

GCWCC CAMPAIGN
KEEP CALM

& CAMPAIGN ON COIN MOSAIC

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LOOKOUT

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Sticky Business

Photo by MCpl Chris Ward, Formation Imaging
 Capt(N) Steve Waddell, Base Commander, along with Patricia Jelinski of United Way, and Eileen Dooley of HealthPartners, sticks a toonie on the newest fund-raising idea for the workplace charitable campaign. Vicki Kellsey, Formation GCWCC coordinator, tips the sign for easy access. Keep an eye out for the sticky coin mosaic as it will travel around the Formation. Read more on the Campaign launch on page 2 and 3.

COMMUNITY 6	FEATURE 7	COMMUNITY 13
 <i>Drive with weather and rules in mind</i>	 <i>91-year-old musician takes to the stage</i>	 <i>Disabled sailor masters sailing</i>

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Campaign chair encourages participation

I am, again this year, very pleased to continue in the role as Chair of your 2015 Government of Canada Workplace Charitable Campaign (GCWCC).

It is inspiring to be part of such a dedicated team of volunteers and donors! Having had the opportunity to serve as your Chair last year for a full campaign, I can tell you from experience that it is immensely rewarding to be part of such a worthy effort.

The GCWCC is the largest and most successful workplace fundraising

campaign in Canada and, as a consolidated charitable giving campaign, allows federal employees and retirees to build stronger, healthier communities by supporting the United Way, Health Partners and thousands of other registered Canadian charities - including our very own Military Family Resource Centre.

Our goal, as always, is to foster awareness of the needs in our communities, both locally and across our nation, who benefit from your selfless giving and volunteerism. Equally impor-

tant, we must also remember to celebrate our successes and share the stories of individuals who have helped - many of whom are now giving back and nurturing that continuous circle of caring and philanthropy.

I encourage all of you to think about how you might support your charitable campaign. We hope to see you participate in some of the many fun events that will occur over the course of the next few months, such as Dress with a Difference Fridays, the DND/Royals Hockey Game, the

Halloween Haunted Village, and the countless barbecues, bake sales, book sales and 50/50 draws.

To those donors who repeatedly contribute their time and dollars year after year, I offer my deepest appreciation. To those of you who are joining us as new volunteers and donors, my many thanks in advance! Together, we can make an extraordinary difference in the lives of so many.

Steve Waddell
Captain, RCN
Chair, 2015 GCWCC

Je suis très heureux de continuer à exercer en 2015 le rôle de président de la Campagne de charité en milieu de travail du gouvernement du Canada (CCMTGC). C'est inspirant de faire partie d'une telle équipe de bénévoles et de donateurs! Comme j'ai eu l'occasion d'exercer ce rôle lors de la campagne de l'an dernier, je peux vous dire, d'après mon expérience, qu'il est extrêmement valorisant de participer à un effort aussi noble.

La CCMTGC est la campagne de collecte de fonds en milieu de travail la plus importante et la plus fructueuse au Canada, et

la consolidation des dons faits par les fonctionnaires fédéraux et retraités permet de bâtir des communautés plus fortes et plus saines en appuyant Centraide, Partenairesanté, et des milliers d'autres organismes de bienfaisance canadiens enregistrés, y compris le Centre de ressources pour les familles des militaires.

Comme toujours, l'objectif de la Campagne est de sensibiliser la population aux besoins de nos communautés locales et à ceux des communautés de tout le pays qui bénéficient de vos dons et de votre bénévolat. De plus, il est tout aussi important de

célébrer nos réussites et de faire connaître l'histoire des personnes qui ont reçu de l'aide - beaucoup d'entre elles redonnent d'ailleurs à cette cause, alimentant ainsi ce mouvement de bienveillance et de philanthropie.

J'encourage chacun d'entre vous à penser à comment vous pourriez appuyer votre campagne de charité et j'espère que vous participerez à quelques-unes des nombreuses activités amusantes qui auront lieu au cours des prochains mois, notamment les vendredis décontractés, la partie de hockey du MDN contre les Royals, le village hanté de l'Halloween, les nom-

breux barbecues, les ventes de pâtisseries, les ventes de livres, et les tirages moitié-moitié.

À ceux qui font des dons et du bénévolat année après année, je vous exprime ma très grande reconnaissance, et à ceux qui se joignent à nous cette année comme nouveaux bénévoles et donateurs, un gros merci d'avance! Ensemble, nous pouvons améliorer de façon extraordinaire la vie de beaucoup de gens.

Steve Waddell
Capitaine,
MRC Président,
CCMTGC 2015

LEADERSHIP is the key to success

Several months ago, when I was asked to stand as leadership chair for the 2015 Government of Canada Workplace Charitable Campaign (GCWCC), it caused me to reflect for a moment on what the GCWCC is all about.

With daily reports showing human suffering involving refugees in Europe, the challenges that many in our own community face on a daily basis is sometimes obscured.

As a long standing member of the RCN, and having lived in B.C. for many years, I have been associated with the GCWCC in various ways, but I often didn't take the time to think what it means to contribute.

I see myself in a similar position as many of you. Over the last decade, with a busy career and a young healthy family, I sometimes found it challenging to get personally involved in my community. Although I had a strong desire to help those in need throughout my community, the actual effect of helping was often not directly related to me or my immediate personal or professional family.

For me, it came down to a small monthly contribution and growing a beard for a competition, or participating in some other type of fun fundraising throughout the fall campaign.

In the end, contributing to the GCWCC was a clean simple way to know that I helped.

However, as my personal family grew, and as I progressed through the positions of Executive Officer and Commanding Officer, I came to realize how much I have been personally helped by the many charitable and professional organizations that exist and operate throughout greater Victoria and beyond.

From assisting my sailors who were dealing with cancer or mental health issues, to helping my family support aging loved ones, I have benefited immensely from charitable support without really realizing it. Whether we understand it or not, the organizations that fall under the umbrella of the GCWCC touch all our lives on a regular basis.

With this in mind, it is with great pleasure that I assume the role of leadership chair for the 2015 Government of Canada Workplace Charitable Campaign (GCWCC).

Each year, the Defence community works to build a strong and healthy community by supporting the

myriad of registered charities both locally and across our vast country. From large organizations such as the Red Cross to local community outreach charities, and the physical and mental health organizations focused on finding improved treatment for illnesses such as cancer and heart disease, a donation to the GCWCC is a simple and flexible way to provide your support.

