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## Slaying the dragon



Cpl Dolores Crampton, MARPAC Imaging Services  
Members of the Canadian Navy Dragon boat team, Dragon Anchors, participate in the second race of the day during the 19th annual Dragon Boat Festival on Aug. 17. The festival is traditionally celebrated on the fifth day of the fifth month of the Chinese lunar calendar and takes place in cities all over the world.

### NEWS

2



*Ships represent Canada during Westploy*

### COMMUNITY

6



*MFRC program teaches empathy to children*

### FEATURE

9



*Officer takes to the dance floor*



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HMC Ships Protecteur and Algonquin are headed to the Asia Pacific Region for Westploy.

# HMC Ships Protecteur and Algonquin bring Canadians to Asia Pacific region

**Shawn O'Hara**  
Staff Writer

HMCS *Algonquin* is expected to leave shortly.

Warmer waters are in the future for HMC Ships *Protecteur* and *Algonquin* as they head south for Westploy.

HMCS *Protecteur* left Monday for the strategic deployment that will see them working closely with the Royal Australian Navy (RAN) for its International Fleet Review, as well as strengthening relationships with other Pacific Rim nations and trade partners.

"It's an opportunity for Canada to show its interest in and commitment to the whole of the Pacific Region," says Cdr Todd Bonnar, Commanding Officer of *Protecteur*. "The region's security challenges have been shown to have an effect on international commerce in the way of shipping routes and trade relationships. We're doing our part to support that security."

Cdr Ryan Tettamanti,

*It's a great way to show our support for our naval allies as well as maintain relations with navies all over the world.*

-Cdr Todd Bonnar  
CO, HMCS *Protecteur*

Commanding Officer of *Algonquin*, says this deployment is the kind of trip that entices people to join navy because of its many port visits.

"Plus, we've got four months of uninterrupted sea time," he says. "It gives the crew a lot of time to sign off on training packages, and to complete qualifications. It's such a great environment of learning and progress."

The RAN's International Fleet Review takes place from Oct. 3 to Oct. 11 in Sydney Harbour and will feature ships from more than 20 nations.

The event is anticipated to host 40 warships and 20 tall ships to commemorate the 100th anniversary of the RAN fleet's first entry into Sydney Harbour.

"It's a great way to show our support for our naval allies as well as maintain relations with navies all over the world," says Cdr Bonnar. "It's going to be a once in a lifetime event and the crew is very excited."

The Fleet Review is just one aspect of Westploy. Following the event, *Protecteur* and *Algonquin* will part ways and visit a number of allied nations and foreign ports across the Pacific Rim, including Pearl

Harbor, Hawaii; Brisbane and Perth, Australia; Jakarta, Indonesia; Ho Chi Minh City, Vietnam; Seoul, South Korea; Shanghai, China, and Tokyo, Japan.

"I think the crews are excited to work with the RAN, but it's also exciting for them to visit new and exciting ports," says Cdr Tettamanti.

The process of preparing a ship for sea is a long one, and both *Algonquin* and *Protecteur* have felt that work load. The summer has been spent embarking stores, meeting training standards, and preparing the crews for extended time at sea.

"It's never easy being away from home that long," says Cdr Tettamanti. "That being said, this is what the navy is all about. The crew knows that and are more than willing to meet the challenge."

With the four month journey underway both crews are staying focused on one of the most important aspects of any deployment.

"It has to be fun," says Cdr Tettamanti. "I want the crew to come home with some great stories to tell their families. It will be hard to leave home, but a great way to see the world. I think that encapsulates the classic struggle of the sailor."



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# Chip into a taste of victory by voting

**Shawn O'Hara**  
Staff Writer

Lying on the couch watching TV, Jill Munro came up with an idea that might win her \$50,000.

Munro, daughter of LCdr (Ret'd) Dave Munro, zeroed in on the "Lay's Do Us a Flavour Contest" while recuperating from a severe back injury.

The contest encouraged Canadians to send in their flavour ideas along with a few key ingredients, from which a group of four finalists would be chosen.

Laid up on the couch for months, and desperate for a distraction, Munro took to the contest with a hungry passion.

"I probably entered about 10 flavours," she says. "I just kept thinking about what I would want to eat and the ideas kept coming to me."

Among Munro's proposed flavours were Balsamic Vinegar, Poutine, Maple Bacon, and Spicy Deli Mustard, but it was her Creamy Garlic Caesar - with garlic, parmesan cheese, and cream - that got Lay's attention.

"I got a call from my parents about three months later saying someone was calling and asking for me," she says.

