helps fellow diver LS Marc Andre Ouimet get into the water for a dive.



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Photos by Shawn O'Hara, Lookout

Above: Laden with gear, Amphibious Scout Team 1 swims ashore.

Right: Amphibious Scout Team 2 comes ashore on Royal Beach near Metchosin.



Surf to sand during amphibious exercise

Shawn O'Hara
Staff Writer

When spending a sunny spring day at the beach, one seldom expects to see groups of armed military personnel trudge up out of the surf.

That's what beach-side revellers in Metchosin would have seen last week as military members from the U.S. and Canada performed amphibious littoral exercises.

"Littoral exercises take our troops from the wet to the dry," said Lt(N) Michael St-Pierre of Fleet Diving Unit (Pacific) (FDU(P)). "This is a brand new type

of exercise for the Canadian military. We're writing a whole new book here."

The exercise was part of *Jointex 2013*, the first in a series of nation-wide joint training and readiness events designed to change how the Canadian Armed Forces train, develop and learn to prepare for future operations. It also marked the start of *Trident Fury 2013*, a biennial and joint naval exercise hosted by Maritime Forces Pacific and conducted with the United States.

Boats laden with FDU(P) Clearance Divers and Canadian Army Patrol Pathfinders from the Royal 22 Regiment of Valcartier,

Québec zipped up the coast towards Race Rocks and Royal Beach. Once they reached their embankment points they tumbled into the water, gear and all. From there it was a 30-metre swim to the beach, where they set up a perimeter, doffed their aquatic gear and transitioned to land-based operations.

The mixed group of navy and army members is being called Amphibious Scout Teams (AST), a newly formed type of task group created to address the stark division of labour found between marine and land-based operations.

"The skills needed for

those two kinds of operations don't overlap, so we came up with a composite team to bridge the gap," said Maj Chris Comeau, the lead Army planner for *Jointex Stage 5*. "We created a team of clearance divers, army patrol pathfinders, and very shallow water divers to cover all aspects of the operation."

The AST is conducting this training in preparation for the live exercise occurring May 16 to 18. The teams will conduct beach landing site reconnaissance in the middle of the night, wearing night vision goggles. The exercise ends on May 19.

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Naval boarding party members from HMCS Toronto remove drug pouches from a hidden compartment onboard a dhow in the Indian Ocean on May 6 during Operation Artemis. Toronto's boarding party recovered more than 315 kilograms of heroin.

Cpl Malcolm Byers, HMCS Toronto

Special Ops Forces are recruiting

A/SLt Stephanie Flynn
MARPAC PA

Have you ever wondered what it takes to become a Special Forces member?

The Canadian Special Operations Forces Command (CANSOFCOM) wants you to attend a recruiting information session at CFB Esquimalt May 28 at the Boat Shed, Building 126, at 11 a.m., or 6:30 p.m. for those who can't make it during work hours.

CANSOFCOM is a high-readiness organization, deploying Special Operations Forces on short notice to protect Canada and Canadians from threats to the national interest at home and abroad. The unique capabilities of CANSOFCOM provide Canada with an agile, adaptive, and rapidly deployable military response.

CANSOFCOM provides advice on special operations to the Chief of the Defence Staff and other CF operational commanders. They generate deployable, high-readi-

ness Special Operations Forces capable of deploying as part of a broader CF operation (or independently). Capabilities and tactics are continuously developed and maintained, and relationships with Canadian security partners and allied special forces are fostered and promoted.

Some strategic tasks CANSOFCOM personnel carry out include hostage rescue, Chemical Biological Radiological and Nuclear (CBRN) crisis response, maritime counter-terrorism, protection of VIPs, defence, diplomacy and military assistance.

Representatives from all four units will be at the information sessions. Joint Task Force 2, the Canadian Special Operations Regiment, Special Operations Aviation Squadron and the Canadian Joint Incident Response Unit - CBRN will answer any questions you have.

Military members and their spouses are invited to attend. Remember your ID if you are attending in civilian attire.

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Military spouse's sewing talents on display

Shawn O'Hara
 Staff Writer

The talents of military spouse Corrina Edmondson will be on display at the McPherson Playhouse this week, but she won't be performing on stage.

