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Volume 59 Number 37 | September 15, 2014

LOOKOUT

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MARPAC NEWS CFB Esquimalt, Victoria, B.C.

Formation Fun Day, this Saturday at Naden!



Regina welcome home

Cpl Michael Bastien, MARPAC Imaging Services
The deck department of HMCS Regina stands easy during the ship's departure from Shanghai, China, on Aug. 31. Regina returns home to CFB Esquimalt on Sept. 17 after eight months on deployment. Read the Admiral's homecoming message on page 5, and more on Regina's mission on pages 10 and 11.

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CPO1 Tobias (far left), MARPAC Honours and Recognition Chief; and CPO1 Feltham (far right), MARPAC Formation Chief; stand with 10 MARPAC sailors selected for the National Sentry Program. From left to right: LS Whitwell, AB Perron, AB Landry, LS Malone, LS Larizza, LS Villena, LS Fiegel, AB Fonner, MS O'Dell, and OS Rabadanov.

Local sailors hand picked for sentry duty

A/SLt Ron MacDougall
MARPAC PA Office

Ten sailors from Maritime Forces Pacific (MARPAC) will perform sentry duties between Sept. 15 and Oct. 18 at the Tomb of the Unknown Soldier in Ottawa as part of the National Sentry Program.

CPO1 Mike Feltham, MARPAC

Formation Chief, and CPO1 David Tobias, MARPAC Honours and Recognition Chief, congratulated the lucky sailors at the Chief and Petty Officers Mess last Monday.

"Having the honour to represent the RCN as sentries at The National War Memorial will be an experience they'll look back upon with pride throughout their careers," said CPO1 Feltham.

The sailors, who will be joined in Ottawa by 10 counterparts from Maritime Forces Atlantic in Halifax, were hand picked for this special privilege.

"In addition to a proven high standard of appearance and military conduct, the chosen individuals must have displayed work performance at unusually high levels for extended periods of time,"

Chief Tobias emphasized.

The National Sentry Program is part of Operation Distinction, which commemorates the sacrifices, accomplishments and victories of all Canadian military members, both past and present. The Canadian Tomb of the Unknown Soldier was added to the National War Memorial in 2000. The unidentified soldier was selected

from a cemetery in the vicinity of Vimy Ridge, the site of a famous Canadian battle of the First World War.

"These sailors are about to participate in an experience I know they will find both humbling and rewarding," said Chief Feltham. "I know both the Admiral and I are very proud of them and I am certain their families are as well."

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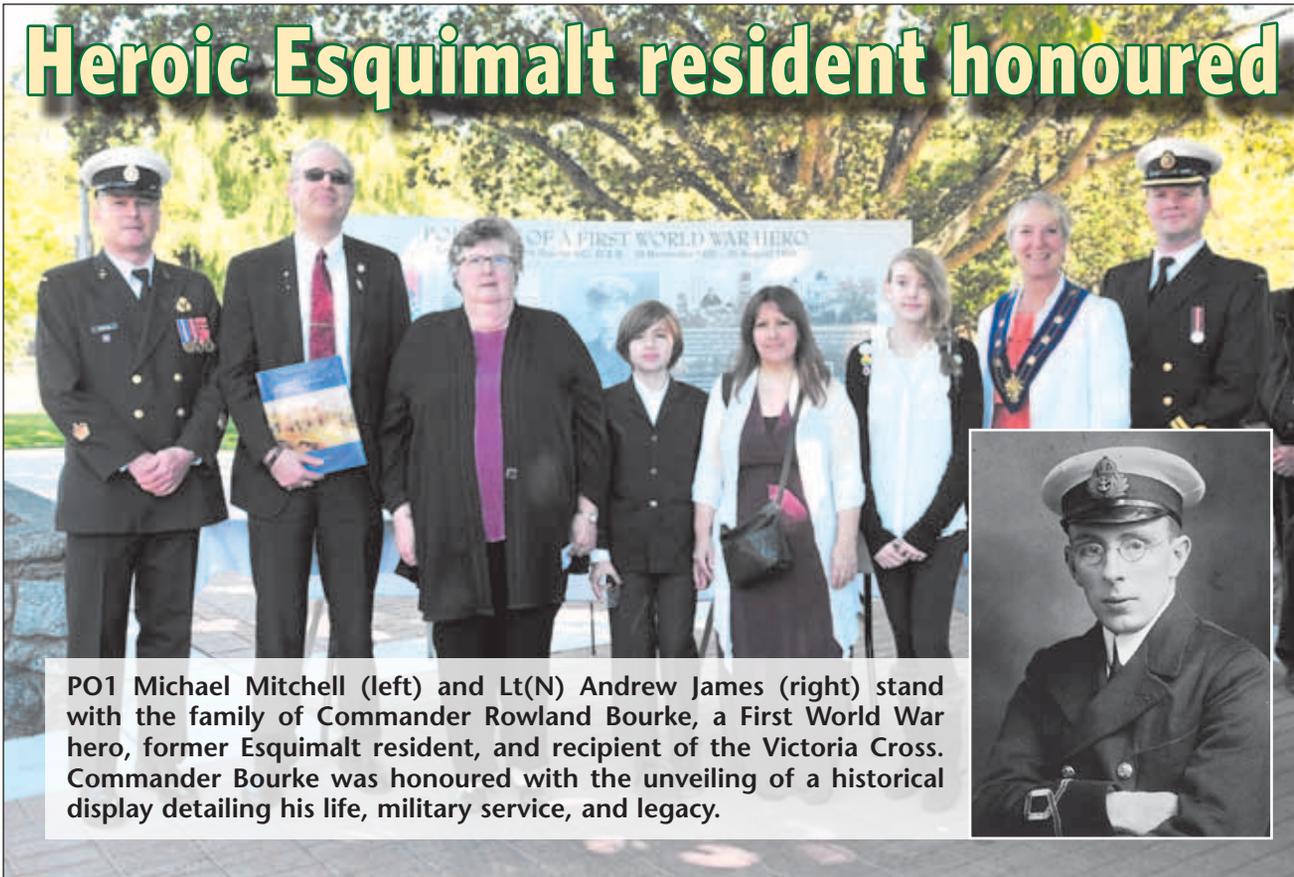
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Heroic Esquimalt resident honoured



PO1 Michael Mitchell (left) and Lt(N) Andrew James (right) stand with the family of Commander Rowland Bourke, a First World War hero, former Esquimalt resident, and recipient of the Victoria Cross. Commander Bourke was honoured with the unveiling of a historical display detailing his life, military service, and legacy.

