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Naval Boarding Party students take a firing position with the Colt Canada C8 rifle at Heals Range. The live fire was part of a training course. Read the full story on pages 10 and 11.

Shawn O'Hara, Lookout

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Shawn O'Hara, Lookout

The refurbished units in Belmont Park now have resilient Hardy Plank siding and a fresh coat of paint.

Military housing gets a face lift

Shawn O'Hara
 Staff Writer

Open concept design and wheelchair accessibility are just two of the new changes made to seven of the 704 residential housing units (RHU) at CFB Esquimalt.

The Canadian Forces Housing Agency (CFHA) listened to feedback by residents and developed an initiative to modernize some of the 60-year-old homes.

"We've been getting a lot of comments and feedback from residents for things they would change about the housing," says Anne Corkery, Chief of Business Operations for CFHA. "For instance, we found a lot of residents were using the ground floor bedroom in the units as a dining room due to lack of space."

Work started last year on the Belmont Park homes, which were chosen based on the amount of overhaul

required. One home had severe water damage from a broken toilet.

Story Construction Ltd. and Aral Construction did the renovations, which included converting a bedroom into dining space. Days of large families have long gone, allowing CFHA to modernize the homes based on current family needs.

New roofs, siding, windows, doors, and flooring have transformed the once tired looking homes into contemporary dwellings. They've even revamped the interior for better flow.

"It's important to us that the renovations are long lasting," says Corkery. "If we're going to be putting time and money into these houses, they should be of the highest quality possible."

The final touch was accommodating persons with disabilities by widening both the front and back door.



Previously closed off kitchen areas have been opened up, and have new cabinets and bar style counter tops, as well as new appliances and flooring.

"Our goal is to make this housing as comfortable as possible, since some families will be living here for years," says Corkery.

This minor recap project isn't the only project with houses receiving attention. Last year a kitchen upgrade

project was completed and more kitchens are slated for this year.

Still on the horizon is converting oil burning houses to air source heat pumps with electric furnace, and continuing to upgrade all military housing.

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Royal Canadian Navy hosts symposium

Shawn O'Hara
Staff Writer

The Straits of Juan de Fuca will be the backdrop for the 2013 Western Pacific Naval Symposium (WPNS) Senior Enlisted Working Group.

The bi-annual symposium runs from Sept. 15-18 and will see 24 nations discuss leadership issues and projects related to sailors at the non-commissioned level.

"It's a great opportunity to share experiences, programs, and ideas as related to our non-commissioned corps," says CPO1 Tom Riefesel, Command Chief for the Royal Canadian Navy (RCN) and Chairperson for this year's symposium. "These are issues that affect all of us. They're not limited to one or two navies, so it's important we work together in the spirit of international cooperation."

VAdm Mark Norman, Commander RCN, will attend the event and welcome the variety of military representation to the symposium.

These are issues that affect all of us. They're not limited to one or two navies, so it's important we work together.

-CPO1 Tom Riefesel
Symposium Chairperson

CPO1 Riefesel says the diverse cultural backgrounds will lead to unique perspectives.

"Culture has a huge impact on the way a military and a people operate," he says. "To have that perspective play into naval operations on a global scale helps us see how we all fit into the international community."

The work done at this year's symposium will then be presented next year to the Western Pacific Naval Symposium in Beijing, China. CPO1 Riefesel will be making the trip with VAdm Norman to present the outcome from this working group.

"This will be a significant opportunity to present to the chiefs of navies on the

global issues that enable their non-commission / senior enlisted corps to truly be the stewards of the profession of arms. This is especially important in the rapidly evolving complex maritime environment."

CPO1 Riefesel says this year's symposium focuses in part on the "enabling" of sailors, and the support structures available to them.

Representatives from Esquimalt's Military Family Resource Centre will make a presentation on the support offered to military families.

"We have a world class family support system that is a key enabler to mission success in the CAF," says CPO1 Riefesel. "We hope some of the programs

and initiatives in place in Canada may take hold in other countries and allow that level of support to their sailors as well."

Other topics include the millennial generations role in shaping the future of the world's military forces and the integration of women into many of the world's militaries.

"The cultures of those present can be so different," says CPO1 Riefesel. "What we come here to see is how we can help each other, and provide outside perspectives to the way each of our militaries operate."

It's a point of pride for Canada to be hosting this year's symposium, and according to CPO1 Riefesel he was ecstatic for the opportunity.

"The option was presented to us last year and I was absolutely honoured to take on the challenge," he says. "Hosting the WPNS Senior Enlisted Working Group will assist in demonstrating that Canada is ready to take on a key leadership role in the Asia Pacific region."

New Vice Chief of the Defence Staff

DND

LGen Guy Thibault assumed the role of the Vice Chief of the Defence Staff (VCDS) Sept. 11 from Vice-Admiral Bruce Donaldson, who will be retiring from the Canadian Armed Forces.

Lieutenant-General Thibault has been serving the Canadian Armed Forces for 35 years and brings with him extensive operational and leadership experience.

"I want to thank Vice-Admiral Donaldson for the tireless dedication, endless energy and unlimited support he provided as the Vice Chief of the Defence Staff," said General Tom Lawson, Chief of the Defence Staff. "I also want to extend a very warm welcome to Lieutenant-General Thibault. I know that the Canadian Armed Forces will be well served by his leadership, and will benefit from the wealth of experience he brings to his

new appointment." In his new role, Lieutenant-General Thibault serves as the second-in-command of the Canadian Armed Forces, Commander of the VCDS Group, and is responsible and accountable to the Chief of the Defence Staff and the Deputy Minister for the coordination, and when appropriate, direction of the activity necessary to ensure departmental defence policy and strategic objectives are achieved.

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People Talk

Lookout asked this question:

Is it important for members of the defence community to be cautious of what they post to social media website such as Twitter and Facebook? If so, why?



You have to be careful. The defence of this country is paramount. If you're on a sandy beach in Peru, sure, make a post. If you're at sea conducting a delicate exercise zip the lip.

LS Donald Seaton



It's very important. The things we do can sometimes be very sensitive, and if the details get into the wrong hands it can be bad for everyone.

LS Duane Cutrell



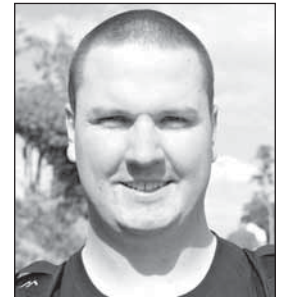
You have to be careful about what you post, especially if what you're posting could have operational impact. Posting about the work you're doing or where you are can be very dangerous.