She's the costume director for the Veselka Ukrainian Dancers, a cultural performance group based in Victoria, which will be performing "Baba Yaga's Supper" on May 19.

Edmondson began designing the traditional outfits and whimsical costumes as a way of giving back to an art form that had done so much for her and her daughters.

"I used to dance as well, and my daughters have been a part of Veselka for years. They've gained so much confidence from dancing, they're like different people now," she says. "I had some experience with sewing and a bit of design so I wanted to help however I could."

Her skill with a needle and thread has led to her creating both traditional and outlandish outfits for the dancers and their productions, including "Baba Yaga's Supper," a Ukrainian folk tale about a love-struck young girl's encounter with the evil, child-eating witch Baba Yaga.

"It's a somewhat dark fairy tale, but the show is

very much for all ages," says Edmondson. "It's one of those stories that has become so ingrained in Ukrainian culture no one is sure where it came from."

Edmondson says she has a lot of creative freedom over the costumes she stitches, from the simple attire of the village people to the exaggerated and monstrous Baba Yaga.

"I get input from the artistic director and base the designs on what she is looking for and what I feel would work best," says Edmondson. "I'll take her ideas and my ideas and start drawing rough sketches and gathering materials. It's a very relaxing and fulfilling process. I love it."

What Edmondson loves most about working with Veselka is giving back to the community.

Both Edmondson and her husband, CPO2 Lyn Edmondson, believe being active in your community is of utmost importance.

"My husband is with Volunteer Search and Rescue, and is the steward of a hiking trail as well," she says. "Your community is part of who you are. By giving back to them you're giving back to yourself as well."

Baba Yaga's Supper will be showing for one night only, May 19, at the McPherson Playhouse. Tickets are \$18 and are available at www.rmts.bc.ca.

June 8, 2013

Navy Ball

In celebration of the MFRC's 25th Anniversary

*In the presence of
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 at Government House*

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Left to right: Capt(N) Brian Costello, Acting Commander Maritime Forces Pacific; Wade Walters, SISIP Manager; Gaynor Jackson, director of the Military Family Resource Centre and Maryse Neilson, director of Personnel Support Programs Health Promotion, cut the cake during the volunteer appreciation dinner for the more than 200 volunteers who support the base.

Volunteer Recognition Dinner CHIEF AND PETTY OFFICERS' MESS, CFB ESQUIMALT

Shelley Lipke
Staff Writer

More than 200 people volunteer their services to help the Military Family Resource Centre (MFRC), Personnel Support Programs (PSP) and the Base Museum each year.

For the MFRC alone this equates to

5,500 hours and more than \$100,000 in value.

On April 25 these volunteers congregated at the Chief and Petty Officers mess for a special evening to thank them for their efforts and hard work throughout the year.

"Each year we put on this event to say thanks to our dedicated volunteers," said

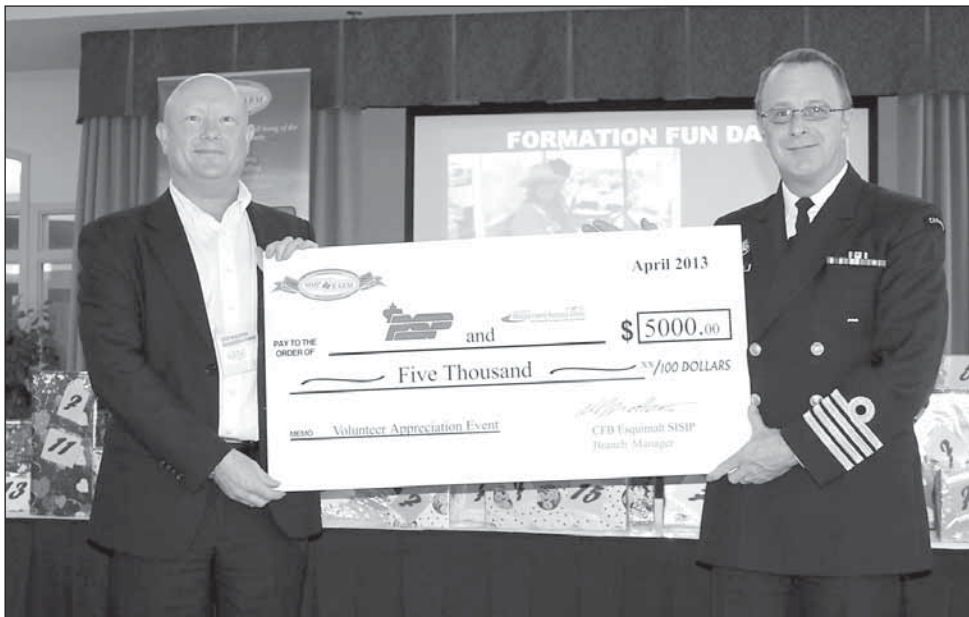
Gaynor Jackson, director of the MFRC.