Creamy Garlic Caesar potato chips was one of four flavours chosen out of 60,000 entries. That earned her a finalist's \$5,000 cheque.

She was flown to Toronto to meet the other finalists, receive media training and conduct interviews.

"It was all really cool," she says. "I've never done anything like that, so I felt a bit like a celebrity."

She is now in the running for the \$50,000 grand prize, plus one per cent of sales for the duration they are on store shelves.

The contest ends in November after the public tastes and votes on line. The four flavours - Creamy Garlic Caesar, Perogy Platter, Maple Moose, and Grilled Cheese and Ketchup - are available in stores for a limited time.

"It's a long time to wait," says Munro. "I'm just trying to keep my self distracted. I hope it

works out."

If she wins the money responsibility will most likely overtake luxury.

"I'll probably pay off my student loans," she says.

To cast your vote online for Creamy Garlic Caesar go to [www.dousaflavour.ca](http://www.dousaflavour.ca), or Facebook [www.lays.ca/flavour](http://www.lays.ca/flavour) or text the word VOTE to 101010.



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# matters of OPINION

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## People Talk

Lookout asked this question:

*If you could spend a day doing any other job at CFB Esquimalt, which job would you pick and why?*



Paramedic within the community. We are here in the public service to help people, so I would want to carry that on the civilian side.

AB Flucker



The job I'm at now. I'm trying to get an extension. I love my job!

PO2 Mike Borsellino



Drive one of the tugs to see it from their perspective.

SLt Stroud



Firefighter, because I've always wanted to be one.

Jacob Ryan



Admiral. To see what's going on.

LCdr Moraal

## Travelling exhibit stops at Maritime Museum

The Maritime Museum of B.C. is has opened Creature Comforts, an exhibit on loan from CFB Esquimalt Naval and Military Museum. This new exhibit offers visitors a look at life at sea with a twist.

Creature Comforts focuses on the sto-

ries of animals living aboard vessels and the relationships to their owners. Since the early days of sailing, animals were brought aboard as mascots or companions for sailors. Today, creatures are no longer allowed on naval vessels because of hygiene and safety

reasons, but in the past cats, dogs, and even parrots, geese, rabbits, monkeys, reindeer, bears or lions could be found below deck.

As the first stop for this travelling exhibit, Creature Comforts will be open at the Maritime Museum of B.C. until Oct. 4.

## SPORTS trivia

by PO1 Bill Sheridan  
Contributor

### QUESTIONS?

1. What was the top selling NHL jersey of 2012-13?
2. In the 2004 baseball playoffs, how many outs were the Red Sox away from being swept before they came back and won eight straight games to win their first World Series in over 80 years?
3. What was Ted Lindsay's nickname?
4. What college did Michael Jordan attend?
5. Sweetness is a book about what running back?
6. Jim Hardy of the Cardinals threw the most interceptions in a game, how many?
7. Which Rheostatics song is about a former Leaf power forward?
8. Who are the top five career golf money winners?
9. Why did Justin Morneau choose to wear number 33?
10. Helmet Schon coached the most victories in World Cup, how many?
11. Who were the three MVP's of the USFL?
12. Which Olympic games were boycotted by the USA?
13. What was the Steel Curtain?
14. Which college stadium in Canada has the largest seating capacity?
15. What dog sled race is from Anchorage to Nome?
16. Who has won the Indy 500 the most times?
17. Michael OKeefe portrayed Danny Noonan in which movie?
18. Which NCAA school has the most championships in all sports?
19. What is the size of the open part of the hockey net?
20. What player scored the most goals in junior?



- ANSWERS
1. Jonathan Toews
  2. Three
  3. Terrible Ted
  4. University of North Carolina, nicknamed the Tar Heels.
  5. Walter Payton
  6. Eight
  7. Ballad of Wendell Clark
  8. Woods, Mickelson, Singh, Furyk & Els.
  9. His hero was Patrick Roy.
  10. 16 with West Germany
  11. 83 Kelvin Bryant, 84, Jim Kelly & 85 Herschel Walker.
  12. 1980 Summer Olympics
  13. Steelers front defensive four from the seventies..
  14. Percival Molson Memorial Stadium
  15. Iltarod.
  16. AJ Foyt, Al Under & Rock Meares
  17. Caddyshack
  18. UCLA
  19. Six ft by four ft
  20. 309, Mike Bossy

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# Canadian soldier's day in the major league

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What do a major league baseball uniform and a Canadian Armed Forces military uniform have in common on a ball field?