Last year, more than half of the campaign total came from leadership donors. This is an incredible accomplishment and I look forward to your continued support this year.

However, even smaller contributions make a huge difference in the community. A donation as little as \$5 per pay will enable 23 hours of volunteer work in support of children and youth in social and recreational programming, or provide a meal to five people in need.

Big or small, I ask you to simply consider the effect any contribution you make can have on your community.

Campaigns such as the GCWCC would not be possible without a dynamic group of volunteers who work tirelessly to organize events, generate enthusiasm, and proactively promote the GCWCC cause. I would be remiss if I didn't recognize the efforts of these volunteers and to solicit your support in expressing our sincere thanks. Without volunteers, a successful GCWCC campaign would simply not be possible.

I encourage you all to take the time and listen to your unit canvassers as they go around and engage you with regards to the campaign this year. Keep an open mind and assess if "you" have a role to play in your community. If you have been personally helped by a charitable organization in the past, and you are comfortable to share your experience with others, please do.

In this way we can all more clearly understand the tangible effects our support can have within our defence community.

In closing I want to thank you all for your support over the coming months. Have a great campaign, let's build the excitement and have some fun while pushing this campaign to new heights. I hope to see you all at the multitude of campaign events around the Formation.

Capt(N) David Mazur,
GCWCC Leadership
Chair

2015 Campaign - how you can give

The Government of Canada Workplace Charitable Campaign (GCWCC) is a donor's choice campaign. Not only can the employee choose which charities they give to, they can also choose the form of payment.

An employee can choose from the following payment options:

Payroll deduction: allows you to spread your donation evenly over the entire year. Your deductions commence on the first pay

in January. Your donation will appear on your T4 slip, the following year, so you don't have to keep track of multiple receipts.

Credit Card: you can choose to give a one-time credit card donation, or spread out your donation with 12, equal, monthly donations (charged on the 15 of each month commencing January).

Cheque: you can pay by cheque, or a series of post-dated cheques. Cheques are made payable to

"United Way - GCWCC"

Cash: one time cash donation for the amount of your total gift.

How do you make your donation?

All federal public servants can make a donation to the annual GCWCC by completing a gift form, which is available in all federal workplaces across the country during the annual September to November campaign period.



Base Commander, Capt(N) Steve Waddell and CEO of United Way Greater Victoria, Patricia Jelinski address the crowd at the charitable campaign launch.

Participation key message at this year's GCWCC Campaign kick-off

Peter Mallett
Staff writer

Amid the bustling CFB Esquimalt Industrial Supplier Trade Show last Thursday, was the launch of the Government of Canada Workplace Charitable Campaign (GCWCC).

Base Commander and GCWCC Leadership Chair, Capt(N) Steve Waddell eloquently spoke to the crowd about his vision of 100 per cent donor participation.

"Get to know the campaign people within your organizations and become familiar with all of the different payment options available, and all the different charities that rely on your donor dollars," encouraged Capt(N) Waddell to the DND workforce.

GCWCC is a charitable giving option developed exclusively for federal employees and retirees. The nation-

wide campaign runs until December and raises money for charitable organizations and non-profits funded by the United Way of Greater Victoria and 16 national Health Partners.

Capt(N) Waddell also noted donors have the option of using individual donor forms when they give, allowing the money they donate to go to the charity of their choice.

"This gives you the freedom to direct your dollars to whatever organization is important to you," he said.

United Way of Greater Victoria CEO, Patricia Jelinski says the base and GCWCC is a crucial part of their fund-raising campaign and a "constant in our community." She praised the generosity of CFB Esquimalt employees, military and civilian, in past campaigns.

"Because of your donations last year we were able to assist 80,000 people

in the region who were able to access services for over 100 programs, which is really tremendous," said Jelinski.

Eileen Dooley, CEO of Ottawa-based Health Partners, also lauded base employees for their continued support, noting "every year you go above and beyond the call of duty and dig deep into your pockets."

The noon hour also served as a curtain raiser for the coin mosaic and its slogan "Keep Calm Campaign On."

Throughout this year's campaign, donors are encouraged to place a loonie or toonie on the black and white display board as it makes its way to different fund-raising events and venues around the base. Formation GCWCC coordinator Vicki Kelsey says the goal is to fill the entire mosaic with coins.

For more information about the GCWCC you can access its official website at <http://gcwcc-ccmtgc.org>



Left: United Way's 2015 community campaign officially launched at Centennial Square Sept. 17 with the Make Your Mark event. The Base Commander was in attendance to sign the pledge wall with Councillor Chris Colman and Mayor of Oak Bay Nils Jensen.

Right: CEO of HealthPartners, Eileen Dooley makes a small speech at the 2015 Formation charitable campaign launch on Sept. 17.



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-PSP Team

The Chief and Petty Officers' Association Band

28TH YEAR OF PROVIDING MUSIC TO ESQUIMALT AND THE MILITARY COMMUNITY

EXPERIENCE

Originally established as an "alumni" band for retired military musicians, the band now operates as a community concert band, where all who have a minimum of three years playing experience are welcome.

ABOUT US

The Chief and Petty Officers' Association Band continues to provide high quality entertaining concerts and supports the military community in Esquimalt by providing music for Remembrance Day Ceremonies, Mess Dinners, Ships arrivals as well as concerts at local seniors' centers.

MIKE DOMINY - CONDUCTING

The band's current music director, Mike Dominy is an Associate of the London College of Music and is part of a long line of conductors who have served in the Naden Band of the Royal Canadian Navy and help maintain the link to the band's military heritage and history.

COME PLAY MUSIC WITH US!

The Chief and Petty Officers' Association Band rehearses every Sunday from 7:00-9:00 pm at the Naden Band Room, Building N33 at Naden. All woodwind, brass and percussion instruments are welcome.

matters of OPINION

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WHAT SAY YOU

People Talk

On assignment at the 2015 Industrial Supplier Trade Show on Sept.17, Lookout posed this question to trade show attendants:

What is your favorite fall food and why?



It's going to be pomegranates. I just loved eating them as a kid - they are so much work but so worth it!
Patricia Jelinski, United Way



Squash, definitely. All kinds of squash. It's so healthy and it just tastes really good, and baking it warms up the whole house.
PO1 Pat King



I love my mum's harvest stew. It's a comfort food full of fall vegetables like potato, turnips, and cabbage.
CPO1 Nathalie Scalabrini



The pumpkin cream muffin at Starbucks because its the most delicious, and it goes so well with my espresso.
Gary Van-Dack, Regional Sales Manager for Ideal MBM, security shredders.