Capt(N) Brian Costello, filling in for RAdm Bill Truelove, Commander Maritime Forces Pacific, accepted a cheque for \$5,000 from SISIP manager Wade Walters. These funds will go towards paying for the annual dinner.

Pat Thomas from 98.5 the Ocean hosted an auction and was emcee while the

Naden Band of Maritime Forces Pacific entertained the crowd.

"It's quite a big event that attracts all the volunteers who help throughout the year. Everybody had a great time and it was a great way to thank our volunteers who sit on the board of directors, coordinate special events, are PSP coaches or work at the base museum," said Jackson.



SISIP manager Wade Walters presents a cheque for \$5,000 to Capt(N) Brian Costello, Acting Commander Maritime Forces Pacific. The money was used to help pay for the event.



Members of the Naden Band of the Royal Canadian Navy provided entertainment for the crowd of volunteers.

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Bringing attention to Mental Health

Shelley Lipke
Staff writer

Visitors to Nelles Block were given an unusual treat last Monday: sugar cookies adorned with unhappy faces.

The cookies and the literature that accompanied them were bringing attention to Mental Health Week, which took place from May 6 to 12.

Signifying the importance mental health plays in today's military, Base Commander Capt(N) Bob Auchterlonie joined members of human resources and the Employee Assistance Program (EAP) to hand

out the cookies as well as green ribbons, which signify mental health awareness.

"The goal of the week is to reduce stigma associated with mental health issues," said EAP manager Nora Johnson. "By reducing stigma it makes it ok for people to come forward and get the help they need. This week is about people enjoying themselves and creating a positive atmosphere so that mental health can be talked about in a positive way."

Mental Health Week has been celebrated on the base since 2009.

In addition to creating awareness, EAP works with the Military Family Resource Centre to offer depression screening and support for anyone who needs help.

Military members and their eligible family members needing help can call the MFRC 24 hour line at 250-363-2640 or 1-800-353-3329 or the Canadian Forces Members assistance program at 1-800-268-7708.

Civilian employees and their eligible family members can call the EAP Manager 250-363-7968 or Health Canada 24 hour assistance line at 1-800-268-7708.

Flow into wellness with Hatha yoga

Shawn O'Hara
Staff Writer

The ancient practice of yoga has helped millions of people throughout history achieve physical and spiritual wellness.

Now Defence Team personnel can do the same at the Naden Athletic Centre with Hatha Yoga.

"It isn't just about getting your body in shape. It's about getting your mind in shape as well," says Kim Miller, a contractor with Personnel Support Programs (PSP) Fitness who runs the program.

Miller says, in the military the physical side of a person is often focused on and problems are dealt with using diet and exercise.

While this has its benefits, the emotional, mental and spiritual sides of a person need just as much attention.

"People aren't just physical bodies, they're minds and hearts as well," she says. "If we focus too much on the physical body and neglect the emotional and spiritual body we become imbalanced, resulting in physical or mental health issues such as anxiety, depression etc."

Hatha Yoga is a general term used to describe the foundation of many different styles of yoga practice.

It's based on asanas (postures) and pranayama (breathing techniques) that are sequenced together in a slow and gentle way.

Miller says her class takes a slow approach with some

flow sequences that allow people of all levels to learn, experience and integrate each posture.

"People will say things like they're too old, too unhealthy or too inflexible to start doing yoga, but that's like saying you're too hungry to eat," says Miller. "Any time is the perfect time to start. It can really only do you good."

Miller began doing yoga in 2005 as a way to cross train with running. She says she went in with an athletic attitude, but realized there was something more there.