Shawn O'Hara
Staff Writer

Next time you're in the Esquimalt Branch of the Greater Victoria Public Library, keep an eye out for a piece of local military history.

A new display details the life and career of Commander Rowland Bourke, a First World War Royal Navy Volunteer Reserve Officer, one of four naval Victoria Cross recipients, and a resident of Esquimalt from 1932 until his death in 1958.

Featuring images of Cdr Bourke, his former residence on 1253 Lyall Street, his medals, and his resting place in Royal Oak Burial Park, the display is a thorough and educational look at this local hero's life.

Born in London, England, in 1885, Commander

Bourke immigrated to Canada in 1902. At the outbreak of the Great War, he volunteered for the Royal Canadian Navy, but was rejected due to his poor eyesight.

Travelling at his own expense, the young Bourke made his way back to the United Kingdom and joined the Royal Navy Volunteer Reserve.

"He was a pretty incredible figure. His dedication to service was inspirational, and gained him quite a deal of recognition later in his career," says Greg Evans, an archivist for the Township of Esquimalt, and one of the people instrumental in the creation of the Cdr Bourke display. "For such an influential figure, not many people know he lived right here in Esquimalt. We wanted to do something to change that."

Bourke is noted for having received both the Distinguished Service Order (DSO) and the Victoria Cross.

During operations in the Zeebrugge raid in Belgium, April 1918, Bourke piloted a small boat to HMS Brilliant, which was under heavy fire, leading the rescue of 38 officers and enlisted men. For this he was awarded the DSO.

In May of the same year he commanded another motor launch following the retreat of HMS Vindictive during the same operation. On the return, Cdr Bourke heard cries from the water and turned the vessel around, finding an officer and two enlisted men clinging to a skiff. Engaging enemy machine guns positioned on piers to either side, Bourke and his men rescued the three. Their ves-

sel was hit in 55 places along the way, earning Cdr Bourke the Victoria Cross.

"We had heroes in World War One," says Evans. "When you hear about the exploits of these people it really drives home the bravery and valour of those serving their country in those times of great conflict."

The display was organized as a part of the Township's First World War Centennial Celebrations. Evans says he hopes the display will educate the people of Esquimalt on the inspirational figures who make up the cultural fabric of their town.

"There have been some amazing individuals who have lived in Esquimalt over the years," says Evans. "This region has had its share of heroes, and we felt we should show the people of Esquimalt what their fellow residents are made of."

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People Talk

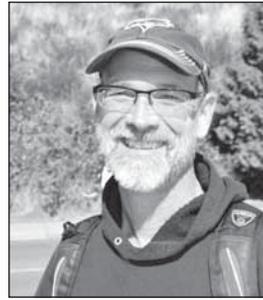
Lookout asked this question:

What is a book that left an impression on you, and why did it do so?



"Tuesdays with Morrie" by Mich Albarn. It's a very emotional book, and a bit of a tear-jerker. I thought about it for a long time.

Pte Ryan O'Quinn



"The Golden Spruce" by John Vaillant. I'm from Ontario, and it's a book about the West Coast. It gave me a new understanding of the region before I moved here.

Bruce Geary



"Racing in the Rain" by Garth Stein. It's the life of a dog written from the dog's perspective. It's just a very inspirational book about life and love.

Lt(N) Natalie Mailhot-Montgrain



Flatland by Edwin A. Abbott. It's a very interesting book on human perception.

PO1 Oliver Meyer



"Not Wanted on the Voyage" by Timothy Findley is a tale of the great flood. It is told from the perspectives of some rather unusual characters. I enjoyed this illuminating take on an old allegorical story.

Shelley Fox

SPORTS trivia

by PO1 Bill Sheridan Contributor

1. What were the first twins to play in the NHL?
2. Who is the only player to strike out more than 2500 times?
3. What ball player was nicknamed Major due to the fact he was a major in WW2?
4. What time length is the NCAA shot clock for basketball, men's and women's?
5. 'My Last Fight' is a book about which Red Wing player?
6. Where did the Colts originate as a franchise?
7. Which Ozzy song starts with 'all aboard' and is played when the home team fills the bases?
8. The Cherry Bowl was played at which northern state dome?
9. What number did Barry Sanders and Billy Sims both wear for the Lions?
10. Lothar Matthäus has played the most World Cup games with how many?
11. What is awarded to the top return specialist in college football beginning with the 2011 season in honor of the 1972 Heisman Award winner Johnny Rodgers?
12. Where were the most northerly Summer Olympic games held?
13. What did Carroll Rosenbloom and Rob Irsay do with their NFL franchises?
14. What is the most northerly Superbowl played?
15. What National League baseball franchise has been located in three cities?
16. Who was the first Father-Son combination to win NASCAR Championships?
17. 'For love of the Game' was a movie about which sport?
18. What Canadian university has won the most women's hockey titles?
19. Who was Joseph Sullivan?
20. In baseball what is an eephus?