Turkey, because it goes great with stuffing for Thanksgiving!
Kelly Tutt, Project Director for Swift Green Filters

EAP can help you overcome fall stress

Amanda Lichon
Contributor

In the fall, life can become busier for many people as schedules involving school and children's extracurricular activities increase. This can make it an emotional time of year as parents juggle those extra responsibilities, making fall a stressful period.

The Employee Assistance Program (EAP) is here to assist you with any difficulties you may encounter during this time. EAP is a voluntary, confidential and neutral service available to civilian employees and their immediate family members.

As a reminder, the EAP office has moved to D74 (100 metres past the post office). The new location houses the EAP Manager's office and the resource lending library.

For peer referral information please refer to the EAP website: hrciv-rhciv.mil.ca or call 250-363-7968. For access to the services of HC EAS call 1-800-268-7708; hearing impaired dial 1-800-567-5803.

Enter numbers into the blank spaces so that each row, column and 3x3 box contains the numbers 1 to 9. Answers on page 19

SUDOKO PUZZLE #1

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SUDOKO PUZZLE #2

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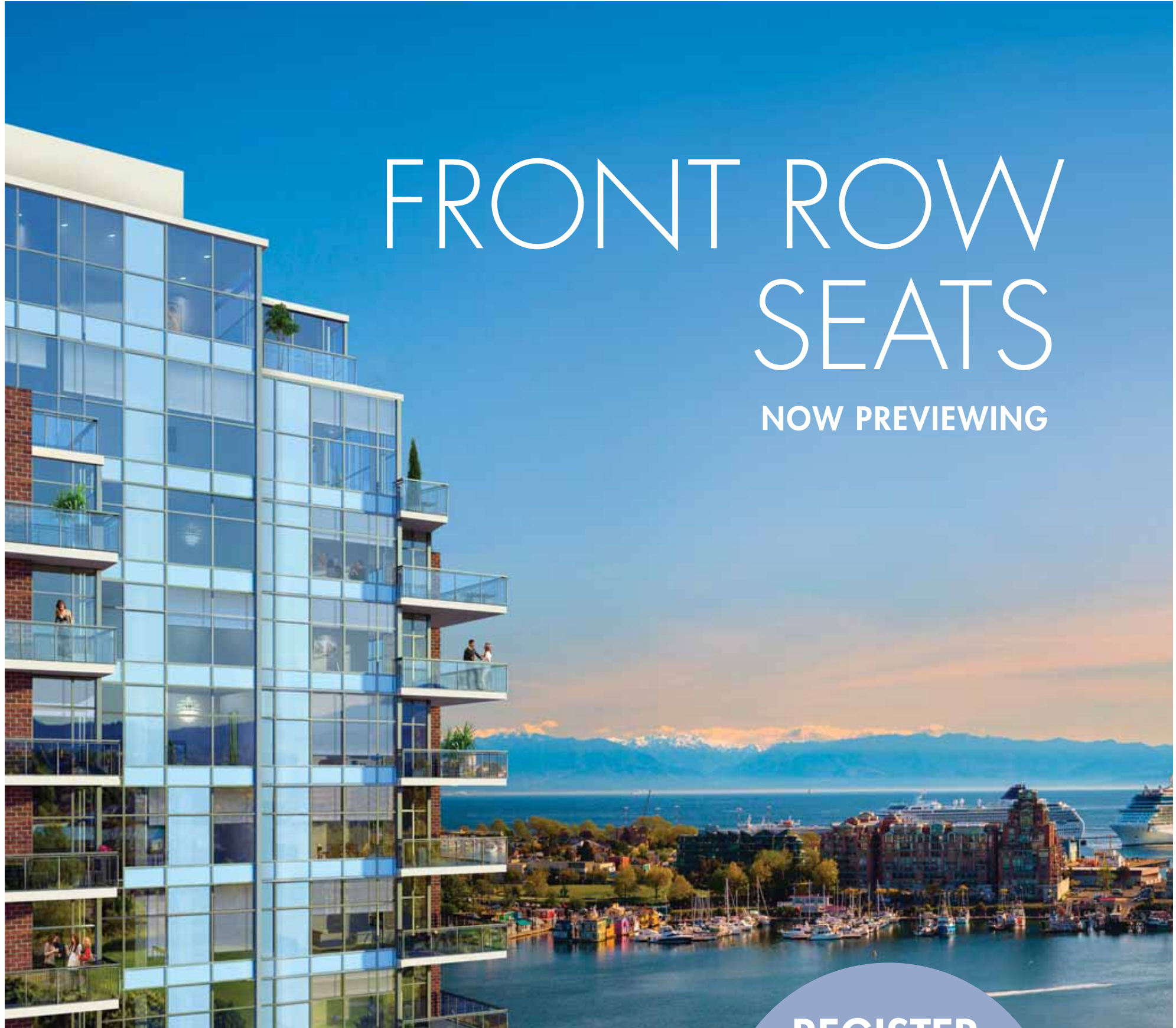
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Autumn driving and cycling tips

With autumn quickly on its way, meaning slicker roads and less visibility, Military Police Unit Esquimalt is reminding people to be mindful of back-to-school children, pedestrians and cyclists.

Rachel Lallouz
Staff Writer

School Zones

Motorists are encouraged to use extra caution around school buses. Children exiting buses may dart into the street unexpectedly, so pay attention to the amber flashing lights indicating a school bus is about to stop. Red flashing lights signal a bus is either picking up or dropping off children. Passing is prohibited from any direction.

Corporal Morgan Lewington suggests parents encourage their children to use crosswalks to reach bus stops, and to make eye contact with bus drivers and motorists before crossing the street. If your child walks to school, says Cpl Lewington, have them cross at intersections where a crossing guard is present. Remind children to look left, right, and then left again before crossing.

Children taking bikes or scooters to school should also make sure to cross at an intersection or crosswalk

where there is a crossing guard. It is recommended that children dismount from their bikes to cross the street if they aren't experienced riders. The law states that all children riding a bicycle must wear a helmet.