"I thought it was just another way to work out, but I noticed that the practices were crossing over into my every day life," she says. "Things like patience, mind-

fulness, and clarity began becoming a part of who I was. It changed my life."

In 2009 Miller became a certified yoga instructor, and since then has become a contractor with PSP as well as an instructor at Esquimalt yoga studio Metta in Motion.

"I wanted to show other people the benefits of yoga and what it can do for them," she says. "It's been an amazing journey for me, and it's my hope to empower others to learn how yoga can help them live a happier and healthier life."

For more information on Miller's Hatha Yoga program and upcoming yoga courses contact her at 250-363-4485 or kimberly.miller@forces.gc.ca.

HMCS Ottawa breaks from Trident Fury to mark two special events at sea

MS Philippe Burton
HMCS OTTAWA

Despite being 100 nautical miles offshore and in the midst of a high tempo Exercise Trident Fury, HMCS Ottawa paused briefly on Sunday to commemorate the 68th anniversary of the Battle of the Atlantic.

With the ship's company mustered

on the flight deck, the nearly 73,000 allied sailors and merchantmen who lost their lives during the conflict were honoured with a wreath placed astern of the ship and a moment of silence.

The Battle of the Atlantic has special meaning for the ship and its company, as Ottawa I was lost in 1942 during the height of the campaign while on convoy duties in the North Atlantic.

The somber event was preceded by

the unveiling of the new Canadian Naval Ensign. Shortly after the ceremony, it was hoisted from the ship's mast and Ottawa promptly rejoined its consorts to carry on with Exercise Trident Fury.

Trident Fury is taking place from May 3-19 off the west coast of Vancouver Island, and involves more than 2,000 personnel from Canada and the U.S.

Cdr Van Will salutes a commemorative wreath for the Battle of Atlantic as PO2 Dagenais and Cpl Loney prepare to commit it to sea.

PO2 Gelinas,
HMCS Ottawa



Bravo ZULU



Left to right: Capt(N) Luc Cassivi presents SLt Christopher Kyle Brierley with his promotion to Lieutenant (Navy) as Division Supervisor Cdr Allyn Holborn looks on.



Left to right: Capt(N) Luc Cassivi and Division Supervisor Cdr Allyn Holborn present PO2 Mark Seeburger with his promotion to Petty Officer First Class.



Left to right: Capt(N) Luc Cassivi and Division Supervisor, Lt(N) Meghan Lobb present MS Joel Laurin with his promotion to Petty Officer Second Class.



MS Jesiah Montgomery from Sea Training Pacific has been recognized as the first sailor of the quarter for 2013.

His Commanding Officer states he has demonstrated excellence in performance, achievements, professionalism and is a volunteer in his unit and community. The award for the sailors of the quarter consists of a non-monetary prize (valued at \$250), official portraits, and a *Lookout Newspaper* article.

A coin will be presented by Commodore Scott Bishop, Commander Canadian Fleet Pacific, to MS Montgomery during a luncheon for him and his family.

The Sailor of the Quarter award is a Canadian Fleet Pacific initiative to recognize a sailor for outstanding achievements.

Nominations for the second quarter are to be submitted to the Fleet Chief, CPO1 David Bliss.



Left to right: Capt(N) Luc Cassivi and Division Supervisor LCdr Barry Whelan present LS Joseph Ducey with his promotion to Master Seaman.



Left to right: Capt(N) Luc Cassivi and Division Supervisor LCdr Barry Whelan present LS Derrick Cote with his promotion to Master Seaman.

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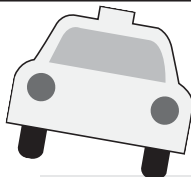
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VOLUNTEERS

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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

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MAY 2013 GENERAL ELECTION

Remember to Vote. Tuesday, May 14 is General Voting Day.

Do You Have This Card?



This card tells you where you can vote in the 2013 Provincial General Election. **Take it with you when you go vote.** If you do not have this card, **visit the Elections BC website at elections.bc.ca**, or call **1-800-661-8683** (toll-free).


Download our **VOTEBC** App for iPhones and iPads to find a voting location near you.

BC Has More Ways to Vote

All voters can:

Vote in any district electoral office from now until 4 p.m. (Pacific time) on General Voting Day, Tuesday, May 14, 2013.