- ANSWERS
1. He is out.
 1. Sutter, Ron and Rich.
 2. Reggie Jackson.
 3. Ralph Houk.
 4. 35/30 respectively.
 5. Darren McCarty.
 6. Dayton Triangles, after mergers, moves and failed franchises.
 7. Crazy Train.
 8. Pontiac Silver Dome in Pontiac, Michigan.
 9. Twenty.
 10. Twenty Five.
 11. Jet Award.
 12. Helsinki, Finland.
 13. Traded franchises.
 14. Minneapolis during Superbowl XXVI in January of 1992.
 15. The Braves, Boston, Milwaukee and Atlanta.
 16. Lee and Richard Petty.
 17. Baseball.
 18. Alberta Pandas.
 19. Canadian Senator whose name is on the MVP Men's Hockey trophy for Canadian University.
 20. It is a very slow junk pitch meant to throw the batters timing off.



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HMCS REGINA RETURNS HOME

Admiral Sends:

After a highly successful eight-month deployment, *HMCS Regina* will arrive at CFB Esquimalt on the morning of Wednesday, Sept. 17.

I wish to sincerely congratulate the entire crew aboard *Regina* for your outstanding work. I commend you for your flexibility and determination that made your contribution invaluable to Canada, the international community, and the people who rely on safe seas every day. Your involvement with NATO and the numerous port visits you conducted cemented relations with our international allies and sent a clear message that Canada is a capable force across the world.

Regina represented the Royal Canadian Navy with operational excellence and professionalism as part of Operation Artemis in the Arabian Sea and as part of Operation Reassurance in the Mediterranean. Your participation in both of these operations contributed to international peace and security far from home.

Among your outstanding achievements of the 254 days deployed, you spent 212 of those days at sea, and travelled a total of 61,300 nautical miles. The CH-124 Sea King helicopter flew a total of 171 sorties with a total of 388 hours of flying time.

On March 31, you intercepted and boarded a dhow off the east coast of Africa and discovered 132 packages of heroin weighing approximately 132 kilograms in total. This act undoubtedly

diverted profits from terrorist organizations and prevented harmful drugs from reaching Canadian streets. A job well done to all of those involved.

I would also like to thank the entire staff across all MARPAC units for your dedicated and tireless efforts, which allowed *HMCS Regina* to deploy. The level of professionalism and support you have provided these past eight and a half months has been outstanding. Your skills, knowledge, and hard work keep our ships safe and operational whether at home or abroad. I thank you for your dedication and support of our west coast fleet, and for keeping *HMCS Regina* capable and mission-ready.

To the families, I know how challenging it can be to manage life at home while loved ones are away. Your resiliency and support are so very important, and we thank you for your service and dedication. I would also like to thank the Military Family Resource Centre, Personnel Support Programs, and Formation Clergy for assisting families when needed. Together, you are the support system that allows our members to adhere to excellence while at sea.

Bravo Zulu for accomplishing your mission and welcome home.

Yours Aye,
RAdm Bill and Brenda
Truelove
Commander,
Maritime Forces Pacific

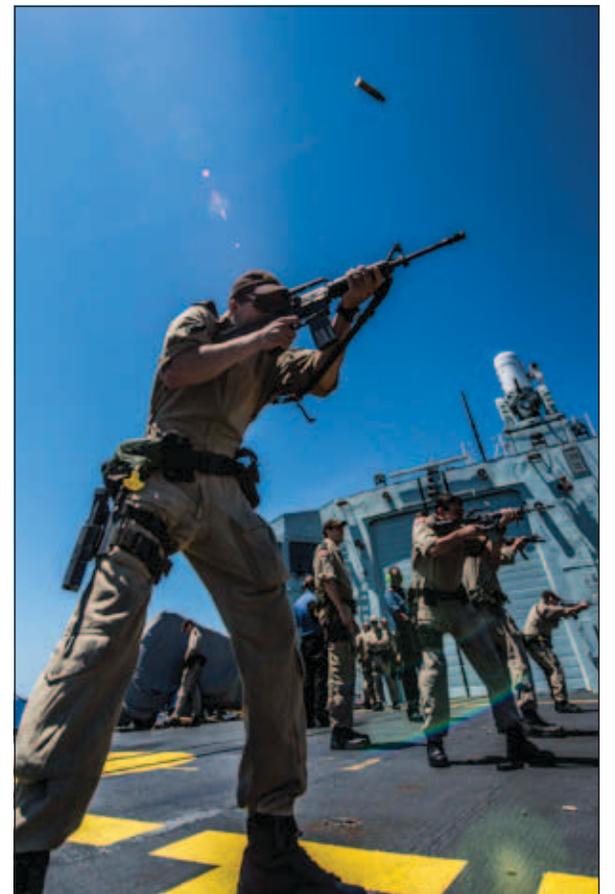


Cpl Michael Bastien, MARPAC Imaging Services
Above: *Regina's* Sea King conducts an equipment hoist transfer on the ship's focsle.



Top right: *Regina* alongside during a port visit to Shanghai, China.

Bottom right: Naval boarding party members conduct small arms training on the flight deck
Below: *Regina* and Japanese Ship Yamayuki 129 conduct a farewell pass after a visit to Japan.



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British Columbia Premier Christy Clark and her caucus held a meeting at the CFB Esquimalt Wardroom, with Canadian Fleet Pacific Commander Cmdre Bob Auchterlonie presiding as host on Sept. 5. The caucus met at the Wardroom with the purpose of strengthening the working relationship between the Provincial Government, community leaders, and the military.

Victoria kicks off charity campaign Wednesday

Shawn O'Hara
Staff Writer

The time has come again for people to open their wallets and their hearts for the 2014 Government of Canada Workplace Charitable Campaign (GCWCC).