LS Steven Komoroci



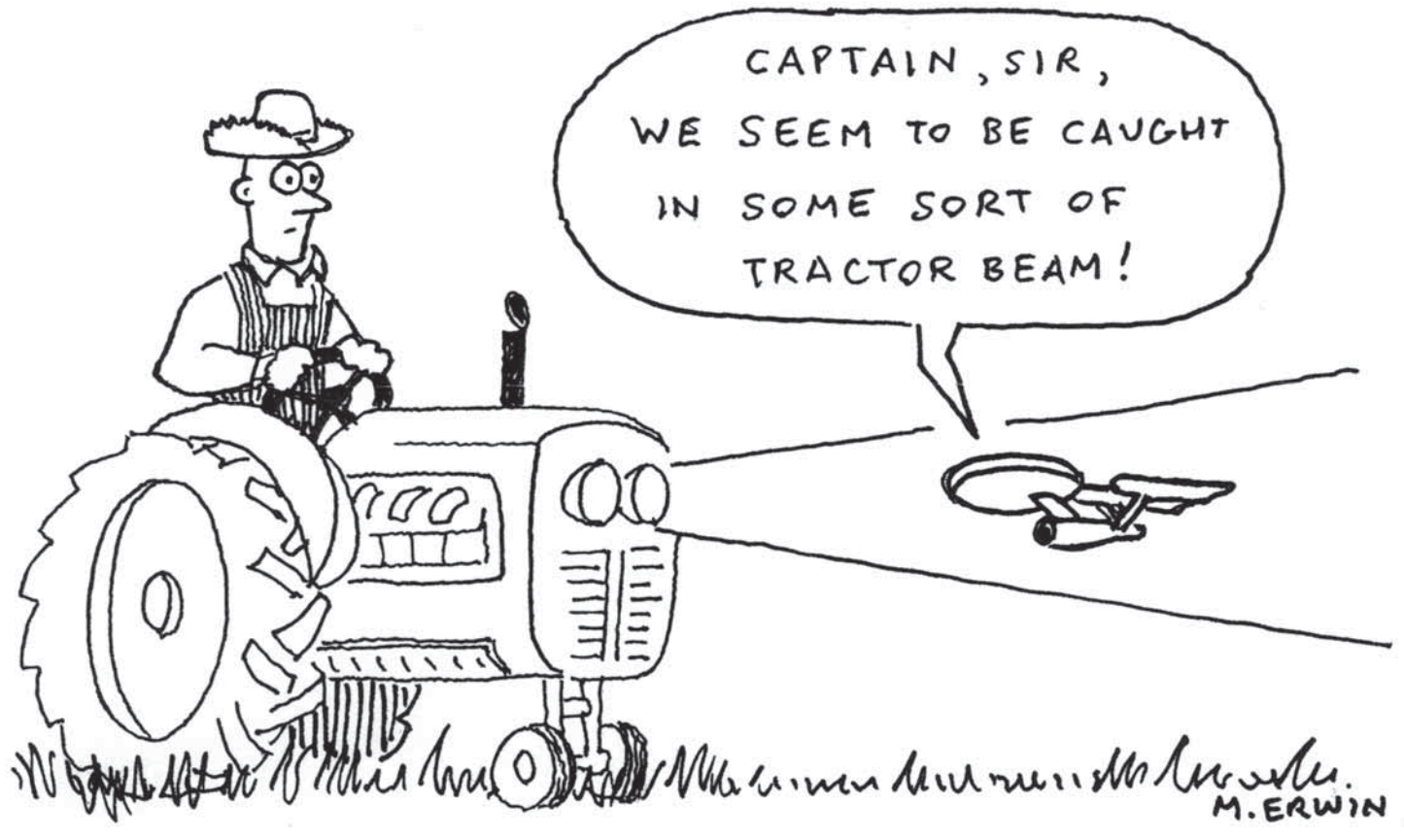
It is, but it can be hard to get across. A lot of the younger people are so used to having these things available to them all the time, they don't understand what it can mean to them, their friends, and their workplace.

PO2 Chad Krokosh



It is important. We have to be careful about how we present ourselves to the media and the public, and social media is a very important tool for that.

SLt Steven Faurbo



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NEWS *Nuggets*

Three rescued off Ucluelet

Three people were rescued 32 kilometres off Ucluelet Sept. 6 when their 29-foot fishing vessel began taking on water in rough seas.

More than a dozen rescue officials, from the air, from the sea and even a nearby cruise ship, responded to the mayday call.

The three people were fortunate as they were only in the water for about 30 minutes.

Air Cadet crashes glider

A B.C. air cadet was extremely lucky Sept. 8, sustaining only minor injuries after his glider crashed into the roof of a convenience store in the Fraser Valley city of Langley.

When firefighters arrived, they found the glider intact but its wings damaged and a hole punched through the roof by the front-nose wheel.

The incident is being investigated by the military

New top Chaplain

BGen John Fletcher has taken over as Chaplain General of Canada's military, replacing BGen Karl McLean in an official ceremony in Ottawa. He is the first openly gay chaplain in the CF.

National Defence Minister Rob Nicholson appoints the Chaplain General upon the recommendation of the Chief of the Defence Staff in consultation with the Interfaith Committee on Canadian Military Chaplaincy.

Chaplains provide comprehensive religious and spiritual support, advice, and care, and contribute to the military and their families as a whole.

This will be BGen Fletcher's final posting in the armed forces.

Mural Vandalized

A mural created to honour the last stop on the Highway of Heroes in Toronto was vandalized over the Sept. 7 weekend. The mural features a dove and a field of poppies, and was painted as a symbol of respect and a call for peace by a community youth group in 2010. It was defaced by spray paint.

Memorial service held

A memorial service was held Sept. 4 for Cpl Shari Lynn Irving in Cold Lake, Alberta. The aircraft technician from 409 Squadron in Cold Lake died Aug. 28 in a two-vehicle head-on collision. She was 26.

PM's book to benefit military fund

Prime Minister Stephen Harper has published a book on early hockey teams. "A Great Game: The Forgotten Leafs and the Rise of Professional Hockey" will hit the shelves in November.

The Prime Minister is a big hockey fan and a member of the Society of International Hockey Research.

