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Saying goodbye is never easy, as PO2 Tim Maybury knows all too well. Before heading out to join HMCS Winnipeg this week, he held son Austin, six months, one last time. He will be gone for a month to relieve other sailors so they can come home for a rest. Image courtesy Linny Maybury

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The tot pool and steam room will be closed until further notice at the Naden Athletic Centre
We apologize for the inconvenience.

-PSP Team





Image by Peter Mallett, Lokout

Ryan Morley and Kelly Binette of the Greater Victoria United Way serve up a hot cup of "Serious Coffee" for Cmdre Luc Cassivi near the gate of Dockyard on Sept. 2.

Warming up to the GCWCC with a good morning coffee at dockyard gate

Peter Mallett
 Staff writer

With those cool autumn mornings fast approaching, organizers of this year's workplace charitable fundraising campaign believe a steaming cup of high-end java is the way to rise and shine.

"Our morning coffee sessions are also a warm-up for us too, getting us ready for the kickoff of the 2015 Government of Canada Workplace Charitable Campaign [GCWCC]," said Formation GCWCC coordinator Vicki Kellsey. "The casual gathering is really designed to raise awareness and remind people the campaign will begin soon."

The hot coffee and tea, donated by Serious Coffee of Victoria, will be served up weekday mornings at the dockyard entrance until Sept. 16, 6:45 to 8:15 a.m., for a suggested donation of \$2. The serving centre and giant stainless steel serving containers are located under a white canopy just to the left of the main gate.

The morning coffee sessions are all part of the build-up to the official launch of the 2015 GCWCC. The kickoff and more details about this year's campaign will take place at the Industrial Supplier Trade Show, Sept. 17 at the Naden Drill Hall.

The GCWCC is a charitable giving option developed exclusively for federal employees and federal retirees and runs from September to December. The nation-wide campaign raises money for charitable organizations and non-profits funded by the United Way of Greater Victoria, and for the 16 national Health partners such as the Canadian Cancer Society, among others.


"The defence team has consistently demonstrated its generosity in this campaign," said Acting Base Commander, Cdr Nord Mensah. "No donation is too small, every contribution has the potential to drastically improve a life or further a cause; multiply that individual commitment by the approximate-

ly 6,000 members of the defence team in Esquimalt and suddenly each simple act of generosity can have a profound impact."

If you have an innovative way to raise funds for your unit Kellsey says please step forward. "The Formation campaign team will be contacting units and ships over the next few weeks.

Every single unit and ship here at CFB Esquimalt gets enthusiastic and creatively involved in our charitable campaign, and each finds unique ways of contributing to our annual GCWCC," says Kellsey. "Sports challenges, cooking contests and various themed activities are just some of the fund-raising events."

According to the GCWCC official website, <http://gcwcc-ccmtgc.org/>, the province of British Columbia and its 28,674 federal employees contributed over \$2.4 million to last year's campaign, accounting for 7.3 per cent of the \$34.2 million raised nationally, accounting for 7.3 per cent of the \$34.2 million raised nationally.



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Image by Rachel Lallouz, Lookout

Sgt Marji Fischer gives Kairi Playle, 6, a positive ticket for wearing a helmet with when riding her bike.

Police go positive with ticketing youth

Rachel Lallouz
Staff Writer

Police ticketing of youth has a new purpose on base and around the city.

Police personnel within the south island police services area, including Military Police from Military Police Unit Esquimalt, are rewarding youth demonstrating good behaviour with "Positive Tickets."

Good deeds such as skateboarding with a helmet and bicycling safely, picking up litter, staying drug free, and helping others will be noticed, and Military Police may reward youth with a ticket.

The tickets are the size of a hockey trading card and earn youth free drop-in admission to a recreational centre within the Greater Victoria Capital Regional District, including the Naden Athletic Centre.

At the NAC, they can be redeemed for one free access to the gymnasium, pool, weight and cardio rooms (15+ years), and arena. However, the number of the tickets is limited, so there will be some discretion as to when they are issued.

While conducting proactive patrols in the military communities, Military Police will not only be canvassing individuals for breaking the law, but will also look for good deeds and positive behaviours by community youth.

The intent of the program is to reduce juvenile problems in the community, boost self-esteem and improve community relations with youth.

"Our military police patrols interact with youth residing within the eight residential housing unit sites located within a 25 kilometre radius of CFB Esquimalt," says Major Michael Lemire, Commanding Officer of the Military Police Unit Esquimalt. "The act of giving out the positive tickets will help further build relation-

ships between youth and the Military Police. We always strive to have positive interactions with those we provide law enforcement and Force Protection services to, and this program helps us do that."

The Greater Victoria recreational centres and police services have partnered for several years to operate the program. This July, the CFB Esquimalt Military Police Unit was invited to participate. After consultation and approval from CFB Esquimalt leadership and local Personal Support Programs, the Military Police joined this initiative.