Victoria's United Way campaign kickoff takes place Sept. 17 from 11:30 a.m. to 1 p.m. in Centennial Square, and United Way Greater Victoria CEO Patricia Jelinski says excitement around the United Way office is high.

"This is always a very exciting time of year for us, and for the community," says Jelinski, who took the position of CEO six months ago. "DND is a huge supporter of the community, and a big part of the campaign, so we're thrilled to get this year's plans underway."

United Way will be cel-

ebrating the kick-off of the 2014 campaign with music, a photo booth, free bag lunches, and more.

GCWCC is a yearly campaign that sees workplaces throughout the Government of Canada, including DND, raising funds for charities of their choice, including United Way funded programs in their communities. Organization such as Big Brothers, Big Sisters, the Canadian Diabetes Association, and the Single Parent Resources Centre receive funding through United Way, and help support thousands of people in the Greater Victoria area.

It also raises fund for Health Partner charities such the Alzheimer Society of Canadian, Canadian Haemophilia Society, the Kidney Foundation of Canada, and the Canadian Cancer Society.

"It's about people of the community giving back to the community itself. People helping people," says Jelinski. "Supporting your community is very important, and the GCWCC helps give federal government employees a way to give back."

Jelinski says the connection between DND and the Greater Victoria community is a particularly strong one, as shown by the fundraising done by DND each year. In 2013, the GCWCC and over 1,000 Department of National Defence employees and retirees contributed almost \$600,000.

"As the home of the Pacific Naval Fleet, the relationship between the community and DND is a proud one," she says. "Keeping those relationships strong is vital, and we at the United Way know it is an important cause to both DND and the people

of the defence community. This is one of the largest campaigns we run, and it's because that relationship is so strong."

According to Jelinski, the support shown by every level of leadership at DND is one of the most inspirational parts of the campaign.

"There is a great team at CFB Esquimalt from the leadership of the Admiral, the Base Commander, employee campaign coordinator and leadership chair, and all through the ranks and civilian workforce. Everyone's support is invaluable," she says. "That's the strength of this community, and that's the reason it is so successful each year."

More information on this year's GCWCC, including how you can help, can be found at www.gcwcc-ccmt-gc.org. Or on the MARPAC Notice Board.

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MUSICIANS

The Chief and Petty Officers Association Band (C&PO band) is starting a new season with a new conductor and a new approach. Mike Dominy is returning to the band after a two-year hiatus. Mike is the conductor of the highly successful 45-piece Westshore Community Concert Band, as well as the 2483 PPCLI Army Cadet Corps, and he understands the Esquimalt and military communities.

**Rehearsals are Sunday evenings
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We welcome new members on all instruments, aged senior high school and up, preferably with a minimum of 3 years playing experience. So ... dust off those horns and come have some fun.
For more information, contact Ann Rusk at (250) 508-8314 or rusk.ann@gmail.com.



Cdr Pascal Belhumeur welcomes a guest on board HMCS Winnipeg just before heading on a day sail.

Winnipeg demonstrates navy capabilities

SLt Michael Buss
HMCS Winnipeg

Three weeks ago, *HMCS Winnipeg* served as navy ambassador when it hosted civilians and media from the Vancouver area for a day sail south of Howe Sound.

All 135 guests on board, including Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific; Naomi Yamamoto, MLA for North Vancouver; and Brian Carter, President of Seaspan, were treated to displays that showcased the ship's team divers, boarding operations, firefighting at sea, and a myriad of other capabilities RCN ships bring with them every time they set sail.

In addition, guests witnessed a demonstration that displayed the potency of *Winnipeg's* engineering configura-

Each opportunity we have to interact with Canadians and show them the capability of their naval force is a win for everyone.

-Lt(N) Davenport
HMCS Winnipeg Underwater Warfare Officer

tion during crash stops and high speed maneuvering. The day was capped off by a visit from 443 Maritime Helicopter Squadron Sea King helicopter, which demonstrated its rescue capabilities at sea.

Winnipeg has conducted three community relations sails this year, two from Vancouver and one in Victoria.

"Each opportunity we have to interact with Canadians and show them the capability of their naval force is a win for everyone," said Lt(N) Davenport, *Winnipeg's* Underwater Warfare Officer. "Having all of these people on board experiencing how we live and what we do in the navy on their behalf allows them to have a sense of ownership of the navy, and get excited about it."

Winnipeg has been sailing as a member of the Royal Canadian Navy's Pacific fleet since 1995, and is set to complete the last phase of its mid-life refit this fall upon the completion of sea trials. It will be the fourth of 12 Halifax Class frigates to complete the modernization project, which began in 2011.



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Cpl Vicky Lefrancois, D Air PA

David Johnston, Governor General and Commander-in-Chief of Canada (left), presents Loreena McKennitt with a scroll marking her appointment as the new Honorary Colonel of the Royal Canadian Air Force, alongside LGen Yvan Blondin, Commander of the Royal Canadian Air Force (right), during the Honorary Colonels Conference in Québec City on Sept. 5.

Loreena McKennitt appointed Honorary Colonel of the RCAF

DND

Loreena McKennitt has been appointed honorary colonel (HCol) of the RCAF by Rob Nicholson, Minister of National Defence.

HCol McKennitt is a world-renowned Grammy- and Juno award-nominated singer, song writer and producer. She has sold more than 14 million records worldwide.

"As a successful musician Honorary Colonel McKennitt's has a demanding career, but she is committed to making time to support our Canadian Armed Forces. I commend her passion and dedication in working with RCAF members at all levels," said Minister Nicholson.

She was appointed in 2006 as Honorary Colonel of 435 Transport and Rescue Squadron, 17 Wing Winnipeg, Manitoba, and will now serve in the capacity of Honorary Colonel for the RCAF. She will report directly to the Commander of the RCAF, Lieutenant-General Yvan Blondin, who is located at National Defence Headquarters in Ottawa.