Proceeds from the book will go to the Canadian Forces morale and welfare.

Get fit as a family

CFMWS

If your new fitness routine has become a chore rather than enjoyment, you may need an additional boost of motivation to get you going. Including your family in your fitness plans is a great way to get that extra push. Here are a few tips to make family fitness enjoyable:

- Choose activities that all members will enjoy. Find activities that involve all age groups, nobody likes to be excluded. Power walking and biking are options that your entire family can take pleasure in.

- Go outside. Don't be crammed in a gym playing dodge ball while it's warm and sunny outside. Save the indoor court activities for rainy days.

- Participate in team sports. While swimming and biking are fun individual activities enjoyed as a family, team games such as volleyball, ultimate Frisbee, and capture the flag accommodate large groups and create more of a team atmosphere.

- Hiking. It takes time for some people to get adjusted to an active lifestyle, so start slow and incorporate hiking as a weekly activity. Look at hiking as a two in one. It counts as a good workout and a family outing trip.

- Take turns choosing activities. This ensures that everyone is an equal member striving towards a fitness goal. Create a calendar and assign days to your family members where they can choose an activity of their liking thus making it a fair process.

VICTORIA CRIME STOPPERS

CRIME OF THE WEEK

SEXUAL ASSAULT

A sexual assault took place during an event known as the "Rock Fest" held at the Pacific Fleet Club located at CFB Esquimalt. A young lady was sexually assaulted by an unidentified male between 11:00 pm, October 3, 2009 and 1:00 am, October 4, 2009.

The male may have had an accomplice. The young lady was picked up and carried down a flight of stairs to an empty room located on the lower floor of the club where she was sexually assaulted.

The male is described as 30 years old, well built, approximately 5'10" tall, with short dark hair. He was wearing a dark coloured t-shirt with an alcohol brand symbol on the front, possibly "Jack Daniels".

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Arthur Hicklin Warner, a remarkable Wing Commander

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Sunday, Sept. 15, marked the 73rd anniversary of the Battle of Britain. Ceremonies commemorating the battle, which was a turning point in the Second World War, were held across Canada.

Every Canadian who served in the Battle of Britain contributed greatly to the war effort, and one of these many honourable Canadians was Arthur Hicklin Warner.

Wing Commander Warner first joined the Canadian Air Force on a part-time basis in 1920 as a mechanic. This marked the start of a remarkable career that would take him all the way up to the rank of Wing Commander.

In 1923, Warner joined the ranks full-time as an aircraftsman and was one of the original airmen who had enlisted as a mechanic when the Royal Canadian Air Force (RCAF) was formed on April 1, 1924.

His first significant operation started in January 1927 when the RCAF called for volunteers for the Hudson Strait Expedition. He served at Base "C" at Wakeham Bay, Quebec, (now called Kangiqsujuaq) successfully maintaining the engines of

two Fokker Universals, offering support to operations throughout the winter of 1927-28. He then served as a mechanic on a photographic detachment in northern British Columbia, where he was the sole mechanic; he made use of his ingenuity and self-reliance to keep the two Fairchild FC-2W aircraft flying.

Joining RCAF Station Jericho Beach at Vancouver in 1933, he maintained the engines there and again was chosen to serve on a select mission. Flying with Flight Lieutenant F.J. Mawdesley on the survey mission, they reviewed possible flying boat and land-plane bases along the coast. This mission formed the basis for the selection of RCAF stations on the west coast when the Second World War started.

In late 1938, Warner was posted to No.1 (RCAF) Fighter Squadron, which was about to convert to the Hawker Hurricane. By this time he was a highly-qualified and respected flight sergeant. After being promoted to Warrant Officer class 2 on April 1, 1939, he went overseas with the squadron, where he trained the many new auxiliary and war-time recruits who joined the squadron prior to sailing. On arrival in the United Kingdom he was promoted to Warrant Officer Class 1. His



May 1943: F/L Warner watches Pilot Officer Fred Hallwood play a popular game, "Shove Halfpenny" while off-duty at 418 Squadron in Britain

supervisory abilities and knowledge of aircraft were in high demand, and were constantly put to the ultimate test during the Battle of Britain while maintaining the Hurricanes of No. 1 (RCAF) Squadron. Engine maintenance became crucial, especially as they wore out at a much higher rate in the intense tempo of this historic air battle. Recognition of his abilities came when he was commissioned as a flying officer on

March 24, 1941.

In July 1942 he left 401 Squadron for 403 Squadron and, in November, he was again posted, this time to 418 Squadron where he served as the squadron engineering officer until June 1943. He was repatriated and became the chief engineering officer at 15 Service Flying Training School (SFTS), Claresholm, Alberta, and then 19 SFTS, Vulcan, Alberta, finally moving into the command

engineering officer position at North West Air Command in Edmonton, Alberta as he was promoted to Wing Commander on Jan. 1, 1945.

His post-war activities were equally notable. He served as technical advisor during Operation Investigator, which sought to identify safe landing sites from which to undertake search and rescue operations in the Arctic and far north. Here, Warner found himself serving as a mechanic, to Flight Lieutenant C.W. Weir and his Norseman aircraft. He came close to losing his life when the Norseman in which he was a passenger damaged a float while landing off the community of Holman Island, Northwest Territories (now known as Ulukhaktok) on the west coast of Victoria Island, in rough weather. The Norseman started to drift out to sea, but after more than two hours, a ship from the island found them through luck.

In April 1947, he helped in the set up of the station at Cambridge Bay in the North West Territories. He retired on Aug. 22, 1953.

From an engine mechanic to wing commander, Warner exemplified leadership as both a non-commissioned officer and as an officer.