"Military Police Unit Esquimalt

continues to make a concentrated effort to be more involved in the Capital Regional District Law Enforcement organization as a whole, and this initiative is part of it," says Maj Lemire. "We're now working together with a number of other city bodies from Sidney to West Shore to support the youth in the community."

When you see your Military Police personnel patrolling within your neighbourhood, give them a wave and say hello, says Maj Lemire. "After all they are part of your community and are working to ensure our communities remain safe," he adds.

Below: This is what the positive ticket looks like. It lists five indicators of good behaviors that will be rewarded and creates a positive interaction between police and young community members.

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People Talk

Lookout asked this question: *If you had to be trapped in a TV show for a month, which show would you choose and why?*



It would be Airplane Repo [Discovery Channel]. I am a pilot and being able to 'steal' different aircraft from debtors and fly them back to the owners would be amazing.

OS Elgin Penner,
BADM ACCN



The show I would most like to be in is Person of Interest [CTV/CBS], because of the level of surveillance and cameras in the show, and the fact that all of us on the base live in that world, it's not make believe.

Bob Cosman,
Esquimalt Military Police



The Fresh Prince of Bel-Air because it was my favourite show growing up in my teens and just because of the cast of characters and all the shenanigans Will Smith was up to.

Slt John Robinson,
Esquimalt Military Police



Anthony Bourdain: Parts Unknown [CNN] because I was once a professional chef and love culinary adventures and travel. It is true grit, real life, not dressed up.

ASLt Melissa Kia,
MARPAC Public Affairs



Entourage [HBO] because it would be a great experience living the lifestyle of the lead character Vincent and his friends, and getting to play with all the fun toys like boats, cars, planes, and just living that lifestyle.

Takato Tanaka,
PSP Fitness instructor



West Coast Challenge Regional Expedition- promotes love of outdoors

Cathrine Shorkey
Cadet, Contributor

During the last week of August, 16 cadets from the Pacific Northwest region came together to participate in the West Coast Challenge Regional Expedition, a nine-day trip full of biking, kayaking and expedition training.

I was fortunate enough to be selected to participate in this journey around Vancouver Island and the Gulf Islands.

We started out on bikes from Albert Head in two teams. We began the expedition biking along the Galloping Goose trail, and then merging into the Lochside trail, before taking a ferry to Salt Spring Island, and ending at Ruckle Provincial Park.

On Salt Spring we tackled the most challenging part of our trip, making our way up and down the hilly terrain. Along the way we practiced our leadership and

navigation skills by taking turns leading our teams throughout day. We also learned practical low impact camping and environmental stewardship.

After completing the 57-kilometre bike ride around Salt Spring, we then biked the next day to Cusheon Lake and began our sea kayak training. This is where we met our incredible kayak guides and spent the day getting the hang of being out in the water and learning strokes and rescues.

We spent most of the afternoon rolling our kayaks over into the refreshing lake, with just enough sun to warm us up as we started our rescue training. We later spent the evening touring around Ganges, seeing the way of life, learning about its unique history and enjoying good food.

In the evening, as we did every night, both teams came together and had a group "check

out". This was a time of reflection and learning, commencing with a few questions that got us thinking about the leadership, challenges and skills that were relevant to the day we had just completed. This followed by individual journaling time, which gave us an opportunity to reflect more on our day and record the great moments and experiences.

The following day, we began our three-day kayak expedition around the Gulf Islands with the wonderful Island Escapades guides. Days were spent on the open ocean soaking up the scenery, enjoying the water and spotting a family of seals every once in a while.

Along the way our guides gave us invaluable knowledge about marine life, the history of the islands, ocean weather patterns, and navigation. Team members were put through practical sce-

narios by conducting rescues, testing their alertness and quick judgment. On the last day, as we made our way back to Ganges, the weather became increasingly dangerous and, as a group, we decided to head back and not continue with our pre-planned route. This taught us a lot about risk management.

As the final day of the expedition quickly came and everyone was packing up, I had a bittersweet feeling about going home. During our final night our team reflected on the journey we had just completed and everything we had accomplished. We all became so close and gained so much knowledge and skill. We came as 16 individuals and over the nine days we learned to work together as a cohesive group.

The expedition program has given me a love for the outdoors and an enthusiasm and confidence to try new things.

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Autumn wine tour on the horizon

Rachel Lallouz
Staff Writer

If touring the lush vineyards of the Cowichan Bay area, stopping to taste wines, sounds like the perfect way to spend a lazy autumn afternoon, then be sure to mark Saturday, Oct. 17 on your calendars.

Personnel Support Programs (PSP) recreation department has partnered with Chemainus Tours for an all-inclusive trip up island, where lucky goers

sample the wines of four different wineries and one cidery.