"I have known Ms. McKennitt since her appointment as Honorary



Honorary Colonel of the Canadian Air Force Loreena McKennitt.

Colonel in Winnipeg in 2006. Through the years, I have seen up close the stellar work she has done for the members of 435 Transport and Rescue Squadron. I am extremely proud that she will continue to be part of the RCAF family," said LGen Blondin.

She is a Member of the Order of Manitoba (2003), and Member of the Order of Canada (2004). She holds an Honorary Doctor of Letters (Wilfrid Laurier University 2002), an Honorary Doctor of Laws (University of Manitoba 2005), an Honorary Doctor of Laws (Queen's University 2005),

and an Honorary Bachelor of Applied Business (George Brown College 2010).

In 1998, HCol McKennitt started the Cook-Rees Memorial Fund for Water Search and Safety after three people very dear to her perished in a boating incident.

Honorary Colonels are integral members of the Air Force family. They may be former Air Force officers or distinguished Canadian citizens, hailing from a diverse range of backgrounds, including many well-known public and community figures. Honorary Colonels are "honorary and advisory". They are vital to fostering esprit de corps within the family.

"I am deeply honored to have been appointed Honorary Colonel of the RCAF. Since my direct association with this organization in 2006, I have come to learn that our present Canadian Armed Forces are the extension of the history and traditions of the very brave men and women, who from across this land, fought and died in vast numbers in two great wars and more. It is they who have afforded us this life of liberty, privilege and affluence," says McKennitt.

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HMCS Regina deployments take ship and crew around the world

Lt(N) Sean Mulligan
HMCS Regina

When HMCS Regina initially departed from Esquimalt Jan. 6, its crew could not have foreseen that geopolitical forces would alter their mission dramatically.

Regina's journey began when it was deployed on Operation Artemis, a maritime interdiction mission aimed at choking off one of al-Qaida's income streams. The priority of Op Artemis was to disrupt and seize shipments of narcotics from Afghanistan, Pakistan, and Iran to the various ports of East Africa. These lucrative shipments travelled via smuggling routes known colloquially as the "Hash Highway" and the "Smack Track."

While deployed, Regina's Naval Boarding Party conducted numerous boardings of suspicious vessels, seizing 132 kg of heroin from one such unsuspecting smuggler.

"We were cutting off the funding to terrorist organizations by interdicting shipments of narcotics that would be sold to fund their ventures," explained

Regina's embarked Legal Advisor, Maj Adam van der Linde.

Regina and its crew's efforts were starting to pay off: drugs were being seized, the ship was making headlines back at home and the crew was running at the efficiency of a well-oiled machine. Then April 30th happened.

With Russia's annexation of the Crimean Peninsula, and increased Russian naval activity in the Baltic and Black Sea regions, Regina was ordered north through the Suez Canal into the Mediterranean to sail with the Standing NATO Maritime Groups conducting an ongoing presence and surveillance mission. Canada's land, sea and air contribution to NATO's Standing Groups was eventu-



Having left Esquimalt just after the New Year, Regina is home on Wednesday: 254 days, 14 countries, four continents, and a stunning 61,300 nautical miles of sailing later.

ally dubbed Operation Reassurance.

On May 13, Regina transited the Suez Canal and commenced patrol in the Mediterranean. While on Op Reassurance, it conducted hails of merchant vessels to announce its presence and spread word of NATO's activities in the region.

Along the way, Regina was prepared to conduct a spectrum of operations. From monitoring Russian Federation Navy vessels, to interoperability exercises with other NATO vessels, to planning for a potential evacuation operation for Canadians in Libya, Regina's crew was prepared for anything the region may have thrown at them.

"The future of maritime operations depends upon a flexible naval platform

able to respond to evolving situations and unexpected crises," remarked LCDr Gordon Roy, Regina's Executive Officer.

Even though Regina's deployment on Op Reassurance has come to a close, having recently been succeeded by HMCS Toronto, it then carried out a diplomatic mission on its return voyage. As part of Canada's Global Engagement Strategy, Regina visited numerous ports throughout the Asia-Pacific, including Malaysia, Tokyo, and Shanghai, to affirm Canada's interest in this region.

Having left Esquimalt just after the New Year's, Regina is home on Wednesday: 254 days, 14 countries, four continents, and a stunning 61,300 nautical miles of sailing later.

Commanding Officer Cdr Dan Charlebois reflected on Regina's amazing journey and the success of her crew.

"This is a ship's company who persevered and excelled during a lengthy deployment, on two distinct mission sets, proudly representing the RCN and Canada, and for that they have my deepest gratitude and respect."



Regina takes diplomatic role

LS David McColl
HMCS Regina

While en route home to Esquimalt after seven months at sea, HMCS Regina has taken on one more mission - that of a floating Canadian ambassador.

The warship recently visited China and Japan as part of a diplomatic program.

"Canada has always had a strong relationship with many Asian countries, particularly China and Japan," said Cdr Daniel Charlebois, Regina's Commanding Officer. "The importance of these high profile visits cannot be underestimated in terms of maintaining those bonds, both militarily and diplomatically."

Undaunted by rainy weather, the People's Liberation Army (Navy) were mustered on the Yangtze River pier in Shanghai, China, Aug. 27, with a military band and an Honour Guard to welcome the Canadian ship alongside. This was the first time back in Shanghai for Regina in nearly eight years.

That evening, Cdr Charlebois and his crew joined Cmdre Bob Auchterlonie, Commander, Canadian Fleet Pacific, at a reception hosted by the Chinese navy. The Canadian frigate

returned the kindness by hosting a reception on their flight deck.

While in Shanghai, members of the crew volunteered at the CereCare Wellness Centre, whose mission is to help children afflicted with cerebral palsy.