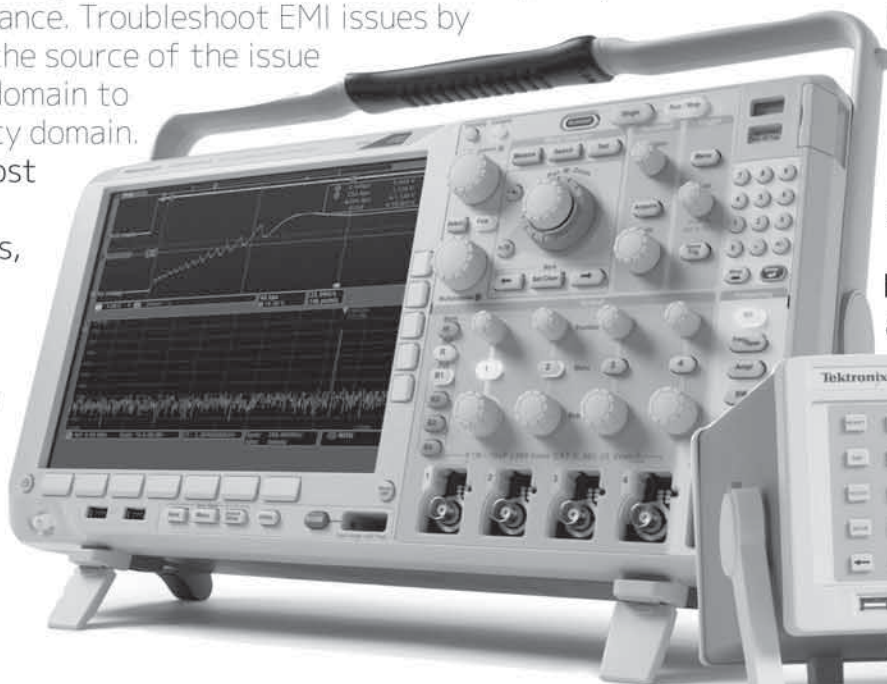
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HMCS Calgary's running crew (left to right): Cdr Wilson (CO), Lt(N) Zeeman (NavO), LCdr Yanchus (XO), SLt Down (BWK), Lt(N) Whiteside (CBTO) and SLt Nelson (BWK). Lt(N) Smith, Contributor

Calgary officers compete in Halifax Navy 10k

SLt Ellery Down
HMCS Calgary

Six officers from *HMCS Calgary* competed in this year's annual Halifax Navy 10K run held Aug. 18.

Members of *Calgary's* Combat and CSE departments were in Halifax undergoing post HCM

weapons integration certifications with CFNOS and Lockheed Martin staffs, allowing *Calgary's* sailors to participate in this East Coast event for the second consecutive year.

With more than 1,000 entries between the five and 10 kilometre runs, the competition was tough. *Calgary's* team found the east coast weather to be hotter and more

humid than they were used to; however, the course was flatter than the Esquimalt Navy Run, which led to some impressive times.

It was a great opportunity for all to socialize with former and future shipmates from the opposite coast during the pre- and post-race festivities, which included a 2.5 km kids' fun run.

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A unique team set to save lives

Shawn O'Hara
Staff Writer

When Angela Lavergne and dog Moxxii go for a walk, it's not trails and lakes they head for, but piles of rubble and dense tree lines.

Lavergne and Moxxii are urban search and rescue volunteers and have been training in tracking and searching together for almost two years.

Lavergne adopted Moxxii as a puppy, and within a year she realized the rambunctious German Sheppard was the "worst pet ever."

"I can't tell you how many pairs of shoes, books, backpacks, and jeans I had to replace," says Lavergne, administrative assistant to the Admiral. "She was just so energetic and excitable, no matter how I trained her. I didn't know what to do."

It was around this time she came to a revelation.

"When I would throw a ball for her she would zip out, grab it, and bring it right back to me. Her hunting instinct was very strong, and I thought maybe she could put that to use."

Lavergne, also a member

of the Peninsula Emergency Measure Organization (PEMO) search and rescue, began working Moxxii in tracking and says the dog took to the task with a hunger.

"We treated it like a game," she says. "We would have someone run 15 feet away and hide behind a tree. When Moxxii would run and find them we'd give her treats and have a little party, and then do it all again."

Two years ago Angela approached CFB Esquimalt's Urban Search and Rescue (USAR) team, which specializes in search and rescue in urban environments, to use their training area. USAR prepares for a variety of situations, from missing persons to urban disaster rescue, on their simulated training environments in Work Point.

"We started training five days a week for anywhere from 15 minutes to a few hours a day."

While tracking is the task of following a trail left by a human, searching is the act of combing an area for a person who may or may not be there. Lavergne says the difference between track-

ing and searching is like the difference between printing and cursive writing.

"You have to be good at one before you can do the other," she says. "With Moxxii we had to get that skill and training base in place before we could progress to the search training."

Moxxii trains in both tracking and searching, wearing a specialized harness for each task. Her training covers live targets, as well as what Lavergne calls "cadaver location", the locating of dead bodies.

"There are legitimate organizations that provide human bones, blood samples, hair, etcetera, to train dogs in the locating of those substances," she says. "Some dogs don't take to that kind of stuff, but Moxxii treats it just like any other job."

Working as a team has also strengthened the bond between Lavergne and Moxxii.

"I have another dog, but something about tracking and searching through the woods really makes you feel like partners," she says. "I don't know what I would do without her. I love her."



Left: Angela Lavergne and dog Moxxii take a quick play break while training at the Urban Search and Rescue (USAR) facility at Work Point.

Right: Lavergne and Moxxii scour the USAR simulation of a collapsed building.

Photos by Shawn O'Hara, Lookout



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Be savvy with social media

CP01 Dennis Oliphant
Navy Public Affairs

Social Media. You've got that cased, right? Sure, you're a pro at updating your Facebook status, posting a "friend shot" on Flickr, and Tweeting that you "attended the Liberal dinner last night...in L-O-V-E w/ Justin Trudeau cuz he's soooooo dreeeamy LOL!"

What if you tell me that you did all this at work this morning? I fix you with that Chief stare that I've perfected in my long navy career...and you shrug back with open palms and say, "Whaaaaat?"

If this sounds familiar, chances are you're not alone. More than half of all service personnel are social media users and most of those people carry a mobile device. We're connected. All the time. And that could get us into trouble at work.

"What's the problem?", you ask. After all, you know the Canadian Armed Forces and the Royal Canadian Navy has taken to social media to connect with the world when they want, so why shouldn't you?

In saying that, you'd be right. And wrong. Reality tells us this distinction is a fine line. Experience has shown us that "social media is an effective channel to interact

with the public...and facilitates engagement between departments and their partners", which Vice-Admiral Maddison wrote in a 2012 message as commander of the RCN.