Vote by Mail You can ask for a Vote by Mail package from your district electoral office or through the Elections BC website at elections.bc.ca.

Vote at advance voting Voters can attend any advance voting location in the province from 8 a.m. to 8 p.m. (local time), Wednesday, May 8 through Saturday, May 11. All advance voting locations are wheelchair accessible. 

Vote on General Voting Day Voters can attend any general voting location in the province from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 14, 2013.

How to Vote

- Choose only one candidate.
- Mark your ballot with an **X** or **✓**.

Who Can Vote?

You can vote if you are:

- 18 years of age or older, or will be 18 on General Voting Day (May 14, 2013)
- a Canadian citizen, and
- a resident of British Columbia for the past six months

You can Register When You Vote

If you aren't already registered, you can register when you vote. **You will need identification that proves both your identity and current residential address.**

Bring Identification

Under the Election Act, voters must prove their identity and residential address in order to receive a ballot or register to vote in conjunction with voting in a provincial general election or by-election. Voters may present identification, or use a process known as vouching. Some acceptable types of identification and information on the vouching process are found below.

Option 1

A single document issued by the Government of BC or Canada that contains the voter's name, photograph and residential address, such as a BC driver's licence, BC Identification Card (BCID), or BC Services Card.

Option 2

A Certificate of Indian Status as issued by the Government of Canada.

Option 3

Two documents that together show the voter's name and residential address. Both documents must show the voter's name. At least one of the documents must also contain the voter's residential address.

Please note: Digital or electronic documents (e.g. e-bills) are acceptable. Hand-written information on a document, photocopies or electronic scans/photos of a paper document are not acceptable.

The following are examples of the document types authorized by the Chief Electoral Officer for the purposes of voter identification (the list of documents is illustrative, not exhaustive). Other specific documents (not listed below) may be authorized by the Chief Electoral Officer. For questions about the acceptability of a specific document, please contact Elections BC.

Government-issue identity document

Examples: healthcare card, birth certificate, Social Insurance Card, passport, citizenship document/certificate, Old Age Security Identification Card, Canadian Forces identification, Firearm Acquisition Certificate, firearm Possession and Acquisition Licence, Veterans Affairs Canada Health Care Identification Card, Correctional Service Canada Offender Identification Card.

Other government-issue document

Examples: property tax assessment, income tax assessment notice, government cheque, government cheque stub, statement of employment insurance benefits paid, Canada Child Tax Benefit Statement, statement of Canada Pension Plan benefits, statement of Old Age Security.

School/college/university-issue document

Examples: admissions letter, report card, transcript, residence acceptance/confirmation, tuition/fees statement, student card.

Other documents examples

- Provincial Where to Vote card
- Bank/credit card or statement
- Residential lease/mortgage statement
- Insurance statement
- Public transportation pass
- Utility bill
- Membership card
- Hospital bracelet/document
- Prescription medication container
- Attestation of residence
- Personal cheque (printed by bank)

Option 4

Voters without identification can be vouched for by a voter in their electoral district who has identification, or a direct family member or someone who has legal authority to make personal care decisions for the voter.

Future Voters

Elections BC encourages you to bring your children with you when you vote. Show tomorrow's voters how our electoral process works.

Any Questions?

For more information visit Elections BC's website at elections.bc.ca or call toll-free **1-800-661-8683**.

Get our **VOTEBC** App for iPhones and iPads to find the closest voting place and for information you need to vote.



Or, contact your district electoral office.

Esquimalt-Royal Roads

1195 Esquimalt Rd
Esquimalt, BC
(250) 952-7833

Juan de Fuca

108-1016 McCallum Rd
Langford, BC
(250) 391-2820

Oak Bay-Gordon Head

2780 Richmond Rd
Saanich, BC
(250) 952-7819

Saanich North and the Islands

1528 Stellys Cross Rd
Central Saanich, BC
(250) 952-4100

Hours of Operation

Monday - Friday 9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.
May 8 - 11 and May 14 - 8 a.m. to 8 p.m.

Saanich South

220-4460 Chatterton Way
Saanich, BC
(250) 952-7826

Victoria-Beacon Hill

103-1803 Douglas St
Victoria, BC
(250) 952-4201

Victoria-Swan Lake

201-415 Gorge Rd E
Victoria, BC
(250) 952-4509

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