A few days later, Cmdre Auchterlonie presented the crew with the NATO Article 5 medals for Operation Reassurance, and congratulated the crew on a job well done.

The ship then left Shanghai and made its way into the East China Sea and onward to Japan.

Regina is the first Canadian frigate to visit Japan in over four years. It came alongside Harumi Pier, Tokyo, on the morning of Sept. 3. Ship and crew were greeted by an honour guard from the destroyer Japanese Defence Ship Yamayuki, with "The Maple Leaf Forever" booming in the air.

At the welcoming ceremony, Cdr Charlebois was joined by the Commander of the Naval Reserve, Cmdre David W. Craig, and Regina's Guard of Honour, led by Major Kevin Leblond, Regina's Air Officer.

That evening, the Japanese hosted a reception on the flight deck of Yamayuki with an impressive collection of local cuisine. Cmdre Craig and Cdr

Charlebois enjoyed the opportunity to participate in the time-honoured "kagami-biraki," or sake drum ceremony, a tradition dating back almost 300 years.

The following day, while the Cmdre Craig and Cdr Charlebois received Yamayuki's senior officers for luncheon, the crew conducted tours of the ship for their Japanese counterparts. Later that night, Regina hosted a reception with several distinguished guests in attendance, such as the Canadian Ambassador to Japan and the USN Commander 7th Fleet.

While the pomp and circumstance was occurring on board, several members of the crew had the opportunity to challenge the Japanese to a game of baseball. While the Canadians put up a valiant effort, it was the Japanese who claimed victory by one run.

The next day, the majority of the crew proceeded ashore to enjoy Tokyo. From the bright lights of the Shinjuku district to the heights of Mount Fuji, the crew had an opportunity to unwind before their final leg on the journey home.

Under a heavy rainfall, Regina departed Tokyo Sept. 7. JDS Yamayuki escorted the Canadian ship from the harbour and out into the open sea.

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takes diplomatic role

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Former Oriole commander teaches weather forecasting

Shawn O'Hara
Staff Writer

Ever wondered why a red sky at night is a sailor's delight? One former *HMCS Oriole* Commanding Officer is looking to pass on the secret.

Scott Crawshaw, who served as *HMCS Oriole* Captain from 1999 to 2003, is hosting a Basic Weather Forecasting program Nov. 1, to teach civilian and military mariners the ins and outs of weather prediction.

"This is a skill all mariners should have," says Crawshaw, who currently works as J2 Geographical Intelligence Maritime for Canadian Forces Intelligence Command as a Lieutenant-Commander, ensuring vessels throughout the Canadian Armed Forces have proper, up-to-date charts and hydrographic information.

"When you're out on the water you're at the whim of the elements, and if you can't avoid a bad situation you should at least know when one is coming."

Crawshaw's body of knowledge is extensive, as he has charted courses

There is a lot of information you can get from simple weather readings and forecast maps online, as long as you know what you're looking for.

-Scott Crawshaw

across the world, and tallied 50,000 nautical miles aboard *Oriole*, and his personnel vessel *Peregrinata*.

"I retired for a few years, and sailed the world with my family on *Peregrinata*. I learned a lot about myself and the sea in those years," he says. "Hopefully the lessons I've learned will be of use to my students."

The program is being hosted through the Bluewater Cruising Association, a club that Crawshaw has been a member for the past 14 years. During the weather forecasting program, students will learn to combine the information gleaned

from weather forecasts, as well as personal observations, to predict weather changes and their effect on sailing conditions.

"There is a lot of information you can get from simple weather readings and forecast maps online, as long as you know what you're looking for," says Crawshaw. "It's just a matter of having the pieces of the puzzle in front of you, and knowing how to put them together."

One teaching tool he will use is a virtual race from Victoria to Hawaii. Using weather readings, charts, and the information learned during the seminar, students will have to chart a safe course across the Pacific.

"I find that having to use the information in a real world situation drives the importance of the message home," he says. "Learning something is a lot different from having to implement it, and a simulated experience like this can help bridge that gap."

To register for the Basic Weather Forecasting program, and other programs, visit www.bluewatercruising.org.

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Project to document tragic B.C. history

The Royal BC Museum joined 13 other Canadian institutions in a project to conduct research and develop a travelling exhibition about the forced dispossession of homes and properties owned by Japanese Canadian citizens during the Second World War.

The project, called Landscapes of Injustice, is supported by a federal government Partnership Grant of \$2.5 million. The Royal BC Museum is providing \$1.1 million in funding to the seven-year project through a series of in-kind contributions, including designing and hosting a travelling museum exhibition and integrating research findings into the online Learning Portal, an easily-accessible educational platform for K-12 students.

During the Second World War, the federal government systematically forced thousands of Canadian citizens of Japanese ancestry from their homes and then sold their properties, along with profitable businesses, fishing fleets and other possessions, without their

The story of the Japanese Canadian experience during the Second World War is well-documented but not widely understood by most British Columbians.

-Dr. Kathryn Bridge

consent. The eradication of entire neighborhoods transformed the lives of Japanese Canadians for generations after the war ended.

"The story of the Japanese Canadian experience during the Second World War is well-documented but perhaps not widely understood by most British Columbians," said Dr. Kathryn Bridge, Royal BC Museum Deputy Director and Head of Knowledge and Academic

Relations. "The Royal BC Museum can contribute to a broader understanding of this tragic episode in our history by providing rich archival source materials to researchers, by helping to design a comprehensive exhibition about the issue and by propelling the story to learners everywhere through our online channels."

The Royal BC Museum already has extensive source materials in its Archives that document the involuntary appropriation of homes, businesses and other material goods, and the subsequent forced internment of Japanese Canadians. Photos, letters and other archival materials help tell the story in vivid and often painfully personal detail.