Normally nothing, except on July 16 when Cpl Nick Kerr took to Citi Field in Queens, New York City, for the 2013 Major League Baseball (MLB) All-Star game.

Cpl Kerr, from the Canadian Scottish Regiment (Princess Mary's), Primary Reserve Infantry, Vancouver, B.C., was selected to take part in the *People* magazine and 84th MLB All-Star Tribute to Heroes' pre-game event.

He was nominated by a friend and selected by MLB, *People* staff, and a guest panel; then fans voted to choose the final 30 winners – 29 Americans and one Canadian, to represent each Major League Baseball team.

Cpl Kerr, an avid baseball fan, got to represent his team – the Toronto Blue Jays, Canada, and the Canadian Armed Forces, in front of more than 45,000 fans at Citi Stadium, home of the New York Mets, as well as millions of viewers watching the game on television.

"It was a huge honour to be picked by the general public and to be able to represent my military and my country."



Cpl Nick Kerr salutes as the national anthem plays just before the All-Star game at Citi Field in Queens, New York.

The 30 heroes were recognized for their military service, acts of heroism, and community contributions.

Cpl Kerr, a Regular Force member for 10 years, was with 2nd Battalion, Princess Patricia's Canadian Light Infantry in Afghanistan 2006. He is very active in search and rescue, both as a volunteer and in his civilian job as a security consultant and a rescue technician. He is also a Medal of Bravery nominee for saving a life after a car accident. All these factors led to his selection.

Before the All-Star game, the heroes attended several events in and around New York City. But none touched Cpl Kerr more than the private tour of the 9/11 Memorial museum.

"I felt privileged," he said. "To be able to go to the Ground Zero memorial ... the New York police department saluted us as we walked in ... this was a huge sign of respect."

Cpl Kerr wore his Canadian Scottish Regiment uniform as he led the American team to position during the Tribute to Heroes event.

"I was overwhelmed," he said. "There was so much going on, at the time I couldn't take it all in. Now that it's over I'm trying to reflect on it."

Each Hero was awarded a flag that had been flown in the home ball park of the team they represented.

"It was a huge honour," said Cpl Kerr. "José Bautista [Toronto Blue Jays outfielder] presented me with the Canadian flag that was flown July 1 at the Rogers Centre."

After the flag presentation, CAF member 2Lt Scotty Newlands, a reservist with 32 Canadian Brigade Group Headquarters, Toronto, sang the Canadian national anthem. This wasn't 2Lt Newlands' first time singing the anthem in front of a large crowd; he has been the powerful voice at National Hockey League Toronto Maple Leaf games, as well as those of other Toronto sports teams.

"It was probably one of the best taskings I've ever had, and being able to represent the country was just a joy. It was the first time I've performed on foreign soil in uniform," said 2Lt Newlands.

Both Cpl Kerr and 2Lt Newlands said this was a tremendous opportunity and honour to represent the CAF and their country.

*I was overwhelmed. There was so much going on, at the time I couldn't take it all in. Now that it's over I'm trying to reflect on it.*

-Cpl Nick Kerr

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# Young children learn empathy through MFRC program

**Jon Chabun**  
Esquimalt MFRC

An internationally-recognized, anti-bullying program developed in Canada is hitting its stride at CFB Esquimalt, and helping young children from military families build important skills.

Roots and Seeds of Empathy sprouted eight years ago at the Esquimalt Military Family Resource Centre (MFRC). There are now four groups actively reducing aggression in children while raising social and emotional competence.

The program uses a mother and baby to teach children aged three to five empathy, and to become aware of other people's emotional needs, as well as their own. The children observe the interaction between mother and baby, and then talk about how the baby might be feeling.

Maj Angela James and her baby son Finn participated in the Roots of Empathy program at École John Stubbs School located near the Belmont Park Resident Housing Units.

"It was very meaningful to us," said Maj James. "It was a real privilege to be a part of these kids' lives."

She and her son visited the class once a month from October to June with each visit focusing on a new theme.

One memorable visit involved a "wish tree" where the children thought into the future and did their own dreaming for her son.

The children's wishes were quite profound: that her son would "grow to be an old man," "have lots of friends" and "grow big and strong." When she compared that with her own dreams for her son, she was sincerely touched by what came out of the mouths of the five year olds.

A/SLt Melanie Aqiqi and her baby daughter Scarlett participated in the Seeds of Empathy program at one of the MFRC's daycares for three to five year olds.