Motorists driving in a school zone are limited to 30 km per hour in British Columbia, between 0800 and 1700 on school days. Playgrounds are also 30 km zones, from sunrise to sunset, seven days a week.

"Just because the speed limit is enforceable at 30 kilometres, driving still needs to be adjusted to conditions," says Cpl Lewington. "If school just got out and there are kids jaywalking everywhere, drivers need to be more careful."

For commuters using Admiral's Road, note that the area around Craigflower School is both a school zone and a playground zone.

On the base

As with the speed limit in school zones, the default speed limit in Dockyard is 30 km per hour. Certain

areas such as jetties and constructions zones may have lower limits, so DND employees should keep an eye out for changes in limits as they pass through the base.

Speed limit signs posted throughout the base are not simply guidelines, but the law. Fines for exceeding a posted speed limit start at \$138, and can increase to as much as \$438. Violators run the risk of adding demerit points to their licenses. If operating a DND vehicle while speeding, violators can expect forfeiture of their DND 404.

"The days are getting shorter, so people will be driving more in the dark than they do in the summer," says Cpl Lewington. "Now is a good time to really pay attention to your driving on base."

He recommends planning ahead to consider inclement weather and darkness for commuters.

Cyclists

As summer comes to a close, many DND employ-

ees are still commuting daily on their bicycles, meaning that cyclists must remember to undergo regular bicycle maintenance.

Naval Cadet Jason Price insists that cyclists don lights, reflectors, and bright reflective clothing to remain visible in rainy autumn weather. Helmets are mandatory for all cyclists in British Columbia.

"Try to stay mindful of pedestrians and other traffic," says NCdt Price. "Don't ride on the sidewalks, or through crosswalks without stopping, or the wrong direction down one way streets. These are a few of the issues we've had here on base."

But he says that motor vehicle operators, cyclists, and pedestrians all share responsibility to ensure safety on base.

"Everybody's safety and security is of primary importance," agrees Cpl Lewington. "We want to reduce the number of preventable injuries and deaths on the road."

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Charges laid against former CAF member

DND

The Canadian Forces National Investigation Service (CFNIS) has charged a former Canadian Armed Forces (CAF) medical technician for incidents alleged to have occurred while he performed medical exams at Canadian Forces recruiting centres in London and Thunder Bay, Ontario.

PO2 (Retired) James Wilks was charged with the following:

- Two counts of sexual assault, in accordance with section 130 of the National Defence Act, and pursuant to section 271 of the Criminal Code; and
- 10 counts of breach of trust by a public officer, in accordance with section 130 of the National Defence Act, and pursuant to section 122 of the Criminal Code.

It is alleged that between 2004 and 2009, the accused performed medical examinations on CAF recruits and serving members contrary to prescribed medical procedures. In September 2010 and January 2012, the CFNIS laid a total of 23 charges against PO2 Wilks (Retired) in relation to similar incidents. In December 2012, the CFNIS laid 17 additional charges against the retired member.

As a result of the high visibility of the previous charges laid against Wilks regarding these incidents, eight additional victims came forward to file complaints.

"I commend these victims for their courage in coming forward and speaking out against what is wrong and criminal," said Lieutenant-Colonel Francis Bolduc, Commanding Officer, CFNIS. "There is no place in the Canadian Armed Forces for sexual misconduct. The CFNIS will continue to work diligently towards ensuring that sexual-related offences are eradicated from the ranks of the military."

Original Naden Band member pipes in at anniversary concert

Peter Mallett
Staff writer

If you watched the Naden Band of the Royal Canadian Navy's 75th anniversary performance you most likely didn't realize that furiously piping away in the on stage was a musician who was there from its early days.

Doug Howell, 91, a Euphonium player from Comox, was one of the five original Naden Band members who returned for the band's four-day diamond anniversary celebration. He was also the oldest to perform at the Sept. 11 concert at The Royal Theatre.

"The house was packed, sold out, it was just fantastic," said Howell. "It was also like déjà vu for me. I was there at that same theatre 75 years ago playing concerts every second Sunday night during the war – it really was like stepping back into the past."

The band's oldest surviving original member is 97-year-old John Tomczak of Victoria. While Tomczak didn't play in the concert, he attended the anniversary performance and gave it a

rave review.

"This was the best concert I have ever heard," said Tomczak, who played Clarinet with the band from 1940 to 1945. "It doesn't get any better than this."

The other three original band members at the anniversary celebration were trumpet players Meredith 'Rommy' Rombough, 90, of Russell, Ont. (1944-1945), Don Scott, 87, of Victoria, (1949-1959), and trombonist Ed Rowley of Victoria (1944-45).

According to the band's director of music, Lt(N) Matthew Clark, the legacy of Howell, Tomczak and the other three originals has helped "push others in the band to do great things."

"Complete amazement and inspiration to think that someday some of us could still be playing into our 90s," said Lt(N) Clark. "It's our passion to be like Doug and he embodies what we want to be."

Howell was born and raised in Victoria and took to music during The Great Depression after encouragement from his parents. He joined the band in 1942 when he was 18 at the height of the Second World War, and played with them until 1945.

Back then it was the Big Band tunes and the music of jazz legends Duke Ellington, Glenn Miller, Artie Shaw and Tommy Dorsey, and a host of others, who were the big hits with the crowd. At the time, explains Howell, live music was an integral part of life at CFB Esquimalt and across North America.

The Naden Band participated in everything from

formal concerts around town, parades, morning marches, and cross-province Victory Bond Tours says Howell.

"It was an amazing experience for me to be part of the band 73 years ago, but when I see the experience, quality and professionalism of the band today it blows my mind," says Howell.

After the war, Howell returned to his job at BC

Tel, where he worked a total of 40 years before retiring in 1979. During that time he played in the Greater Victoria Concert Band and Chief and Petty Officers Association Band. He still plays today with the Comox Valley Concert Band.

"Music is a big part of my life and a passion, and I won't quit until they lay me out," says Howell jokingly. "I never quit playing

all those years and stayed at it."

Playing has kept him healthy and given him that zest for life. It also helped him meet the love of his life, his wife of 65 years, Helen Howell. The two first met Nov. 5, 1944, while Howell was on a Victory Bond Tour in the Kootenays, and they were inseparable from that point on.

"I met her off chance,

it was fate I guess," says Howell.

Although Helen died three years ago, Howell said he vowed to keep on playing despite the sadness.