"The last trip in June had people coming back raving about how much fun it was," says Gillian Larsen, PSP Community Recreation Manager. "They also had the opportunity to learn about the wine they were drinking."

For this upcoming trip, roughly 20 attendees will be picked up at the CANEX in Naden or in front of the Colwood Pacific Activity Centre. The tour bus will

make the scenic drive to Cowichan Bay, stopping in at places that may include Merridale Estate Cidery to try freshly made ciders, Blue Grouse Estate Winery, and Vigneti Zanatta Winery. Also included is a cheese tasting in Cowichan Bay and lunch at one of the wineries.

Cost for regular members is \$110, \$115 for ordinary members, and \$120 for associate members. Though it's a pricey ticket, Larsen says the cost for all food, drinks, and transportation is well worth it.

Registration opens Sept. 15, but members of deployed families will have preferred registration, meaning they can sign up as early as Sept. 10. To register, please call PSP Recreation at 250-363-1009, or visit the PSP recreation website for details. Those interested should consider registering as early as possible.

Larsen encourages attendees to arrange designated drivers or alternate transportation arrangements from the drop-off locations at the end of the day.



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Special activities geared for newcomers

Rachel Lallouz
Staff Writer

For those recently arrived Canadian Armed Forces families new to Victoria following posting season, the Military Family Resource Centre (MFRC) has created three newcomer activities to acclimatize you to your new surrounding.

The first of the three activities has new and current families checking out the city in style. On Sept. 27,

more than five-dozen people can climb aboard a luxury double decker bus, where they will spend 90 minutes travelling around Greater Victoria while a tour guide provides live narration. MFRC staff and volunteers will be on hand to answer questions, and current military members in attendance will be encouraged to help ease the transition for newcomers.

"We also want to make sure they are feeling welcomed in the community and have the opportunity to meet other newcomer families," says

Lynnne Elder, Community Integration Coordinator for the MFRC.

Families that prefer outdoor activities can opt for the walking tour taking place Oct. 18. In a small group, new families will be toured throughout the Inner Harbour area to view historical sites downtown Victoria has to offer.

The final activity, a nature walk in the Goldstream Provincial Park on Nov. 28 will give new families a chance to experience the infamous salmon run, hike along the creek, have hot chocolate around a campfire, and visit the park's Nature House. Hoards of eagles are an added bonus.

"Our activities are geared towards everyone," says Elder. "Our mandate is to serve families, but that is a very broad term for us. We mean that to include a single member and his or her support systems, parents of members, grandparents, spouses, and children."

During the active posting season between May and September, Elder estimates about 10 per cent of military members come and go. The closing of a posting season could mean 80 to 100 new families have just relocated.

"With these activities, we can help build that sense of community within our existing military community that makes newcomer families feel welcome," says Elder. "The last thing we want is for new families to be sitting alone at home or unsure of how to get started on community integration."

Online registration and more information for the activities is available at www.esquimaltmfrc.com or can be provided by Lynnne Elder at Lynnne.Elder@forces.gc.ca



Image by Rachel Lallouz, Lookout

Lynnne Elder, Community Integration Coordinator for the Esquimalt MFRC, completes outreach with newcomer families in the Work Point neighborhood.

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Image by Peter Mallett, Lookout

Yukon 465 kayakers David Stanford, of Emergency Management of British Columbia, and Cpl Nick Kerr of Princess Mary's Scottish Regiment are set to go on their journey down the Yukon River, Sept. 5 to 21.

Veterans tackle Yukon River

Peter Mallett
Staff writer

A group of Special Forces veterans have headed to where no "Pilgrim Bandit" has ever gone before: down Canada's mighty Yukon River in kayaks.

Yukon 465 expedition is the first event for the newly


formed Canadian chapter of the Pilgrim Bandits, and will involve 30 men and women from Great Britain and Canada, including three Canadian military veterans.

The Pilgrim Bandits can trace its beginnings to Great Britain in 2007 when a group of Special Forces veterans challenged wounded

soldiers with gruelling physical and mental challenges in order to build confidence and better their lives.

"The biggest hurdle is the remoteness of the river," says Pilgrim Bandits CEO, David Stanford about Canada's second largest river. "There are thousands of tributaries and islands, and with the

The remote and rugged Yukon River:



The Yukon River was an important aquatic highway during the Klondike Gold Rush of 1896 to 1903, and is Canada's second longest river at 3,190 kilometres (Mackenzie River is 4,241 km). Its source is the Atlin Lake and the Llewellyn Glacier in northern B.C., and its complex course of tributaries and islands winds its way through remote and rugged country in western Yukon and central Alaska before emptying out in the Bering Sea.

incredible speed and size of river, the most important thing on our minds is the safety of everyone."

Stanford says 14 members of the expedition will complete the full 748-kilometre voyage (465 miles), while two smaller groups will cover half that distance. They will traverse the fast-flowing waters in two-seat kayakers and have the support of four-person safety and rescue team in a 14-foot RHIB to ensure their safety.