"When she was upset or crying, they would talk about why she was upset," said A/SLt Aqiqi. "They could identify with how she felt."

Themes explored includ-

ed feeling loved, friendship and feeling scared. MFRC daycare staff read stories and conducted activities related to the theme before each mother-baby visit. During the visit, and under the guidance of MFRC staff who are trained facilitators, the children talked about the theme, interacted with the baby and asked questions.

Former Kindergarten teacher Mary Gordon developed the program because she thought it important children learn empathy. Linda Scott, program manager at the Esquimalt MFRC, brought the program to CFB Esquimalt. Scott, a Roots of Empathy mentor and Seeds of Empathy facilitator, felt it was a great program for military families.

"The stories and activities help children learn emotional literacy," she explains. "Children can have strong feelings, especially when they are experiencing a deployment. Now they can express if they feel frustrated or lonely."

The program runs October to June with a baby aged two to four



Terrie Skinner, Contributor

Mothers and children participate in the MFRC's Roots and Seeds of Empathy. Left to right: Maj Angela James and her son Finnegan, Lt Amanda Kihn and her son Mason, A/SLt Melanie Aqiqi and her daughter Scarlett, and Jennifer Hawke and her son Benjamin pose together outside the Colwood Pacific Activity Centre.

months, and ends when the baby is close to one. Over the past eight years, 24 babies have participated in the program and more than 450 children have

benefitted from the training. The MFRC currently offers the Seeds version in its Colwood and Esquimalt daycares. The MFRC also brought the Roots ver-

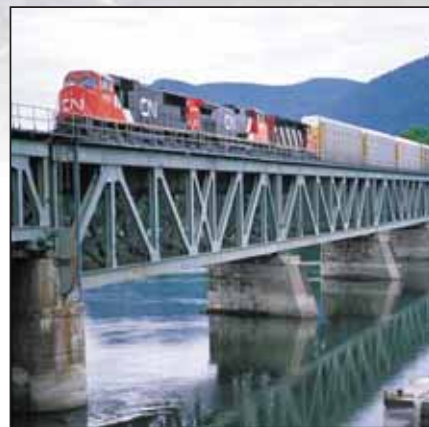
sion to two schools with a high number of military families: École John Stubbs School in Colwood, and École Macaulay School in Esquimalt.

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Photos by Staff Cadet Kayleigh Smith

**Left:** Cadet Joshua Hung (left), Cadet Jared Chiu, (centre) and WO2 Alistair White (right) are geared up before their one-hour familiarization flight on a Sea King Helicopter.

**Above:** Cadets White, Chiu and Hung stand with Pte Niedziela, an Airborne Electronic Sensor Operator from 443 Maritime Helicopter Squadron, just moments before taking off.

**Below:** Course Cadet Jared Chiu receives the Army, Navy, and Air Force Veterans in Canada (ANAVETS) Cadet Medal of Merit from Comrade Edward Emerick of ANAVETS and the Honourable Judith Guichon, Lieutenant Governor of B.C.

# Cadets fly high for outstanding work during summer camp

**Lt(N) Peggy Kulmala**  
AHCSTC Public Affairs

Three air cadets received a flight in a Sea King helicopter Aug. 15 as a reward for their outstanding performance at the Albert Head Cadet Summer Training Centre in Metchosin.

The flight was part of the Canadian Armed Forces Air Cadet Meritorious Service Initiative.

Course cadets Jared Chuo (754 Squadron in Port Moody) and Joshua Hung (819 Skyhawk Squadron in Delta) were chosen as part of their Top Cadet award from the six-week Drill and Ceremonial Instructor Course.

Staff Cadet Alistair White (243 Squadron in Kelowna) was recognized by his fellow 80 senior cadets as the Top Staff Cadet

The helicopter landed in Albert Head and after the air crew gave all three a safety brief they lifted up and away for a flight over the Greater Victoria area.

"We mostly sat in the jump seats in the back, but did sit with our legs out the hatch going over one area," said Alistair. "And we got to do an

auto-rotation while flying – that was cool."

After an hour of flight time, the Sea King returned to its home at 443 Maritime Helicopter Squadron in Sidney. Cadets were invited to join the pilot and air crew debrief.

"They talked with us a lot, answering questions and just being great," said Alistair.

White was even exposed to the good-natured rivalry between the air force and navy.

"One captain made fun of me a little bit for wanting to join the navy," said White, who wants to be a MARS officer. "At the back of the squadron they have a poster saying, 'Naval Officers: making simple jobs hard since 1910.'"