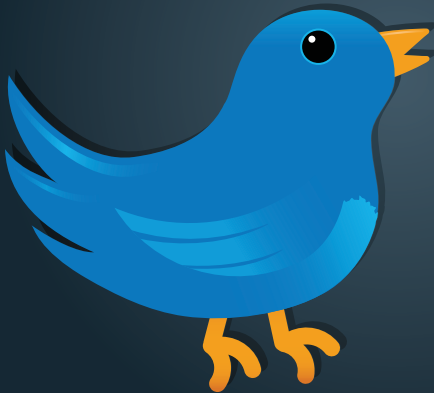
But there are also risks. Back in 2006, the CDS stated that while "CF members are entitled to communicate with their friends, family and colleagues, there are inherent risks in making some types of information and imagery available [to] the internet and measures need to be taken to prevent such risks." For the most part, we've listened to this advice.

CAF rules are in tune with Canadian values. A recent incident amplifies this point: Toronto firefighters were suspended for tweeting information that the department found socially offensive, even though the tweets weren't aimed at the department itself. So, when you're checking in with your social media, especially while at work, please be aware of the restrictions.

As social media continues to evolve, so too will the military's rules. You might see a unit form or memo requiring your signature as understanding the rules about social media. Remember that you're accountable for your personal and professional actions, even when off-duty, so think twice before hitting the 'send' button!

DO

- Ensure that your profile and content reflect positively on your professional CAF role.
- Be aware that your posts or comments can reflect on the CAF image.
- Be aware that you are accountable for the content you post in social media sites.



tweet carefully

DON'T

- Make disparaging comments or criticize the chain of command or other members.
- Disclose sensitive information like location, destination, or route of travel.
- Provide opinion in online discussions about orders, policy, etcetera issued by superiors.



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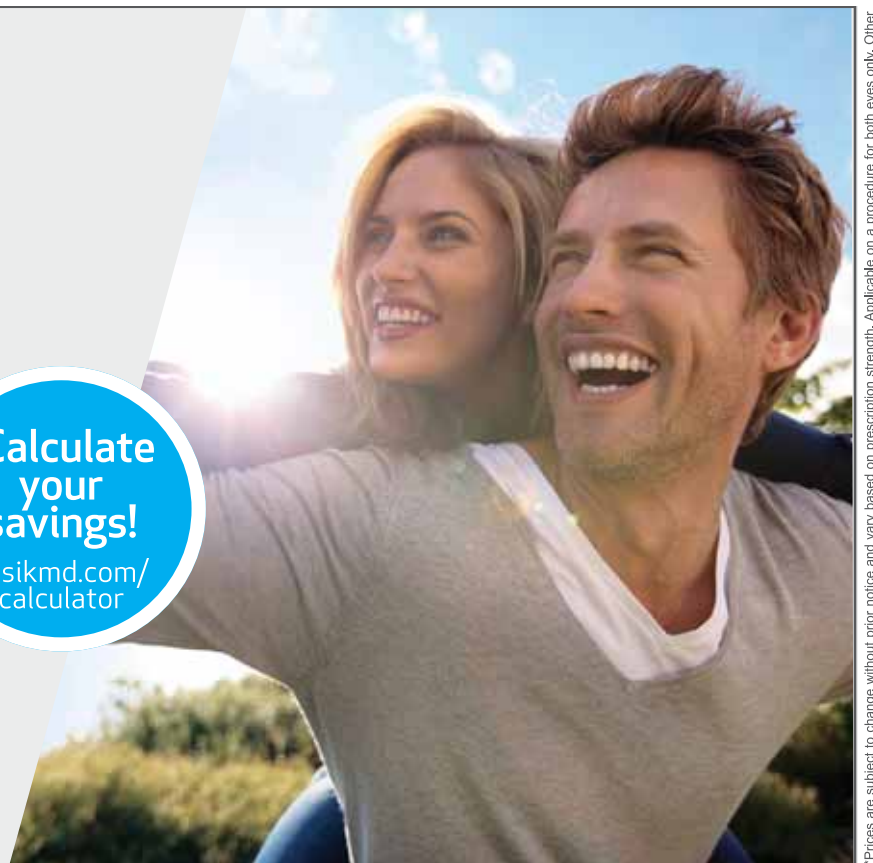


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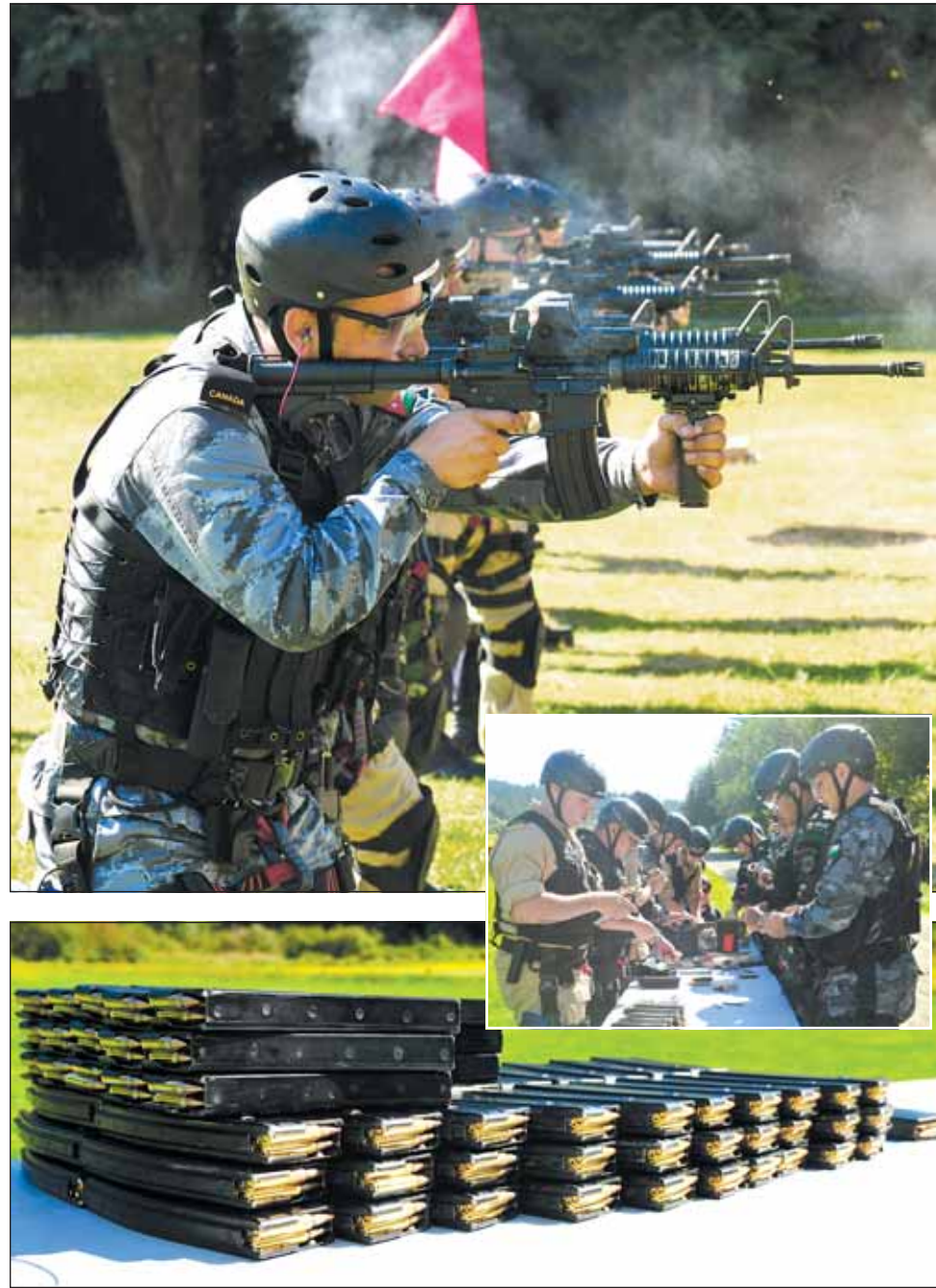