"She heard nothing but music our entire life, and music and the bands I played in were really a big part of her life too, I said to myself 'you don't want to quit', you have to keep going."



Photo Peter Mallett, Lookout Newspaper


At 91 years old, musician and former Naden Band member, Doug Howell still has the lungs to play the Euphonium, a baritone-voiced brass instrument. The senior musician practiced with the Naden Band of the Royal Canadian Navy before joining them on stage Sept. 11 for a celebratory concert honouring 75 years of band music.

This was the best concert I have ever heard. It doesn't get any better than this.

John Tomczak
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Captain promotes DeWolf arrival

Rachel Lallouz
Lookout

On Thursday Sept. 3, LCdr Corey Gleason, the first Commanding Officer of soon-to-be HMCS Harry DeWolf presented the Commander Canadian Fleet Pacific, Commodore Jeff Zwick with a Harry Dewolf ball cap to promote the ship's arrival to the Royal Canadian Navy.

The ship will be the first in a series Arctic offshore patrol ships to be built in the next several years, and will be delivered to the Royal Canadian Navy (RCN) in 2018.

"It's truly exciting to have this role," says LCdr Gleason. "The first class is always a lot of work, and there's a long road ahead – about five years in the making before we'll be able to reach a ready state for just one ship. We get the opportunity to pave the way for everyone else."

His 28 years in the military as a naval signalman, naval communicator, navigator and weapons officer have earned him the billet as the ship's captain. Also on the Command Team is Lt(N)

Scott Meagher, Executive Officer, and CPO1 Karl Bouchard as Coxswain.

LCdr Gleason and his command team will spend the next three years working for the Director Naval Force Readiness to support all contributing agencies to develop the concepts of use and readiness documentation outlining the ship's capabilities, operation areas, primary and secondary tasks, and training requirements for officers and crew of an Arctic offshore patrol ship.

Once fully commissioned, the ship will undergo sea trials, collective training and then take part in Arctic-based international engagements supporting Operations Qimmik and Nanook, drug interdiction operations, and annual domestic operations.

"The actual platform of the ship itself has such a capability that lends itself to completing multiple operations; therefore, we will not just be focusing on bringing this ship into the Arctic to increase the RCN's presence in that area, but in all areas the RCN is traditionally employed," says LCdr Gleason

The ship, measuring the length of a Canadian football field, can carry a crew of up to 65 people, plus an additional 22 to support an enhanced naval boarding party, army troops, special operation forces and other government departments to support science and research. It also carries a helicopter, up to six sea containers, and up to seven boats. Despite being 200 tonnes heavier than a Canadian Patrol Frigate, Harry DeWolf's electrical diesel engine makes it a more economical choice for travelling long distances to a target or for Caribbean operations when chasing down drug smugglers.

"The sealift capability, the additional personnel, and the ability to carry more supplies and resources with it make it a superior platform for Humanitarian / Disaster Relief missions. If a ship can operate in the Arctic well into the Arctic navigable season, it can certainly operate anywhere in the world because of its range of capabilities, and we're all looking forward to seeing what it will accomplish," says LCdr Gleason.



Photo by Rachel Lallouz, Lookout

LCdr Cory Gleason, Commanding Officer of soon-to-be HMCS Harry DeWolf, presents Commodore Jeff Zwick (who was promoted Sept. 11), Commander Canadian Fleet Pacific, with a DeWolf ball cap at CANFLTPAC HQ.

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More than 900 people came to the Naden Drill Shed last Thursday to check out the CFB Esquimalt Industrial Supplier Trade Show, and the 100 vendors showcasing their services and products. 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.

Two food trucks served up delectable food, with the first 500 enjoying it at no charge courtesy of the show sponsors: Gap Wireless, Belzona, Grand and Toy and E.B. Peerless.

The trade show was also the venue for the GCWC Campaign kickoff.

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Sailors return from Northern trip

A/SLt Kyle Reed
MARPAAC PA Staff Officer

After 14 days of combined Canadian Armed Forces (CAF) operations, and sailing through the waters of all three territories, *HMC Ships Nanaimo* and *Saskatoon* returned last week from Operation Nanook 2015 with new experiences and expertise.

Rear-Admiral Gilles Couturier, Commander of Maritime Forces Pacific (MARPAAC), who visited the ships in August, was impressed with "the enthusiasm and professionalism with which the ships tackled each challenge they were presented."

Operation Nanook 2015, which ran from Aug. 16 through 30 was based out of Inuvik, Northwest Territories. It is Canada's largest annual northern sovereignty operation and this year is Nanook's eighth iteration. During Nanook, members of the CAF, as

well as other government departments and allied forces, had an opportunity to practice whole-of-government responses to security and environmental challenges.

Being able to demonstrate interoperability and efficacy in the Arctic is paramount, given the increase in air and sea traffic, the increase in demands for natural resources, and the potential challenges to Canadian sovereignty.

Training in such a dynamic landscape with the Canadian Army and the Royal Canadian Air Force was an added bonus for the crews of both Maritime Coastal Defence Vessels (MCDV).

"The operation provided valuable operating time for our sailors in a more challenging environment; this translates to more capability and flexibility for the navy as a whole," said Lieutenant-Commander Jeff Hopkins, Commanding Officer of *Nanaimo*.

For Able Seaman (AB) Bhupinder Jhaji, a naval communicator in *Nanaimo*, Operation Nanook offered sea time in an Arctic environment, as well as an unforgettable experience.

"Being able to see the Northern Lights and experience the culture and lifestyle of Northwest Territories are easily my most memorable moments from the operation," says AB Jhaji.

The reserve sailor enrolled in the Royal Canadian Navy (RCN) in 2010 and his most interesting time at sea was sailing around Vancouver Island. However, he now can add sailing around Alaska and all three Canadian territories to his career highlights.

Nanaimo and *Saskatoon* also have new entries to make in their sailing records. Both ships established milestones when they became the first RCN ships to enter the Arctic from the west in 60 years and the first Pacific MCDVs to ever enter the Arctic.

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Sailor masters the waves despite disability

Peter Mallett
Staff writer

When sailor Kevin Penny, 39, climbed into his sailboat at this year's 2015 Mobility Cup, he sipped and puffed his way across the waves and into a personal best finish.

Penny doesn't have the use of his arms, legs or feet to sail the boat. Instead he uses sip 'n' puff technology to steer his specially-designed Martin 16 sailboat. He uses the power of his exhaling and inhaling to control the rudder and sails of his boat.