For the last nine years the group has organized several events that incorporated kayaking, mountain climbing, skydiving, distance run-

ning and hiking expeditions through the wilderness, but their Yukon 465 expedition is their first mission on Canadian soil.

Joining the expedition will be Victoria's Cpl Nick Kerr, a member of Princess Mary's Scottish Regiment for the past three years. He was previously a member of Princess Patricia's Canadian Light Infantry) 2 in Shilo, Man., for nine years, and did tours in Afghanistan and Yugoslavia, which resulted in PTSD. Cpl Kerr says he has always been geared and designed for the military and has stayed involved with the Reserves because he needs

that "fix of the military", and the challenges that go along with it, to keep him grounded.

"For myself, I don't have that cut-off feeling anymore, so I became a part of this expedition to help veterans who do have that feeling," says Cpl Kerr. "We want to get the word out that the Pilgrim Bandits are here in Canada and would like to encourage more veterans and members of the CAF to get involved."

The Yukon 465 expedition runs from Sept. 3 to 21. Those wishing to follow the progress of the Pilgrim bandits can get updates online at www.yukon465.com.



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Esquimalt's Ribfest offers military discount

Rachel Lallouz
Staff Writer

To all military members, sink your teeth into a perfectly barbecued rack of ribs, grilled chicken breast, or beef brisket sandwich without worrying about emptying your wallet.

Esquimalt Ribfest is offering a 25 per cent discount to those in uniform on Friday Sept. 11, 11 a.m. to 10 p.m., at Bullen Park.

A portion of proceeds gleaned from the optional admission donations will be donated to Wounded Warriors Canada, which supports injured veterans and their families, and also the Captain Joseph Foundation, which provides support for families of fall-

en U.S military members.

This year's festival at Bullen Park aims to capitalize on its charitable spirit by pouring remaining funds raised through admission donations into resurfacing the sports field at Esquimalt High School, and reconstructing the track.

There were 15,000 in attendance the first year they held this event in 2012, and then the second year they had 28,000 people. This has meant organizers have been able to put \$60,000 back into the Esquimalt community.

During the past couple of years, funds raised has been donated to the Learn to Swim program at Macaulay Elementary School, the hockey acad-

my at Rock Heights Middle School, and the Esquimalt rugby team.

Five professional rib teams have been invited from across North America. Each team comes equipped with semi-trailers and hundred thousand dollar rigs built specifically for cooking ribs and complete with massive smokers and rotisseries.

The five ribbers are award-winning Prairie Smoke & Spice BBQ, Boss Hog's, Gator BBQ, Misty Mountain, and Smoke & Bones, each with their own special recipes and barbecue techniques.

Popular dishes offered include barbecued chicken, pulled pork, half and full racks of ribs, plus

country side dishes such as corn bread, coleslaw and baked beans.

While patrons mill around enjoying the food, local music will be played by the likes of Beatles cover band The Sutcliffes, alternative rock group ODDS, and Johnny Cash tribute band David James and Big River. This year, the festival grounds have been fully licensed, meaning patrons can sample craft brews from Hoyne Brewing Company, Driftwood Brewery and Blue Grouse.

Admission is by donation, with patrons welcome to pay what they can best afford.

For more information, check out www.esquimaltribfest.com.



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Author's new book of fairy tales

Rachel Lallouz
Staff Writer

Turning the pages of James E. Southern's newly published "Once Upon" will transport any reader into his imaginative world of fluttering fairies, talking spiders, and monstrous leviathans.

James, who works as a power engineer at CFB Esquimalt's central heating plant, published his book of fairy tales less than a month ago – a compilation of over three year's work writing short stories, meticulously editing, and searching for a publisher.

"I began to identify as a writer when I was around eight years old," he says. "That's when I sat down and wrote my first story."

Southern was born in 1943 in Canada, but his father, a lieutenant colonel during the Second World War, was killed in action, making James a war orphan. James, his twin sister, and mother returned to England to reside with her parents.

After the war, his mother met and married his stepfather, an Englishman who owned a sheep ranch in Patagonia on the southern-

most tip of South America.

"As I grew up, living in three different countries before my fifth birthday, moving around seemed natural to me," he says. "After dropping out of college, I travelled the world, and ended up settling in Victoria during the early 1990s."

During this time he signed up for a creative writing course at Camosun College. He wrote a science fiction story but never got it published.

After getting laid off at Royal Roads Military College where he was working as a power engineer, he returned to Israel where he had been living during the 1980s. In Jerusalem he met and married a "lovely Swiss lady". They lived in Switzerland for a year before coming to Canada and settling in Victoria, where their son was born.

"He likes storytelling," Southern says of his son. "When he was about seven years old he was telling me a story and I was writing it down for him. By the second paragraph, he got to the violent part in his story, which of course young boys

love. But the story needed more fill in before getting to that part."