White received his Top Staff Cadet award during the graduation parade Aug. 15 for the 150 cadets in the two-week courses.

"You can fool your subordinates, you can fool your bosses, but you can't fool your peers," said Reviewing Officer LCol Stephan Maude, Commanding Officer of 443 MH Squadron, during his address to the cadets on parade. "Congratulations."

Chuo and Hung received their actual Top Cadet Awards the next day during the fifth and final graduation parade for Albert Head Cadet Training Centre.

"Top Cadet doesn't mean I am the best - the award represents the flight," said Hung. "When you see someone who needs help, you help them, and you all improve together."

Chuo was further recognized on parade, receiving the Army, Navy, Air Force Veterans (ANAVETS) Cadet Medal of Merit, which is awarded to one of the two classes of DCIC cadets.

"Cadet Chiu's performance in all areas of the course has been outstanding. Chiu consistently scored among the highest in drill instruction and classroom instruction. On top of all of that, Cadet Chiu has continually demonstrated admirable leadership ability in front of staff and around his peers," said his flight commander, Lt Jeff Tan. "Chiu is always seen motivating his fellow flight members, helping them out and giving them a hand, and working cooperatively with the rest of the flight to achieve the



common goal"

The two cadets were further recognized during a unique parade where more than 200 cadets graduated a variety of three- and six-week courses in areas such as aviation technology and aerospace; sports and fitness; and survival. With The Honourable Judith Guichon, Lieutenant Governor of British Columbia as Reviewing Officer, the graduates treated

guests and spectators with calisthenics, music, and drill routines that they had choreographed themselves.

Over the 2013 summer training period, just over 900 cadets completed courses at Albert Head, while a staff of 170 provided supervision and instruction.

The summer training period formally came to a close during Sunset Parade Aug. 16.



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# Summer adventure in dockyard for youth

**Shawn O'Hara**  
Staff Writer

A horde of fresh faced students clamoured aboard *HMCS Calgary* to get a firsthand look at a possible future career.

The group was a mixture of students in the Employment Equity Trades Orientation Program (EETOP) and Post-Secondary Co-op students, which populate CFB Esquimalt every summer with young people.

Technologist Joseph Lobo led the group through *Calgary* so they could get a feel for what life on a Royal Canadian Naval vessel is like.

"It was really cool. I had no idea how many people and how much work went into running a ship," says Jamie Byrne, 17. Byrne recently graduated from Esquimalt High School and joined the EETOP program as a way to learn the trade work done on base and suss out potential career paths.

"I'm still trying to figure out where I'm going in life, but the trades seem like a good place to start," he says. "I've really valued my time with EETOP. I didn't initially think I'd be interested in being a painter, or getting into the electrical trade, but now I see the merits."

EETOP is a short term work experience program



Shawn O'Hara, Lookout

Technologist Joseph Lobo gives students of the EETOP program a rundown prior to a tour of *HMCS Calgary*.

that hires students out to trades groups on base. Over a period of four to nine weeks the seven EETOP students are exposed to a large number of trade and work groups, and given the opportunity to speak with and work alongside workers.

"It's been such a great experience seeing all the different trades," says Byrne. "I didn't know what to expect when I joined the program but I've been thrilled with the results."

Also on the day's tour were co-op students including Lauren Bernard. Bernard is a fourth year

student in the Bachelor of Commerce program, and is serving her co-op term at the Workplace Planning Assistant with MARPAC Human Resources.

"I've gotten to see a lot of things I've never seen before since I joined," says Bernard. "I've met a lot of people who have really helped me grow as a person."

As a Workplace Planning Assistant, Bernard has helped plan various events, such as Formation Appreciation Barbeque and National Aboriginal Day celebrations. She says the four month term has helped her decide the route she

would like to take following graduation.

"It's opened my eyes, really," she says. "It's easy to sit in class and think about the jobs you want but when you're actually doing them it really helps you figure it out. I'd love to work for an organization like this."

With her time at CFB Esquimalt coming to a close, Bernard says the future is looking bright.

"I've gotten a lot of great experience here," she says. "Programs like this really open up opportunities for students, and I hope to use what I've learned here to find a career in the future."

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# A dance to remember

## Officer takes talent for dance to New York City

**Shawn O'Hara**  
Staff Writer

Fitness regimes are as different as those who do them.

For Capt Jenn Jackson, Base Public Affairs Officer, the grace and skill of ballroom dancing, with its array of classic dances, changed her health and life.

Passion was kindled in 2011 at an Ottawa dance studio originally to help manage an injury, and when she moved to Victoria she enrolled at the Arthur Murray Victoria Dance Studio.