The experienced sailor from Halifax savoured every second of his time away from shore at this year's Mobility Cup, held Sept. 7 to 11, with a personal best sixth place finish.

Penny and his guide and coach Dee Osmond celebrated on the dock at the Canadian Forces Sailing Association (CFSA) after learning his overall score at the five-day international regatta for sailors with disabilities. Penny had not only broken a two-way tie with Haafsa Char of Montreal in the Gold Fleet competition, but also beat out the Mobility Cup's three other sip 'n' puff sailors.

"No way," Penny exclaimed after getting news from Osmond, who ran back to the dock from the CFSA clubhouse to relay the news.

"Now that we came in sixth, there's a big reason to smile," he said. "I reached my goals, I wanted to do a top 10 [finish] and beat my other sip 'n' puff competitors and I did that. It was a lot of hard work, I spent a lot of time in the boat this summer and there was a lot of great coaching from Dee."

Peter Eagar of Toronto was tops overall in the Gold Fleet competition while Pierre-Yves Lévesque of Montreal won the Silver Fleet competition for beginners and inexperienced sailors.

It's been a long journey for Penny who first realized his dream of staying involved in competitive sports after participating in

the 2006 Mobility Cup.

Twenty-four years ago, the thrill of competition was taken away.

On Oct. 24, 1994, Penny was just 15-years-old and was making collections for his paper route when he was involved in a life-changing cycling accident. He raced down a steep incline, came through an intersection too quickly, and crashed into a ditch.

The accident left him a quadriplegic. Before the accident he was active in soccer, baseball and basketball.

Penny says, "When that opportunity came up in 2006 [Mobility Cup] it filled a void in me."

Since taking to the water Penny has become an ambassador and promoter of his sport for the disabled. He helped revamp the Sail Able Association of Nova Scotia with the help Canadian Paralympic gold medalist Paul Tingley, and currently serves as the organization's chair.

CFSA disabled sailing representative Bill Macdonald says Penny's story is inspirational; he is one of many disabled sailors who have similar tales of courage and determination. Macdonald says Penny is a sailor who embodies the spirit of the Mobility Cup.

"His experience proves to others that there is no end to the survival of the competitive spirit, and that anything is possible," says Macdonald.

Penny says he is already looking to the 2016 Mobility Cup in Montreal and improving on his performance.

The sport of disabled sailing can trace its roots back to the formation of the Disabled Sailing Association of British Columbia, which was started by quadriplegic Sam Sullivan in 1991. Since then other disabled sailing associations have sprung up coast to coast, making the sport more accessible. The CFSA hosted the inaugural Mobility Cup in 1995 and



Images by Peter Mallett, Lookout

Above: Dee Osmond and sailor Kevin Penny grin proudly after the final day of the Gold Fleet competition at the Mobility Cup.

Main image: Two competitors make their way past Fisgard Lighthouse during the final day of the Gold Fleet competition in Esquimalt Harbour.

In Control

THE SIP 'N' PUFF SAILING SYSTEM, at the heart of the Martin 16 sailboat, was developed in the early 1990s by Steve Alvey of the Disabled Sailing Association of Alberta.

The sip 'n' puff was originally used for wheel chairs and computer input, but this application of technology now allows people with the highest level of disabilities to sail.

A small sip or gentle puff of air is all that is required to activate a switch inside the device that controls all functions of the boat, including its sails and steering. A single piece of tubing, or 'straw', controls both switches with a slight pressure of 'puff' to operate one switch while a slight vacuum or 'sip' operates the other.





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In keeping with senior leadership's drive to create and sustain a healthy workforce, CFB Esquimalt's Health Promotion team have designated the weeks of Sept. 21 – Oct. 4 as vegetable and fruit awareness weeks.

While a mother's reminder 'eat your veggies' still lingers in the background of most people's mind, many people reach for the wrong kinds of vegetables – namely those deep fried, canned or frozen.

The ideal diet should contain four or more servings of vegetables and three or more servings of

fruit per day. Choosing fresh un-processed fruits and vegetables is healthier than the store bought ready-made alternatives that can be high in sodium and unhealthy fats.

For those wanting to decrease the waist circumference or even stave off serious, chronic medical conditions, daily doses of fruits and vegetables are one of the best remedies, along with active living. Vegetables and fruits are low in fat and calories. They make a great snack any time of the day.

Did you know:

- Broccoli, red, yellow and green peppers, red cabbage, strawberries, oranges, grapefruit and kiwi are best picks for Vitamin

C, which is needed to help prevent infections and heal cuts.

- Fruits, such as apples, strawberries and citrus fruits contain soluble fibre, which helps to reduce 'bad' cholesterol.
- Most fruits and vegetables, except for juices, also provide insoluble fibre, which helps to keep digestive systems healthy and regular.
- Dark green leafy vegetables, asparagus, broccoli, Brussels sprouts, green peas, avocado, oranges and orange juice are great sources of folate. This B vitamin is needed for healthy red blood cells and is known to protect against neural tube defects during pregnancy. Enjoy a dark green or orange

vegetable or fruit every day.

- Lower your risk for heart disease, stroke and certain types of cancer by choosing antioxidant rich vegetables and fruit. Some examples are raspberries, blueberries and blackberries.

So how much should you have on your plate each meal? Half your plate should be filled with vegetables.

Here's a few more interesting tidbits:

- Men and women aged 19-50 need seven to 10 servings of vegetables and fruit every day.
- Less than 15 percent of the Canadian Armed Forces per-

sonnel are eating vegetables and fruit.

- You need to eat more vegetables and fruit to absorb optimal amounts of nutrients to fuel and recover from your active lifestyle.

Here on base, keep an eye on the MARPAC Notice Board for delectable vegetable recipes, check out the Naden Athletic Centre self-serve kiosk for more information on vegetables and fruit and discover "no fryer days" at Nellies Block galley.

So don't delay. Visit your local farmer's market and fill up the bottom drawers of your refrigerator with fresh, tasty, nutritious fruits and veggies.

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Nonsuch RMS clerk heading to South Korea for CISM Swimming competition

NCdt Edward Buchholtz
HMCS Nonsuch

Being a member of the Canadian Armed Forces swim team has brought LS Marlee Palmer of Alberta many opportunities and memorable moments, such as training camps in Florida, medal-winning swims in France, and international competitions in Brazil.