Southern ended up "filling in" the rest of his son's story, titling it "King Kel and the Rebel Robots." This story, he says, got him back into the writing mode. He began to craft story after story; ending up with the 18 short stories he felt merited book publication.

"I sent one of my stories, as a sample, to a popular publishing company, but they replied they were not publishing that form of fantasy. So I decided to look into self-publishing."

After securing a publisher, Friesen Press, he began the two-year process of working with an illustrator, combing through his stories with an editor, and helping design the layout and front cover of his book.

"What prompted me to publish was the simple fact that if I never made it happen, it would probably never happen."

Referring to his preference for writing fiction, he says, "Fantasy is a way of getting my mind off the mundane things of life. Maybe I should be fixing that leaky

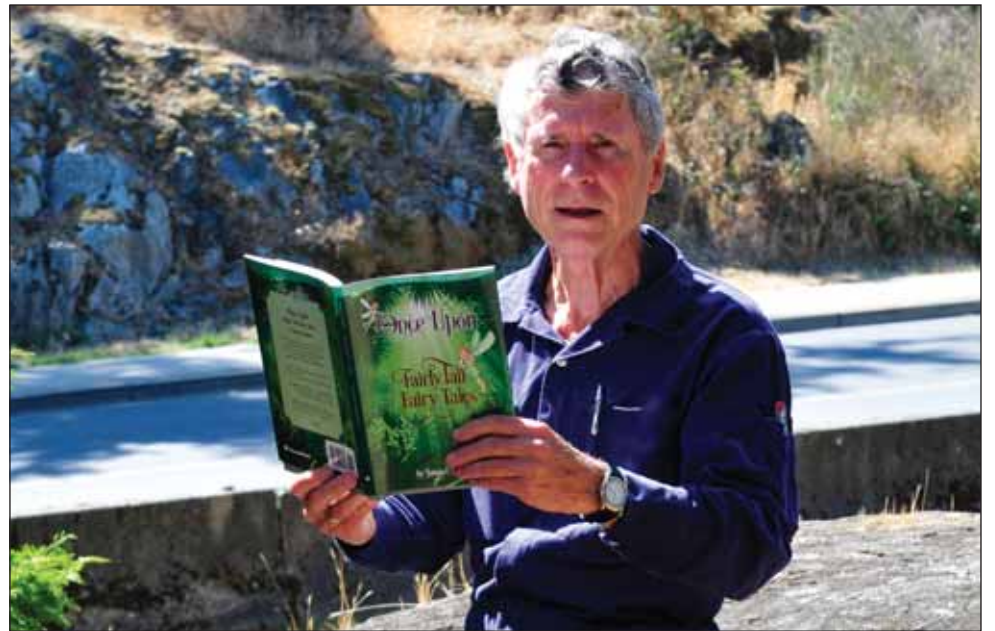


Image by Rachel, Lallouz, Lookout

James E. Southern's with his newly published book titled "Once Upon".

tap, but when writing I can just drift off into another reality."

Southern's stories are inspired by the iconic Grimm's Fairy tales authored by Hans Christen Anderson, who some have coined the father of this genre.

When he's feeling ready to write, Southern piles paper in front of him and waits for inspiration to hit, writing his initial drafts in pen, then transferring it to a laptop.

He says he seldom writes

when he isn't feeling inspired.

"I worked on many of these stories during my lunch break at the heating plant. My work mate would be reading Motorcycle Magazine, and I'd be writing fairy tales."

As he writes, he always keeps his reader in mind. With the versatile genre of fantasy, Southern aims for an audience somewhere between "ages nine to 90."

"I write these stories to prompt people to consider what lies beyond this real-

ity," he says. "There's more than what we can sense with our five senses."

His future plans for the book include revising the current edition to include two more new stories. He hopes to simplify the wording of the next edition to make it a resource for English Second Language learners. Eventually, Southern would like to see the book on store shelves.

To purchase a hard or soft cover copy or e-book of "Once Upon", visit amazon.com.

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One of Canada's first naval nursing sisters

Rachel Lallouz
Staff writer

In 1943, at the pinnacle of the Second World War, Margaret "Greet" Ferguson, a graduate nurse trained in a Toronto hospital, found herself treating wounded Canadian sailors at the base in Newfoundland.

She was one among 99 other nurses chosen as Canada's first contingent of Naval Nursing Sisters.

"I always had wanted to be a math teacher," says Ferguson, 97. "But my brother and I ended up being in Grade 12 together, and my dad couldn't afford to send us both to college when we graduated at the same time, so it was proposed that I try nursing school, which was free."

Ferguson, who grew up in the tiny hamlet of Inverness, Nova Scotia, was accepted into St. Michaels, a strict Catholic nursing hospital in the heart of bustling Toronto. She says she still remembers the immaculate tile halls of the hospital and the scratching from her stiffly starched white collar as she worked.