The 13 other institutions partnering on the project include universities, museums and Japanese Canadian cultural organizations. The total contribution of the partner organizations, including the Royal BC Museum, is \$3 million. All partners will collaborate to host and share public programming

about the research findings.

The lead organization is the University of Victoria, with whom the Royal BC Museum already has a strong working relationship, offering internships for UVic students and hosting classes in its exhibition spaces. In this project, graduate and post-doctoral students from UVic will be embedded at the Royal BC Museum, learning to refashion their research results into educational content – not just for the Learning Portal for students, but also through the online Atlas of BC for the general public.

The embedded students will also be mentored by Royal BC Museum staff as they help design the travelling exhibition – expected to open in 2019 at the Nikkei National Museum, under the NNM's curatorial leadership. Timing for its installation at the Royal BC Museum will be announced when the exhibition is closer to completion.

More information about the Landscapes of Injustice project can be found at www.landscapesofinjustice.com.

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Corporal takes 31 hour dip

Shawn O'Hara
Staff Writer

Cpl Alex Cape, a Medical Technician with Canadian Forces Health Services Centre (Pacific) (CF H Svcs C(P)), took her stamina—and sanity—to the absolute limit when she swam the length of Cowichan Lake Aug. 22 to Aug 23. Twice.

Over a period of 31 hours, Cpl Cape and fellow marathon swimmer Susan Simmons completed the 70-km open water swim in a bid to raise awareness about Multiple Sclerosis, from which Simmons suffers.

"We wanted to show people that MS doesn't mean the end of your life," she says. "Susan is an amazing person and an incredible athlete. MS doesn't slow her down and it doesn't have to slow anyone else down either."

Attended by groups of volunteers in kayaks, just a few of the 100 volunteers on hand, Cpl Cape and Simmons swam in 30-minute intervals. The two would refuel with a bit of food or drink while treading water.

"Sometimes I'd forget that I had to stop, but the team would flag me down," she says. "I'd eat a quarter of a sandwich, or have a bit of electrolyte-rich fluid, and be on my way. It was good because it let me keep track of time."

To keep her mind occupied during the Herculean swim, she would sing songs or think about important people in her life.

"I would give my full attention to a person I cared about, family, friends, and loved ones, and just think about them for a 30 minute period," she says. "It was all I had with me during that time. It was what kept me going."

No matter how many songs and kind thoughts filled her head, she began to hallucinate - watching kayaks change colour or catching a glimpse of illusory swimmers behind the waves.

"It became really frustrating because I just wanted a clear view of them," she says. "I've experienced similar hallucinations during previous marathon swims, so I knew what was happening, but in the moment it was pretty annoying."

Halfway through the return trip the weather took a turn and waves battered the two swimmers.

"I would get water up my nose every time I turned for a breath," she says. "I was almost asleep in the water, and I had more than 10 kilometres to go."

On the verge of giving up, Cpl Cape says it was her support team that gave her

the extra push she needed to make it to the finish line.

"They were saying they thought I could do it, but if I didn't feel safe that was my choice," she says. "It was exactly what I needed to hear. I knew I could make it."

Coming out of the water at 9:45 p.m. the next day, Cpl Cape says the shock of hitting dry land was an almost surreal experience.

"After that long in the water you almost forget how to stand," she says. "I wanted to get out completely unaided, so I didn't want to accidentally touch anyone and forfeit my goal. I made it out and my friend hugged me right away. It was amazing."

The shock of completing the swim was quickly followed by literal shock. With a body temperature of 34.9 degrees Celsius Cpl Cape was rushed to hospital and treated for hypothermia.

"I couldn't get warm no matter what I did. My whole body was in pain," she says. "I hurt for days, but I was still so proud of what we accomplished."

Simmons, for her part,

had an equally rough experience, falling asleep in the water twice and experiencing vivid hallucinations.

"She told me later she was seeing bats and things in the water," says Cpl Cape. "At one point she could see devils and angels on the top of the lake. They were pretty hardcore visions."

On coming out of the water, Simmons passed out and began experiencing convulsions. Cpl Cape says while the race ended in less than ideal circumstances, they both still count it as a win.

"I'm not sure if either of us were really certain what we had agreed to do," she says. "The fact that we were able to accomplish this huge feat is definitely a point of pride for both of us. Susan has MS and swam for 31-hours straight. That says something."

The feat brings Cpl Cape and Simmons into an elite group of 120 people who have swam for 24 hours straight.

For more information on past swims, Susan Simmons, and where you can donate visit www.msathlete.org.



Top: Cpl Alex Cape still strong swimming at kilometre 45 of the 70 kilometre open water swim on Cowichan Lake.

Above: Cpl Cape and fellow swimmer Susan Simmons crash on the beach at Lakeview Park after finishing the swim.

M. Anderson



Cdr Rochon takes command of HMCS Whitehorse

Images by Cpl Blaine Sewell, MARPAC Imaging Services

Left: Outgoing Commanding Officer of HMCS Whitehorse, LCdr Mike Sorsdahl (left), Reviewing Officer Cdr Lorne Carruth (centre), and incoming Commanding Officer, LCdr Chris Rochon (right), sign the official change of command documents during the ship's change of command ceremony, Sept. 5.

Below left: Retired Canadian senator, Ione Christensen (left) presents LCdr Sorsdahl with a gift.

Below centre: MS Erik Lindholm (left) and LS Pat Doyle (center) present LCdr Mike Sorsdahl, outgoing Commanding Officer of HMCS Whitehorse (right), with a ceremonial paddle on behalf of the ship's company.

Below right: LCdr Chris Rochon addresses guests at the Change of Command Ceremony.