"Once I realized the kind of benefits I was getting and the fun I was having I was hooked," she says.

Less than a year after joining Arthur Murray, she and instructor Victor Golubkov entered a top level dance sport competition as a Professional/Amateur couple in August.

Pro/Am is a category of ballroom dance

*There were teams from all over the world, so it was very interesting at times. I've never done a competition, so I didn't know what to expect.*

-Capt Jenn Jackson

where an amateur student competes while partnered with their professional instructor.

The two headed to New York City with two other students and one other instructor from the studio to compete in 52 competitions over the four day Empire Dance Championships. The open competition took place at the Conrad Hilton in Manhattan from Aug. 8 - 10 and hosted more than 1,000 dancers.

"There were teams from all over the world, so it was very interesting at times," says Capt Jackson. "I've never done a competition, so I didn't know what to expect."

Neatly packed in her suitcase were two specially tailored dresses

that accentuated her curves and added an element of drama and glamour to her look. She competed in Cha Cha, Rumba, Swing, Samba, Mambo, Hustle, Waltz, Tango, and Foxtrot, the main dances she focuses on at the studio with her instructor.

"During a competition, each dance is no more than a minute long, so it is possible to dance several during one competition," she says. "It is possible to compete at your own level and the level above, as well as your own age category and the one below. Doing this gives you a good idea of where you are, and where you should look to go."

Training five days a week, with seven private lessons and group classes, earned the duo 13 firsts, 16 seconds, and 10 third place finishes in the American style beginning and intermediate bronze Pro/Am categories. Add to that a 55lb weight loss since putting on her dancing shoes, ballroom dancing has proved to be a dynamic sport for Capt Jackson.

"It's amazing the changes a person goes through when they dance," she says. "It has done so much for my self-image and my confidence, that I truly am a better and stronger person."



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## Former military member charged

DND

A former member of the Canadian Armed Forces was charged with drug-related offences Aug. 19 as part of an investigation by the Canadian Forces National Investigation Service (CFNIS) National Drug Enforcement Team (NDET).

Mathieu Leblond, formerly of 1 Service Battalion, CFB Edmonton, Alberta, was charged with one count of Trafficking of a controlled substance in accordance with section 130 of the National Defence Act (NDA) pursuant to section 5(1) of the Controlled Drugs and Substances Act (CDSA); one count of Possession of a controlled

substance for the purposes of trafficking in accordance with section 130 of the NDA pursuant to section 5(2) of the CDSA; two counts of possession of a Controlled Substance in accordance with section 130 of the NDA pursuant to section 4(1) of the CDSA; and one count of Possession of a prohibited weapon in accordance with section 130 of the NDA pursuant to section 91(2) of the Criminal Code of Canada (CCC).

The case will now proceed through the military justice system.

The CFNIS NDET's mission is to counter drug use throughout the CAF and DND by identifying, investigating and prosecuting persons engaged in the

importation, cultivation, production, trafficking and use of illicit drugs in order to assist commanders in the maintenance of operationally ready, combat-capable forces.

The CFNIS is a specialized unit within the independent Canadian Forces Military Police Group. Its mandate is to investigate serious and sensitive matters relating to CAF personnel anywhere in the world, and offences that occur in, on or about defence establishments.

Anyone with information regarding drug trafficking or illicit drug use is invited to call the CFNIS NDET toll-free hotline at 1-855-504-DRUG (3784). The service is free, bilingual, confidential and anonymous.

## Base construction projects earn special recognition

Shawn O'Hara  
Staff Writer

Two CFB Esquimalt-based construction projects are standing tall following provincial recognition from the Vancouver Regional Construction Association (VRCA).

Victoria-based Houle Electric Ltd. received the Silver Award in the For Work Done By Electrical Contractors over \$2 Million category for its work on the Base Fire Hall and Emergency Response Centre.

Vancouver contractors Lockerbie & Hole Contracting Ltd. received the Silver Award for Mechanical Contracting Work over \$3 Million with the Fleet Maintenance Facility Cape Breton Phase IV project.

"The awards act as a way for the members of the VRCA to recognize the work of their peers," says Jan Robinson, Interim President of the VRCA. "These projects become the lives of the contractors for years, so it's worthwhile for us to offer them some feedback and support."

Awards are applied for each year by VRCA members, and then deliberated by a jury of VRCA members to decide which projects best represent the work done in each of the many categories.