"But I just kept wondering: is the war going to be over by the time I finally finish the three years of my training?"

By the end of her final year, Ferguson had accepted a position in the obstetrics ward at St. Michaels. It was then that

the Minister of National Defence, Angus MacDonald, put out a call to the country for 100 naval nurses. Before then, nurses could only join the air force or army.

"I desperately wanted a change at that point in my life," says Ferguson.

Minister MacDonald, once the Premier of Nova Scotia, had been born and raised in Inverness. One phone call to MacDonald, and Ferguson found herself with a tentative offer that she might be one of the first naval nurses to serve.

"A few days after I called Angus, I got a call from a commander at the recruiting base in Toronto, HMCS York. He said: 'I don't know who the heck you are, but I got a call from Ottawa to induct you.'"

Ferguson says she was thrilled. She immediately headed for HMCS York, where she underwent a physical and was issued her uniforms.

"I stayed at that base for probably about six weeks, treating an epidemic of measles that had broken out among the sailors," she says.

Five days a week, the Forces sent a taxi to Ferguson's home, delivering her straight to the base to change dressings, administer medication, and hook the ill up to IVs. But just as Ferguson had begun to fall into the routine, she was told she would be sent to a base in Newfoundland to treat the more immediate injuries of sailors harmed by German U-Boats traversing beneath the Atlantic waters.



“We stayed on our feet, day and night”

Newfoundland was still part of the British Empire, and was classified as "overseas" to the rest of Canada.

Ferguson would be working 12 hour shifts five days a week, treating upwards of 20 injured troops a night.

"We were thrown right into it," she says. "And you had every type of injury there: broken bones, swollen jaws, ear problems, diseases."

"You never panicked," she adds. "You just dealt with it."

From sullen German prisoners to sailors feigning sick, Ferguson says she saw it all.

"I remember one man specifically, who wanted out of the navy. He would get into a wheelchair and roll down the corridors sweeping the floor. He'd tell people he was sweeping landmines. Trying to convince us he was insane."

But she says for the most part, the sailors were well-behaved.

"The only real trouble I had was one night when I looked out of my office window into the ward, and saw a new patient going up and down the aisles pouring drinks. I told him he couldn't do that, but he wouldn't give me his bottle. I had to call for the Chief Petty Officer to take it from him," she says. "After that, the sailors started calling me CPO. They weren't calling me sister anymore."

Ferguson says the most difficult time working was when HMCS Valleyfield, a large Canadian convoy ship, was torpedoed off the coast of St. John's. Over 125 sailors were injured and sent to the Newfoundland base for treatment.

The attack occurred in the middle of the night, coinciding with a practice alarm run occurring at the hospital. By this stroke of luck, all hospital staff was present when sailors started being delivered.

"We stayed on our feet, day and night," recalls Ferguson.

She and the other sisters crowded the sailors into already full wards, propping their frost-bitten feet up on pillows. Almost all of the sailors were diagnosed with immersion foot, a result of prolonged exposure to the frigid seawater.

"I always heard a lot of stories from the sailors, especially at night," she says. "Some of them would be troubled, and some of them couldn't get to sleep, so I would play rummy with them or make them sandwiches."

"I'm very placid, or I was," says Ferguson. "So that really helped in my interactions with them."

Not long after HMCS Valleyfield was torpedoed, the Canadian government approved the use of penicillin in hospitals.

"I remember being very impressed by it," she says. "We couldn't touch it. A tray would be set up next to the patient for the doctor, and they would mix the yellow powder with sterile water and administer it to the patient. My job was to keep three charts: one for the government, one for the doctor, and one for the hospital."

Within months, Ferguson says, penicillin's popularity caught on so fast nurses were administering it in vials themselves.

tells her story



On their days off, the nursing sisters would visit the American fort nearby, which had nightclubs and dance halls.

"If we were running errands around the town, we were treated just beautifully by the Newfoundland people and welcomed everywhere we went."

Ferguson recalls one store that would give the nurses a call whenever they got a shipment of nylons.

"Nylons were really hard to get during the war, because their material was needed to help make parachutes, but we were always kept well stocked," she says.

By 1945, after working two-and-a-half years as a naval nurse, Victory in Europe Day arrived on May 8.

"We heard stories of the sailors rioting in the streets of Halifax, because they had closed the bars," says Ferguson.

Back at the base hospital, the head matron of the nursing sisters called all the nurses to the main boardroom.

"She said: 'the war in Europe is over. We'll have to splice the main brace.' That meant you had to take a drink of rum," laughs Ferguson.

The nurses were sent from St. John's to Halifax, on a cautious, seven-day crossing of the Atlantic in waters with potentially still-active German U-boats.