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Students aim for results

Shawn O'Hara
Staff Writer

The crack-crack-crack of assault rifle fire last week signified a completed bullet point on the Naval Boarding Party (NBP) course lesson plan.

A group of 20 students from Canada and abroad gathered at Heals Rifle Range in Central Saanich for live fire training.

"Live fire training is an integral part of the NBP course," says PO1 Ian Biller, Senior Instructor for the NBP Cell. "It's just a small part of the overall curriculum, but it's a vital and important one."

The eight-day range portion of the NBP course gives students a chance to get acquainted with the standard issue weapons of a Royal Canadian Naval boarding party: the Sig Saur 9mm pistol, the Colt Canada C8 rifle, the Remington 870 shotgun, and the MP5 submachine gun.

"We teach them how to operate, care for, clean, and maintain those weapons," says PO1 Biller. "By the end of the course we hope they'll have a firm handle on what those weapons do, need, and mean."

Instead of the human shaped target made famous by Hollywood action films and TV cop dramas, students fire at a series of targets, starting with three inch circles to master the fundamentals, and eventually transitioning to human size silhouettes for faster, more realistic shooting skills.

"We find when students start off shooting at human size targets they have a tendency to forget about accuracy," says PO1 Biller. "This way we can call out certain numbers on the target and the students focus on being as careful and accurate as possible."

Live fire training is but a small part of the NBP course's overall curriculum. Students are also taught the legal process behind boarding a vessel, as well as the rules of engagement, the breadth of a boarding party's jurisdiction at sea, close quarter battle, and shipping container searches.

"They're given a wide breadth of knowledge that covers all the bases a boarding party needs covered," says PO1 Biller. "When you're in the delicate business of boarding vessels you need to fully understand the situation, the legality, and the possibilities. Anything

less can get you and your team seriously hurt, or in huge legal trouble."

The NBP course isn't just for Canadians either. Military personnel from allied nations around the world come to CFB Esquimalt to train. SLT Amer Al-Khawaldeh joined the Jordanian Navy in 2005, and was sent to complete the NBP program to further his military career.

"My commander chose me to go, and I couldn't be happier," says SLT Al-Khawaldeh. "It's my first time in Canada, which is a beautiful place, and I've learned so much since I've been here."

Upon completion of the NBP course, SLT Al-Khawaldeh will take his skills back to Jordan to join a boarding party with his navy. He hopes to return to Canada and build on his boarding skills.

"If my commander is happy with my report, hopefully I'll be able to come back and complete an advanced training course," he says. "After that I'd love to become an instructor, and pass my skills along to my fellow sailors."



Opposite page
Top: Naval Boarding Party students take a firing position with the Colt Canada C8 rifle. The live fire was part of a training course.

Inset: Magazines are loaded with .22 calibre rifle ammunition.

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Sport Chek donates sports equipment

Sport Chek recently announced a donation of \$150,000 worth of sports equipment to Canadian military communities.

The donation, made at CFB Borden and facilitated through the Support Our Troops Program, includes 5,200 items, from baseball gloves to hockey sticks.

The equipment will be used at bases across Canada to support family events as well as community and on-base programs.

"At Sport Chek, our goal is to inspire Canadians to live a healthy, active lifestyle, and we are honoured to contribute to the military community and help members and their families spend quality active time together. We are proud of our ongoing relationship with the great men and women in uniform - who we admire and respect - and we look forward to supporting more community and grass-roots programs," said Michael Medline, President of FGL Sports, Sport Chek's parent company.

"I extend my sincere thanks to Sport Chek for this very generous donation of sporting equipment to the Canadian Armed Forces," said General Tom Lawson, the Chief of the Defence Staff. "Caring for our people is one of my core priorities, and as an organization we are very committed to providing quality recreation, sport, and fitness programming to our military members and their families. To that end, quality equipment plays a critical role in ensuring posi-



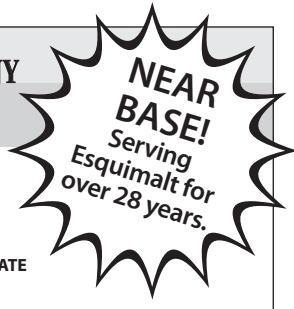
Personnel Support Programs employees Natalie Vincent and Matt Carlson show off some of the equipment Sport Chek donated to the base.

tive experiences and safe participation in sporting activities. This donation, received through the Support Our Troops Program will further enhance our ability to deliver quality youth

and family activity programming. This much appreciated gift will also contribute to the betterment of the morale and welfare of our men and women in uniform and their families."

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New exhibits at the Maritime Museum of B.C.



One of the biggest maritime tragedies in the Second World War is the story of convoy PQ-17, which carried relief supplies to the Russians.

In July 1942, this convoy travelling from Iceland to Russia was attacked by German forces. Upon receiving intelligence, the escorts were ordered to withdraw and 22 out of the 33 ships in the convoy were sunk. The merchant sailors didn't have the capacity to defend themselves and 153 men were killed. Winston Churchill described the incident as "one of the most melancholy naval episodes in the whole of the war."