Many positive qualities are looked for when choosing the winners, such as innovation, efficiency, resourcefulness, cooperation, and practicality.

"We're looking for contractors who complete their projects in time and in an effective

*Contractors who are thinking outside the box and finding ways to get the job done in the most efficient, cost effective, and practical manner get the most attention.*

-Jan Robinson  
Interim VRCA President

manner," says Robinson. "Contractors who are thinking outside the box and finding ways to get the job done in the most efficient, cost effective, and practical manner get the most attention."

Award winners aren't receiving novelty cheques or piles of cash. The prize for winning an Award of Excellence is the recognition itself. Robinson says an Award of Excellence gives winners a way to display to potential clients their level of skill, professionalism, and work ethic.

During an Oct. 17 gala event, one winner from each Silver Award category will be chosen to win the Gold Award. The Gold Award is the top honour imparted by the VRCA, and shows the winner exhibits exemplary skill, professionalism, and efficiency.

"It's a pretty big honour for companies in the region," says Robinson.

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# Provost Marshal recognizes members

Canadian Forces Provost Marshal Col Timothy Grubb (left) and Military Police Branch Chief Warrant Officer, CWO Richard Day (right) present awards to several military police members and commissionaires.

Photos by Cpl Brandon O'Connell, MARPAC Imaging Services



Cpl David Winship (centre) receives the Queen's Diamond Jubilee Medal for his outstanding dedication to community and his efforts to raise awareness for the Society of Prevention of Cruelty to Animals and Military Police National Motorcycle Relay Ride supporting the Military Police Fund for Blind Children and Children's Wish Foundation of Canada.



Cpl David MacKay (centre) receives a Military Police Commendation for his response to a head-on collision near the Naden gate on Feb. 8, 2013. He immediately took charge of the scene and commence triage for the injured. Cpl MacKay ensured quick attendance of both BC Ambulance Service and Victoria Police.



MCpl Chad Daize receives a CFPM Commander's Coin. In November 2012, MCpl Daize took on the role of Contract Security Specialist, responsible for the Security Requirement Check List, which was in disarray. The success of the current CSS Office is solely due to his strong work ethic, hard work and meticulous attention to detail.



Commissionaire Dale McDonald receives the CFPM Commander's Coin for his years of dedication to the Military Police Unit as an integral part of the Physical Security Team. Since he joined the unit in July 2000, he has conducted thousands of physical security surveys. He was also an integral part of the Security Team in the buildup to the 2010 Vancouver Winter Olympics, travelling to the Mainland to survey sites and provide professional and skilled feedback and direction.



Cpl Lindsay Wilson receives a CFPM Commander's Coin for her dedication to the Military Police Branch. Cpl Wilson represented MPU(E) while deployed as part of Operation Lobe Roto 2, during which she received high praise from her direct supervisor and the Head of Mission at the Canadian Embassy in Tripoli, Libya. Upon her return to Esquimalt, Cpl Wilson's skills were sought out and she was placed in the position of an Acting Shift I/C, a position normally filled by a Sergeant.

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Cpl Ryan Wilson is promoted to Master Corporal.

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Cpl James Wilson receives a CFPM Commander's Coin.




Maj Victor Ethier, Commanding Officer of the Military Police Unit Pacific (MPU(P)), receives a CFPM Commander's Coin.



Commissionaire Sgt Vern Orbell receives the CFPM Commander's Coin.

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**2 BDRM PLUS DEN/OFFICE** in SXS duplex. Fenced back yard. All appliances included. Utilities not included. Major bus route, walk to Westshore mall. Quiet pet may be allowed, lots of storage and parking. Avail. immed. \$975. Leave message: 250-474-5659.

**3 Suites Available:** 2bdrm, 2bdrm & 3bdrm at \$1245, \$1990, \$1995 util. incl. for quiet NS tenants. Indoor cat ok. Gorge & Oaklands. Call 250-813-2738.

**1 BEDROOM, GROUND LEVEL SUITE IN ESQUIMALT - NEAR ADMIRALS WALK.** Located on a quiet cul-de-sac. Close to all amenities, Naden, The Gorge Waterway, and bus routes. Shared laundry, off road parking for one vehicle, Hydro included in rent; NP; NS, Suitable for one person. \$800 month. If interested please call 250-216-1212

**2BR/1BA BRIGHT new 1050sf garden suite.** Private back patio/yard, W/D, DW, NS/ NP, cable and internet. Located on Juno St, close to base and all facilities. \$1260. call David @ 250-418-0705 or email david19800604@gmail.com

**NICE BRIGHT 1 BEDROOM SUITE TO RENT**, available immediately \$800 a month to a single (couple considered) non-smoker/non-pot smoker! Pets considered with pet deposit, damage deposit mandatory. Includes garbage/recycle pick up/shared backyard, countertop dishwasher, and hanging pot rack. Heat/HW/ cable/parking. New laminate floors and freshly painted throughout. New lino in bathroom, new low flush toilet. ceramic tile in kitchen and entrance. Fridge has internal water dispenser and ice maker. Stove has convection or standard oven option. Call 250-360-1512.