Ferguson was bound for a Christmas visit to Inverness. She wound up covering shifts of nurses away for the holidays at the Inverness Hospital, and unintentionally settled in her hometown once again. After marrying her husband, Hugh Ferguson, the two moved to Detroit where employment prospects looked more promising.

"I went and worked at Grace Hospital there and retired when I was 62," says Ferguson, who ended up devoting 38 years of her life to nursing. "They took my blood pressure at work one day and told me I was through."

“ I remember being very impressed by it [penicillin]. We couldn't touch it. A tray would be set up next to the patient for the doctor... ”



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Image by MCpl Bernie Kuhn, Task Force NANOOK

Task Force Commander Lieutenant Colonel C. Deri referees a ball hockey match between two local children during the Operation Nanook community day in Inuvik, Northwest Territories, on Aug. 26.

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Coaches - dedicated role models key to cadet sailing success

Capt Cheryl Major
RCSU (Pacific)

The Pacific Region Cadet sailing team are the ones to beat at national competi-

tions, partly because of the coaches they train under.

One coach, Lt(N) Mark Schippers, was recognized earlier this year as Coach of the Year. A few weeks

ago, he led another talented group of cadets to a first place and four top finishes at the National Regatta. This is the eighth National Regatta gold medal he

brought home.

A school teacher by day, Lt(N) Schippers has been a coach with the Pacific team since 1989 and is currently the develop-

ment coach and Master Learning Facilitator for Regional Cadet Support Unit (Pacific).

He oversees the training of competitive racers, coaches throughout the year, and is a role model for new coaches. He is always eager to grow and develop as a coach and spends countless hours in pursuit of coaching excellence.

He has written the Sail Canada Program Managers Course training book, a manual for advanced race training, and played a major role in developing the new B.C. Sailing Coach Boat Safety Course. He has even been recognized for saving the life of a sailor trapped in rigging in 2012.

Successful National Regatta coaching takes a skilled partnership and throughout the week, Lt(N) Schippers and SLt Katelynn Brissard keep the cadets focussed and fit.

They practice both physical and mental exercises and keep the cadets busy with tasks to ensure they are ship-shape for races.

SLt Brissard, having coached the Pacific Team for three years and garnered three gold medal finishes, understands the importance of keeping the team dedicated to their personal best goals. This year was particularly challenging to coach because of the stress of inclement weather, but this coaching duo took every opportunity to help the team visualize the next day's races and stay engrossed in the drive for a top 10 finish.

The 1,200 sea cadets in B.C. enjoy a range of coaching expertise at sail centres around the province, and it takes a team to get the gold medal, but leaders like Mark and Katelynn make all the difference in the final stages with advanced sailors.



Photo by Capt Cory Lohnes, RCSU (Central)
Lt(N) Mark Schippers offers some coaching advice to cadets Lauren Christensen and Kenneth Ellis during the National Regatta in Kingston, ON.

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This year's vendors

Canadian Forces Base Esquimalt is once again hosting the Industrial Supplier Trade Show on: **Thursday, September 17, 2015, at the Naden Drill Shed from 10 a.m. until 3 p.m.**

The purpose of the Trade Show is to unite businesses with the Defence Community so they can present information and resources on their industry wares and services. And, they're hosting the GCWCC Campaign kickoff at 11:30 a.m. Bring loonies and toonies to help fill the "Keep Calm and Campaign On" coin mosaic. *Rounders bus service will start pickups at dockyard main gate at 10 a.m. Last pick up will be from the LCC parking lots back to dockyard at 1:30 pm.*

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LIMITLESS DRONES showcased at Industrial Supplier Trade Show

INDUSTRIAL
SUPPLIER TRADE SHOW

Peter Mallett
Staff writer

Logan Rode hopes his latest flying drone creates a big buzz when it lands at the Naden Drill Hall during the Sept. 17 CFB Esquimalt Industrial Supplier Trade Show.

"We are really excited about coming to CFB Esquimalt and connecting with military and department of defence staff," says Rode. "It's a great opportunity for our company to do some networking and get some feedback from people in the military about our product."

The X-Bot, a remote controlled, unmanned Aerial Vehicle (UAV), and a consumer grade drone will be showcased by the 35-year-old Victoria-born entrepreneur at the trade show.

Rode is founder and president of ProPhotoUAV Technology Corp. He describes his company's latest invention – the X-Bot – as a "sophisticated eye in the sky" or "flying robot", and sees it as key development in the rapidly-expanding field of UAVs.

"It's definitely not a fad; the X-Bot is the next wave in high-tech, compact flying technology," he says.

Rode warns the X-Bot is not to be confused with increasingly popular recreational UAVs used by amateur hobbyists, and adds it can be used to perform a variety of tasks.

"The sky is the limit in

Our main intention in building this system was to create a device that could potentially save a life.