This October, the swimmer's next challenge will be in Mungyeong, South Korea, for the 6th CISM World Games.

CISM, short for Conseil International du Sport Militaire, is an international organization that hosts Olympic-style events and competitions for armed forces members all over the world. They host more than 20 annual competitions, as well as a Military World Cup for soccer, and Military World Games, which is held once every four years.

LS Palmer and the rest of Team Canada will face tough competition from countries where compulsory military service means they'll likely compete against athletes with prior Olympic experience, or even Olympic victories. There are even some militar-

ies that employ athletes as their job. LS Palmer, on the other hand, works a full-time job on top of her training commitments and military duties.

LS Palmer has been swimming since she was three years old. She swims at least once a day, sometimes twice, and sometimes with a bike ride in-between.

At the CISM event, she'll be competing in multiple individual and team events including 100 metre and 200m breaststroke, 200m and 400m free-style, and two team relays.

Her first participation in CISM's world games was in 2011 in Brazil. Canada's swim team may not have won any medals that year, but she still described the experience as incredible. Her involvement with the team began with tryouts after her acceptance into the navy, following a trail left by her sister, who is a former team captain.

CISM was founded in 1948, and Canada has been a member since 1985. The CAF presently has teams competing in basketball, fencing, golf, running, sailing, shooting, soccer (men's and women's), swimming, taekwondo, triathlon, and volleyball (men's and women's).

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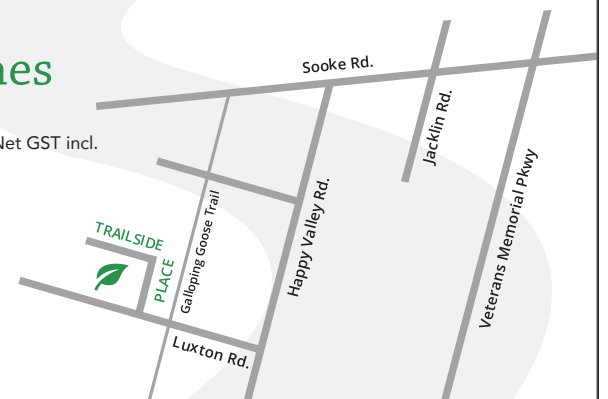


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Storm, rain, fallen wires could not stop military riders

Rachel Lallouz
Staff Writer

According to ride organizers, Captain Gary Levesque, Warrant Officer Duane Bailey and 2,087 other riders braved the most intense weather conditions this August in the Ride to Conquer Cancer's seven-year history.

The two cycled from Cloverdale, B.C., to the outskirts of Seattle from Aug. 29 to 30, enduring record breaking headwinds and rainfall, while navigating around fallen trees and downed electrical wires.

"From the moment we set foot at the fairgrounds of the Cloverdale Agriplex for the opening pep rally, we experienced about 35 minutes of torrential downpour," says Capt Levesque. "We couldn't even see the stage."

By 8 a.m., riders present at the start line hopped on their bicycles to begin that day's 125 kilometre ride to Washington State in wet gear, with Capt Levesque and WO Bailey wringing water from their gloves and pushing off in soaked shoes.

"It was a bittersweet beginning and challenging right off the bat," says Capt Levesque. "But we knew why we were there. We believe in the cause and what we were working towards."

The two military members worked together at the MARPAC headquarters, and are friends of four years. When WO Bailey was diagnosed with cancer in 2013, Capt Levesque couldn't help but be affected. He says it hit him, especially since five members of his extended family have had cancer diagnoses.

After getting the green light from doctors for being cancer free in 2014, WO Bailey decided he wanted to do something to support the Canadian Cancer Foundation in Victoria, the agency that supported him after his surgery to remove a tumor in his colon, and who are direct recipients of funds raised through the ride. When co-worker Petty Officer First Class Pat King mentioned to WO Bailey she would be completing the 2015 ride, he proposed completing it as a group to Capt Levesque.

"We looked at ourselves and we thought: 'we're pretty fit, healthy guys, so what can we do to help?'" says Capt Levesque. "If we can do something now, why not do it while we still can?"

The pair met up in mid-June to train, using the winding Galloping Goose and Lochside Trails to prepare themselves for the repetitive inclines and declines comprising the Vancouver to Seattle route.

Both members identify themselves as novice riders whose cycling experience was limited to daily commuting.

"We started off cycling about 25 kilometres in a day, and worked our way up to about 60 kilometres per ride on their weekend training sessions," says WO Bailey. "Once we got training together, we knew we could finish the ride – it was just a matter of how long it would take us."

Despite their concerns, both members weren't nervous the morning of day one.

"After months of training, I think we both knew we were about as prepared and equipped as we could be," says WO Bailey. "The one thing we both didn't expect was the level of intensity the weather brought us."

After about 50 kilometres into the ride, the two, along with a number of other riders, were forced to walk their bicycles due to 80 kilometre an hour wind gusts.

"Even with two hands on my bike, the wind almost took it out of my hands," says Capt Levesque. "Duane was actually blown into a ditch at one point."

Capt Levesque describes one moment along the route when the two ran into a teenage girl stopped along the roadside.

"She was in tears. The wind was so bad and the power lines were tangling and whistling above us, terrifying her. We grouped together and marched on."

Both attribute the check points located every 25 to 40 kilometres to their safety and well-being during the ride. At each check point they were supplied with water, first aid, food, and could make use of volunteer bicycle mechanics. Back on the road, roving traffic controls protected cyclists from traffic, and requested cyclists to signal whether or not they were okay in the challenging conditions.

At one check point, the two reached the U.S. border, passing through with a quick check of their passports to American customs officials as all riders had pre-cleared Customs with the assistance of Ride Organizers. The duo was next bound for the overnight camp at the Skagit fairgrounds in Washington State.

"As we neared the halfway point of day one, we were stopped by a fallen tree; we navigated around the road hazard, and were again stopped by the hazards as we had to wait two hours for the way to be cleared," says WO Bailey. "Gary and I both got off our bikes and tried to help out in our cycling gear."

They reached their destina-

tion at 4:30 p.m., after six hours of cycling. The two had made it approximately 65 kilometres when the ride was postponed on day one due to the harsh weather.