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### REAL ESTATE FOR SALE

At the Greenside. Quiet complex, secure parking, in-suite laundry, engineered hardwood floors. Large master with oversized walk-in closet and full en-suite. Short commute to town or the base. Well-run building with a live-in caretaker. Close to everything: shopping at Tillicum, shops in Esquimalt, Cairn Park with views over the city. Good access to Pat Bay and Trans-Canada. MLS 325901 **\$259,000**



**COLDWELL BANKER** Tiffany Self  
250-858-3954

**Fabulous condo!** Bright and cheerful 2 bedroom condo. Laminate and tile flooring, large living room. Closet organizers, lots of storage. Good access to downtown by bus or by foot. Small pets allowed. Most reasonable 2 bedroom in Esquimalt. Close to base, shops and restaurants. Rentals allowed in building. MLS 325970



**COLDWELL BANKER** Tiffany Self  
250-858-3954

**Walking Distance To Base!** Esquimalt condo. Located within walking distance to naval base. Corner suite offers, master and guest bedroom, updated kitchen and bath, in-suite storage, large living and dining area, one parking stall and a view of the water. The suite is ideally situated close to transit, parks, ocean, recreation center, shopping and entertainment. Great opportunity for first home purchase or for retirement. One small pet allowed. **\$149,900 MLS#321349**



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**Gorgeous condo for RENT**  
2 bed, 2 bath corner unit near Thetis Lake, \$1,400/mo., 997 sqft., storage locker, 2 car secure parking. Avail Sept 1st.  
**Large 2 bed, 1 bath condo**  
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2 cats ok. 10 mins to the base.  
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# Oriole spruced up for boat festival

Shawn O'Hara, Lookout

Paul Gibson, rigger for Blackline Marine, installs HMCS Oriole's refurbished bowsprit, which is a pole that extends forward from the vessel's prow. It provides an anchor point for the forestay, allowing the fore-mast to be stepped farther forward on the hull. Oriole is being refurbished in preparation for the 2013 Victoria Classic Boat Festival, which takes place Aug. 30 to Sept. 1 in Victoria's Inner Harbour. The festival is open to the public and features classic boats on display from around the world. More details can be found at [www.classicboatfestival.ca](http://www.classicboatfestival.ca).



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Cpl Thompson, 4 Wing Imaging, CFB Cold Lake, AB  
Members of the Arctic Response Company Group from 35 Canadian Brigade Group load their equipment on a Coast Guard vessel to be transferred to Canadian Coast Guard Ship, Pierre Radisson near Iqaluit.



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**2013 ACCENT 5 DR GL**

HWY: 5.3L/100 KM  
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OWN IT FOR **\$83** BI-WEEKLY  
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**2012 BEST NEW SMALL CAR (UNDER \$21K)**



GLS model shown



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HWY: 5.2L/100 KM  
CITY: 7.1L/100 KM\*

OWN IT FOR **\$92** BI-WEEKLY  
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 SELLING PRICE: **\$19,149\***  
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**NO MONEY DOWN**



Limited model shown

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- ✓ AIR CONDITIONING
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- ✓ CRUISE CONTROL
- ✓ HEATED FRONT SEATS



**WELL EQUIPPED:**

- ✓ AIR CONDITIONING
- ✓ 7 AIRBAGS
- ✓ SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM
- ✓ VEHICLE STABILITY MANAGEMENT
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**2013 SANTA FE SPORT 2.4L FWD**

HWY: 6.7L/100 KM  
CITY: 10.1L/100 KM\*

OWN IT FOR **\$139** BI-WEEKLY  
 WITH **0.99%†** FINANCING FOR 96 MONTHS  
 SELLING PRICE: **\$27,759\***  
SANTA FE SPORT 2.4L FWD AUTO. \$500 PRICE ADJUSTMENT†. DELIVERY & DESTINATION INCLUDED.

INCLUDES **\$500** IN PRICE ADJUSTMENTS\*  
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Limited model shown



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