One survivor of that fateful convoy was Joseph Coleman, father of choreographer Bill Coleman. Joe's story later became the base for the *Requiem for Convoy PQ-17*, as conceived by his son Bill together with Victoria composer Christopher Butterfield whose father was also a merchant marine veteran.

The exhibit, "PQ-17: Art of History," opens at the

Maritime Museum of B.C. Oct. 18 and will explore the artistic process behind the *Requiem for Convoy PQ-17*. It is presented as part of the Victoria and the Sea project in partnership with the Victoria Symphony.

In addition to telling the artistic story of the *Requiem for Convoy PQ-17*, the Maritime Museum of B.C. will honour merchant sailors who may have connections to PQ-17, as well as other sailors who served in convoys during the Second World War. The exhibit will give them or their families space to share their personal stories.

"We are hoping to engage with the local veteran community around this exhibit. Although this exhibit will focus on the story of how Bill Coleman and Christopher Butterfield worked together to create this *Requiem* as a memorial to Bill's father Joe, we also want to take this opportunity to honour other veterans who may have been involved with Second World War convoys. We hope that merchant marine veterans (or their family members) will con-

tact us with their stories," said Anissa Paulsen, Director of Exhibits and Visitor Engagement at the Maritime Museum of B.C.

Creature Comforts comes to the Maritime Museum of B.C.

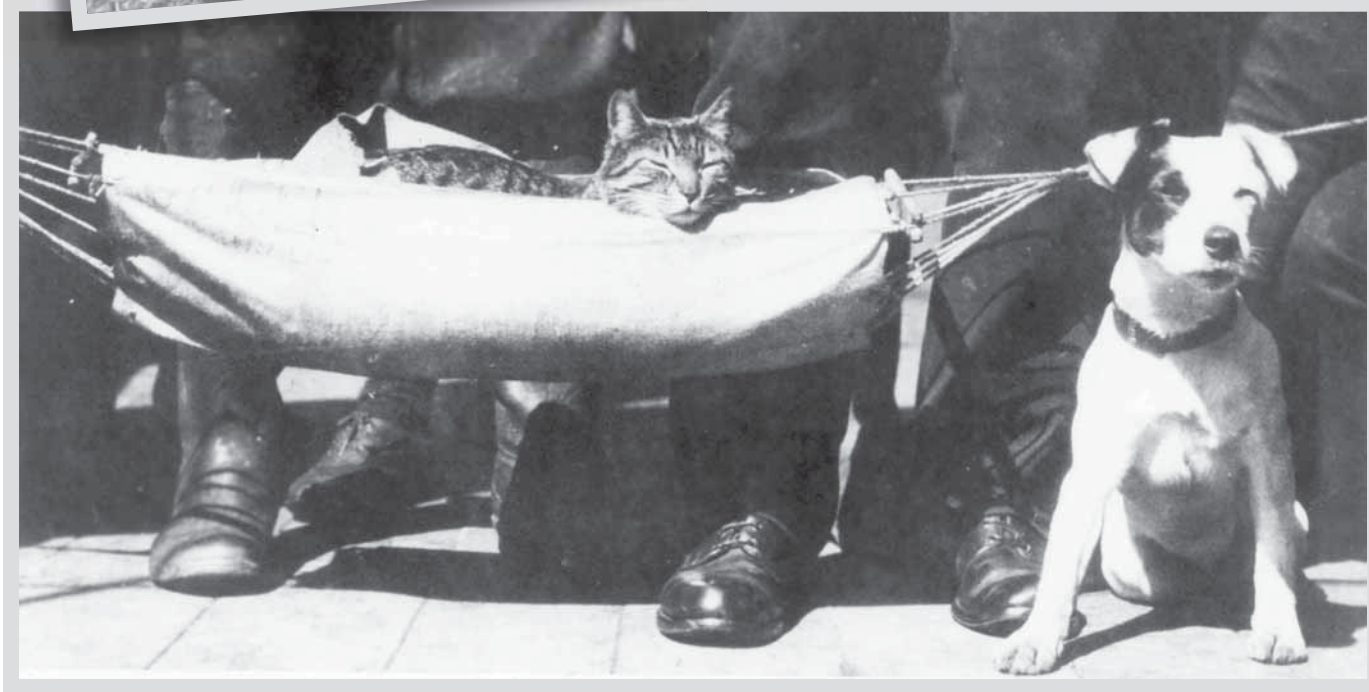
The Maritime Museum of B.C. has opened *Creature Comforts*, an exhibit on loan from CFB Esquimalt Naval and Military Museum.

This new exhibit offers visitors a look at life at sea with a twist.

Creature Comforts focuses on the stories 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.



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Shawn O'Hara, Lookout

Participants of the VENTURE NOTC Biggest Loser challenge gather for a team photo before the competition officially kicks off.

VENTURE NOTC looking for the biggest loser

Shawn O'Hara
Staff Writer

Blood will pump and fat will burn during VENTURE, the Naval Officer Training Centre's (NOTC) "Biggest Loser Challenge".

VENTURE is holding the Biggest Loser styled fitness challenge, in which participants will weigh in weekly to see who sheds the most body fat. "We wanted an opportunity to promote camaraderie in the unit, as well as promote healthy lifestyle," says Lt(N) Harry Learning, Scheduling Officer at VENTURE NOTC and a driving force behind the program. "We thought we might as well make it fun and offer some prizes to motivate people."

Prizes include weekly gift bags for those who burn off the most fat that week, and Venture's "biggest loser" will net a grand prize getaway to Salt Spring Island's Hasting House Luxury Hotel,

Obviously healthier living is its own reward, but a little material reward doesn't hurt.

-Lt(N) Learning
Scheduling Officer, NOTC

Resort and Spa, valued at \$1,200.

"We want people to want to compete," says Lt(N) Learning. "Obviously healthier living is its own reward, but a little material reward doesn't hurt."

Cdr Jason Boyd, Commanding Officer of VENTURE NOTC says the focus of the program isn't weight loss and dieting so much as it is the promotion a healthier lifestyle.

"We don't want people going to drastic lengths just to lose a few pounds," he says. "We want people making positive changes in their lifestyle, changes they'll be able to stick

with to stay healthy."

The program has 28 participants: 10 NOTC students, four civilian staff members, and 14 military staff members.