–Logan Rode
Founder/President,
ProPhotoUAV

terms of applications of this technology for military, emergency services and search and rescue purposes," says Rode. "Unfortunately, most of the media coverage surrounding UAV's has been primarily focused on the negative aspects of this technology such as privacy issues, but the X-Bot doesn't really fall into that category."

The X-Bot is not a toy, he says.

It was designed to capture high-resolution video, infrared, thermal and other images, and can be controlled from a tablet, Google maps or a standard handheld controller.

The four-quad prop UAV features a three-axis stabilized gyro for the delivery of stable HD images. Its body is made of light carbon fiber and normally weighs about five kilograms, depending on the payload. It has a wingspan of 60 centimetres and folds up easily for storage.

Another key feature is the X-Bot's sophisticated payload release system, which



The X-Bot, a sophisticated Unmanned Aerial Vehicle (UAV) developed by local company ProPhotoUAV, will be on display at the Industrial Supplier Trade Show, Sept. 17 at Naden Drill Hall.

he says has "limitless" uses. He explains the X-Bot enables its operator to drop life-saving medicine or supplies, instructions, or other items to people located in remote or tricky places to reach.

"Our main intention in building this system was to create a device that could potentially save a life," says Rode.

Rode began building UAVs four years ago after developing devices in the electrical

trades program at Camosun College. He started ProPhoto UAV in 2013 and has sold his products, mostly online, to buyers from across Canada, the United States, Europe, Australia, and the Netherlands.

Rode said the X-Bot normally retails between \$10,000 to \$15,000, depending on the nature of the payload and equipment on board.

For more information go to www.prophotouav.com.

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Image by LS Ogle Henry, MARPAC Imaging Services
Lt(N) Katrina Giesbrecht (left) receives the Operational Service Medal - Expedition from RAdm Gilles Couturier (right), Commander of Maritime Forces Pacific/Joint Task Force Pacific, on board HMCS Nanaimo in Kugmallit Bay, Northwest Territories, during Operation Nanook.



MS Gregory Hammond (centre) is appointed to his current rank by Cdr Belhumeur (left) and PO1 Sherri Jones.



LS Guillaume Durand (centre) is promoted to his current rank by Cdr Belhumeur (left) and PO1 Lisa Peverelle.



AB Matthew White (centre) is appointed to his current rank by Cdr Belhumeur (left) and PO1 Gary Wickstrom.



Commanding Officer of HMCS Winnipeg Cdr Pascal Belhumeur recently promoted several members of the ship's crew.
Images by Cpl Stuart MacNeil, HMCS Winnipeg

Left: AB Kelsey Smith-Rojo (centre) is appointed to his current rank by Cdr Belhumeur (left) and PO1 Gary Wickstrom.

Right: AB Michael Fortin (centre) is appointed to his current rank by Cdr Pascal (left) and PO1 Gary Wickstrom.



MARPAC Headquarters promotions and awards

Capt(N) David Mazur made several presentations to military members during an awards parade at Maritime Forces Pacific Headquarters on Aug. 26.

Images by Cpl Brent Kenny, MARPAC Imaging Services



MCpl Brandon O'Connell (centre), with spouse Sgt Leanne Power-O'Connell (right), is appointed to his current rank.



Lt(N) Nick Culhane (right) receives the Sea Service Insignia level 1 (Gun Metal) badge.



Sgt Guy Beaubien (right) receives the Sea Service Insignia level 1 (Gun Metal) badge.



MARS III & IV Graduation

Cmdre Marta Mulkins presented several awards during the Maritime Surface/Sub-Surface Phase 4 (MARS IV) graduation ceremony held at Venture, the Naval Officer Training Centre on Aug. 28.

Images by LS Zachariah Stopa, MARPAC Imaging Services



A/SLt Laurent Ye (right) receives the Commodore Michaud Trophy from Cmdre Marta Mulkins and LCdr (Ret'd) Bud Rocheleau. The trophy is presented to the top overall MARS IV student.



A/SLt Justin Pringle (right) receives the Captain Jackson Memorial Award from Cmdre Mulkins. The award is presented to the MARS IV student who demonstrates the highest standard of officer like qualities.



A/SLt Anthony Boston (right) receives the David W. Groos Memorial Shield from Cmdre Mulkins (left) and Brian Groos (centre). The award is presented to the top MARS IV student at sea.



A/SLt Hein (right) receives the Commodore Bennett Award from Cmdre Mulkins. The award is presented to the top MARS III student.



A/SLt Murphy (right) receives the Commodore Bennett Award from Cmdre Mulkins. The award is presented to the top MARS III student.



A/SLt Park (right) receives the Welland Shield from Cmdre Mulkins. The award is presented to the MARS III student exhibiting the highest standard of leadership.



Lt(N) Lamb (right) receives the Welland Shield. The award is presented to the MARS III student exhibiting the highest standard of leadership.



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