Left: AB Duncan (centre) receives her new rank from Maj Diane Kilby (right), Acting Base Administration Officer, and SLt Rebecca Wolfe (left), Officer In Charge of the Base Orderly Room (left).

Right: Pte(T) Pistone (centre), receives her new rank from Maj Diane Kilby (right), Acting Base Administration Officer, and SLt Rebecca Wolfe, Officer in Charge of the Base Orderly Room (left).



Left: PO1 Kenneth Kowalski, from FMF Cape Breton (right), is presented with a Letter of Appreciation from HMCS Regina's Commanding Officer by Nicole Schaaf, A/Unit Support Manager. PO1 Kowalski was attach posted to HMCS Regina to backfill the Senior ET during a busy RAMP period. His focus on preparing the ship for the remainder of the deployment was a significant contribution to Regina's continued success.

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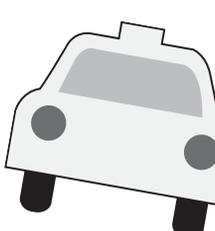
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HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ volunteer@habitatvictoria.com or 250-480-7688 ext. 105

Castle Cary Pipes & Drums is a community band that meets every Thursday 7pm @ Royal Canadian Legion Pro Patria Branch 411 Gorge Rd E, Victoria. The band has historically drawn heavily from CFB Esquimalt military community. Novice and experience pipers and drummers are welcome (www.castlecarypipesanddrums.ca). If interested, contact Darroch 778-677-2265 or Colin 250-385-3982

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Photo: Sergeant Alain Martineau, DairPA

Above: Canadian Ranger Instructor Sergeant Ryan Anderson from 1 Canadian Ranger Patrol Group in Yellowknife, NWT, helps Ranger Deborah Mary Andre-Stewart clean a freshly caught whitefish on the banks of the MacKenzie River during Operation Nanook.

Top right: Canadian Rangers from the Gjoa Haven, Nunavut, arrive at the patrol camp during Operation Nanook.



Canadian Rangers demystified

Courtney Laidler
Army Public Affairs

Commonly referred to as the “eyes and ears” of Canada’s North, the Canadian Rangers’ area of responsibility expands beyond Canada’s Arctic regions.

As a sub-component of the Canadian Army’s Reserve Force, the Rangers provide a military presence in sparsely settled northern, coastal and isolated areas of Canada. Approximately 5,000 Rangers in 179 patrols

are located in all provinces and territories except for Nova Scotia, Prince Edward Island, and New Brunswick.

As a lightly equipped, self-sufficient, and mobile force in support of the Canadian Armed Forces (CAF) sovereignty and domestic operations in Canada, the Rangers conduct surveillance and sovereignty patrols, collect local data of significance to the CAF, and share their expertise and guidance during CAF operations and exercises.

It must be noted that the

Canadian Rangers is not an Aboriginal program. In fact, the make-up of the Rangers is approximately 60 per cent Aboriginal. Ranger patrol groups are comprised of members who are expected to be fully familiar with the area of their community, and able to live off of, and survive, on the land. They are community members that watch over the regions they reside in. Therefore, their knowledge, skill, and experience are integral to a members’ success as a Ranger.

In order to support the Canadian Army, the Rangers - a multi-purpose, scalable land force trained for full-spectrum operations - regularly participate in large scale CAF exercises. In August, 35 Rangers took part in the multinational training exercise, Stalwart Guardian 2014, alongside U.S. and British Allies.

The Canadian Rangers are first and foremost an integral component of the CAF, and a vital force in watching over our country’s most sparse and remote areas.

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HMCS Toronto at work



Photos by MS Peter Reed, Formation Imaging Services Halifax

Spanish naval vessel Almirante Juan de Borbon manoeuvres astern HMCS Toronto on its way to the Black Sea to take part in Exercise Sea Breeze on Sept. 6.



Commander Jason Armstrong surveys the city of Istanbul, Turkey, from the bridge of Toronto during Operation Reassurance.

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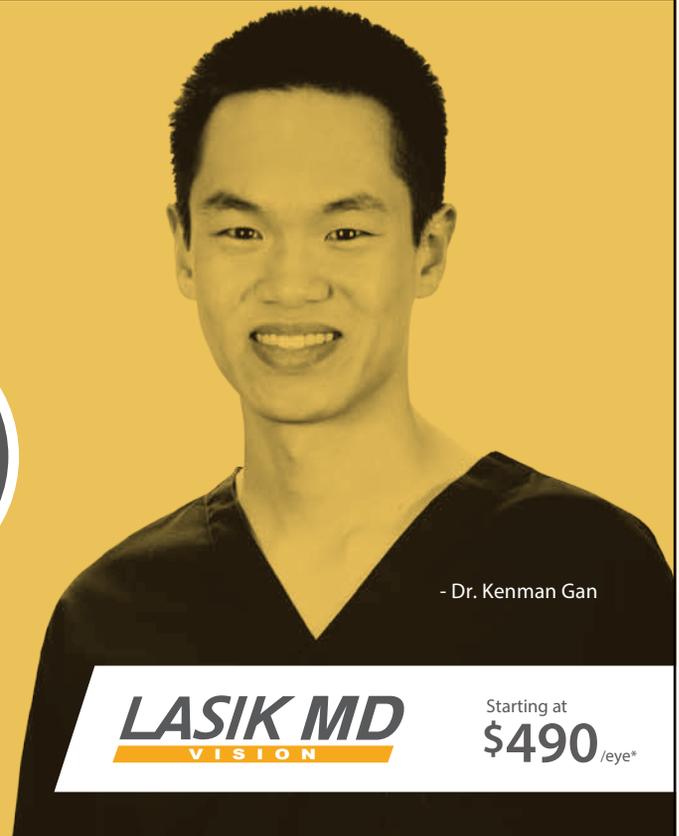
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