The program runs from now until Dec. 6, and until then participants will be working hard and keeping active. On top of working out in their free time, participants have access to the usual fitness programs offered by VENTURE NOTC, as well as supplemental classes and talks by various fitness and weight loss experts.

The program was spearheaded by PO1 Todd Hinks, a drill instructor for VENTURE NOTC. He has run similar programs on the various ships and when he was posted to Venture thought the program would be beneficial to staff and students alike.

"It's a good way to lose weight," says PO1 Hinks. "When you're all working together, with a bit of friendly competition it makes you work all that much hard."

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AB Christenson is promoted to Leading Seaman by Cdr Todd Bonnar and Lt(N) Beaudoin on Sept 5.



OS Ossibens is promoted by Lieutenant (Navy) Geiger and Cdr Bonnar on Sept 5.



SLt Cooper is promoted to Lieutenant (Navy) by Lt(N) Parise and Cdr Bonnar on Sept 5.



Cmdre Bob Auchterlonie and Cdr Carruth promote Lt(N) Henwood to Lieutenant Commander.

Bravo ZULU



Steve Drew receives a letter of appreciation for his outstanding support of the Formation Appreciation Barbecue from Base Construction Engineering Officer LCol Matt Johnsen at the BCE town hall held on Sept 10.



Mark Hill receives a letter of appreciation for his outstanding support of the Formation Appreciation Barbecue from Base Construction Engineering Officer LCol Matt Johnsen at the BCE town hall held on Sept 10.

SHIPS' AWARDS



Lt(N) Papineau presented with his Canadian Forces Decoration by Cdr Tettamanti.



MCpl Pond is presented with her Canadian Forces Decoration by Cdr Tettamanti.



LS Henley is promoted to his current rank by Cdr Tettamanti.



LS Muir is promoted to his current rank by Cdr Tettamanti.



PO2 Dutka is presented with his Canadian Forces Decoration first clasp by Cdr Tettamanti.



Photos by Maj Rob Frank



Snap shots

Above: The Royal Canadian Air Force participated in the 64th annual Canadian International Air Show in Toronto, providing air demonstration teams and technical support over the Labour Day weekend. The Air Force was represented by a search and rescue team and ground support technicians from 8 Wing Trenton, Ontario; the CF-18 Demo Hornet aircraft from 3 Wing Bagotville, Quebec; and the Snowbirds aerobatics team from 15 Wing Moose Jaw, Saskatchewan, pictured above.

Top left: RCAF Sgt Paul Moquin, 442 Transport and Rescue Squadron, 19 Wing Comox, B.C., and Royal Danish Air Force Flight Medic F.T. Jørgensen treat a simulated mass-casualty victim at a field hospital during SAREX Greenland Sea 2013.

Left: Together with Danish and Icelandic search and rescue personnel, Royal Canadian Air Force MCpl Éric Beaudoin, 424 Transport and Rescue Squadron, 8 Wing Trenton, Ont., (left of stretcher), and MCpl Christian Morrisette, 442 Transport and Rescue Squadron, 19 Wing Comox, B.C., and Royal Danish Air Force Flight Medic F.T. Jørgensen (to MCpl Beaudoin's immediate left) transfer simulated mass-casualty victims to a field hospital.



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Renter's insurance can cover what you own in the event of a loss but it also includes liability insurance which applies to any damages that you might accidentally cause to other people or their belongings (like a Military Kit).

Most insurance companies offer renter's insurance, but thanks to CANEX you have access to the Military Renter's Policy which is only offered by The Personal. It's designed specifically for DND Controlled Quarters. It covers personal property and liability coverage. Not to mention, all their property policies automatically include \$3,000 coverage for personal belongings while on deployment outside of Canada and \$5,000 coverage for your Military Kit

If you rent your home, get insurance. When it comes to life's uncertainties it doesn't matter whether you rent or own; it's just as important to be insured. **Call for a quote today. 1-888-476-8737**

The Personal Insurance Company has partnered with CANEX to provide home and auto group insurance to CANEX authorized patrons since 1986. The Personal offers customized insurance products like the Military Renter's Policy, designed specifically for DND Controlled Quarters. In addition, provides exclusive group rates on home and auto insurance.

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ANNOUNCEMENTS

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.

STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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.

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 Thrif Street. General inquiries: Michael@LifeRingCanada.org.

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BEAUTIFUL DUPLEX IN THE HEART of Sooke is ready for the right tenant. Built in 2011 this 3 BDRM 2.5 BATH duplex comes with a large outdoor shed and a garage. Located on a corner street. 1300 sq ft. Secure backyard. Large ensuite in master bdrm. Close to all amenities. \$1400/mo Only accepting a one year lease. Small pets ok. E-mail: jbhabs@hotmail.com Phone: 867-669-0427.

2 BEDROOM LOWER IN VIC WEST. Includes shared music studio. \$950/mo plus hydro. October 1st. Coin-op laundry. NS/NP. Call: 250-885-1227.

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

BEAUTIFUL 1 BDRM BASEMENT suite in View Royal for rent. Bright 500sq ft ground level suite offers 10ft ceilings, insuite laundry & private entrance. \$850/mo. Avail Oct 1st. One prkg spot. Fixed term lease. NS/cat ok. No dogs. Call: 250-818-6359 or e-mail karin.batters@gmail.com Need 24 hours notice for viewings.

3BDR/3BA NEW TOWNHOUSE 1600 sq ft for rent in Sooke. \$1300/mo + utilities. 3 lrg bedrooms. 2 car garage, washer/dryer, NS, cat ok. Available immediately. Call: 250-885-1757.

DIRECTLY ACROSS FROM NADEN Wurtele arena, 741 Admirals' Rd. Recently reno'd 2 bedroom + den suite. Second floor. Heat and HW inclu. On site laundry avail. Avail. Oct 1 \$1050/mo. 250-891-8053.

105 GORGE RD E WATERFRONT Condo for rent. 1 BDRM. Underground parking. Adult oriented building. NS/NP. Responsible tenant. 1 year lease. References req. \$975/mo 250-929-4553.

3 BDRM 2.5 BATH HOME IN SUN RIVER Estates for rent. Includes F/S, DW, W/D, Gas FP & Single car garage. Patio & shed in fully fenced backyard. This home is like new & has plenty of room to enjoy. Tenant pays all utils. Pets neg. Contact Megan @ Complete Residential Property Management at: 250-370-7093.

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COLDWELL BANKER *Tiffany Self*
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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.

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