"Our day two was supposed to be a ride of 115 kilometres total," says WO Bailey. "But there were multiple changes in the route due to fallen power lines and trees, and we ended up biking over 130 kilometres to the finish line in Redmond, outside of Seattle."

As they had planned, when they all reached the final check-point, WO Bailey, Capt Levesque and PO1 King rode across the finish line together.

"At that point, our legs were tired, burning, and sore," says WO Bailey. "You could see hundreds of people in the distance, cyclists milling around and people cheering."

"It's funny," adds Capt Levesque. "We made that last corner and we had a speed burst. It was the energy of the crowd, the film crews and photographers. Our mission was accomplished."

So far, the 2015 Ride to Conquer Cancer has raised \$8.5 million.

WO Duane Bailey and Capt Gary Levesque are currently accepting donations for their 2015 ride until Dec. 31 at: www.conquercancer.ca.



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Bravo ZULU

Cmdre Jeff Zwick, Commander Canadian Fleet Pacific, is promoted to his new rank by RAdm Gilles Couturier, Commander Maritime Forces Pacific, and Cmdre Marta Mulkins, Commander Naval Reserve.



Image by MCpl Michael Bastien, MARPAC Imaging Services



CPO1 Derrick Kitching, PCC Coxswain, gives PO2 Amanda Gall the RCN Certificate of Service. On Sept. 10 in a small ceremony at the Personnel Coordination Centre (PCC) reservist PO2 Amanda Gall retired after 20 years of dedicated service. PO2 Gall's father and still serving husband PO1 Gall attended with senior PCC staff to make presentations. PO2 Gall had an amazing career with many years spent at sea and many friends gained. She is remaining in Victoria with her husband while pursuing her second career. All of her shipmates wish her "Fair Winds and Following Seas".



AB Bear is promoted to LS by Lt(N) Greer, Executive Officer of HMCS Whitehorse, and CPO2 Sayeau Chief Engineer.



LS Simon Shepherd (center) is promoted to his current rank by LCdr Jean Ouellet, Commanding Officer of HMCS Victoria (left), and PO2 Christopher Briand (right).



AB Manuel Arce (center) is promoted to his current rank by LCdr Jean Ouellet, Commanding Officer of HMCS Victoria (left), and PO2 Christopher Briand (right).



MS Mike Stone is presented his Canadian Forces Decoration by Detachment Commanding Officer, LCdr Francis Leung.



LS Louis Broughton receives her appointment to Master Seaman from Cdr Brigitte Boutin, Base Administration Officer.



Cpl Guy Ouimet receives his Cpl rank from LCol Ulpiano Honorio, Commanding Officer, Real Property Operations Unit Pacific.

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ANNOUNCEMENTS

Dementia Friends Workshop will be held on Sept 30, 2015 from 5:30pm to 7:00pm at Esquimalt United Church. This workshop is open to the general public, this free workshop will help you learn how to recognize signs of memory problems and how best to support people with dementia you meet in your community. We can all play a role in making our community a great place to live for people with dementia! Registration is free and can be done online at our website: http://maurinekaragianis.ca/event/dementia-friends/?instance_id=55

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.

VIEW ROYAL READING CENTRE. Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVDs for all ages. Internet is also available. For information call 250-479-2723.

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8	1	9	6	5	4	2	7	3
3	4	6	1	7	2	9	8	5
7	5	1	2	3	6	8	4	9
2	6	8	7	4	9	3	5	1
9	3	4	5	1	8	7	6	2
6	8	5	3	9	1	4	2	7
1	2	3	4	6	7	5	9	8
4	9	7	8	2	5	1	3	6

SUDOKO PUZZLE #2

3	1	4	8	2	6	9	5	7
5	2	6	7	9	3	8	1	4
7	8	9	4	1	5	3	2	6
8	3	7	9	5	4	2	6	1
9	4	1	6	8	2	7	3	5
6	5	2	1	3	7	4	8	9
1	6	8	2	4	9	5	7	3
2	9	5	3	7	1	6	4	8
4	7	3	5	6	8	1	9	2

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SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

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Upcoming recreation events - climb aboard the fun bus

Rachel Lallouz
Staff Writer

Canucks Trip

Calling all Canucks fans! On Saturday, Oct. 24, the second Personnel Support Program (PSP) Recreation-organized Canucks trip will be taking up to 50 Forces members over to the mainland to watch the Canucks play the Detroit Red Wings.

Members will be picked up by bus from the Colwood Pacific Activity Centre (CPAC) or the CANEX to catch the 11 a.m. ferry, and then straight to the Sandman Hotel in downtown Vancouver for a one night's stay.

"Our goal with this trip is to reduce barriers for all attendees," says Gillian Larsen, PSP Manager, Community Recreation. "You don't need to worry about parking your car in Vancouver, or buying tickets - any of the hassles involved with trip planning. We take care of everything."

Cost to attend is \$260 based on a double occupancy room. Family and singles packages can be arranged by calling 250-363-1009.

Larsen recommends registering by the first week of October to reserve a spot. Call the above number or register online at the PSP website, www.pspesquimalt.ca.

Active for Life Family Workshop

Join Larsen and other PSP staff on Wednesday, Sept. 30 from 7 to 8 p.m. at the CPAC for a free physical literacy workshop discussing how families can become active for life.

Physical literacy, Larsen explains, refers to a person's fundamental movement skills and the feeling of being confident and competent in moving their body.

"We're really excited to launch the workshop and educate our community on this issue," says Larsen. "We want parents in our community to be aware of the benefits of physical literacy, and how they can incorporate it into their lives."

During the workshop, PSP staff will provide instruction on a variety of physical literacy exercises, from target practice using balls, and jumping and balancing activities.

Larsen requests that attending members call 250-363-1009 or register online at www.pspesquimalt.ca to RSVP.

Youth Halloween Movie Night Dive-in

Youth ages 10 to 14 can literally kick off Halloween early at the Naden Athletic Centre's pool on Oct. 30 at 7:00 p.m., where the movie "Jaws" will play inside the pool area for kids brave enough to lounge in the water.

Youth are encouraged to play on floaties, hang out on the pool while the movie plays on one side of the pool area on a projector, "drive in" style.

Life jackets will be provided to any swimmers who require them, and popcorn and other lights snacks will be for sale to enjoy outside of the pool area.

Admission is free for youth already holding a membership, while the regular drop in rate of \$4 applies to those who are not members.

Frozen - Disney on ice

Haven't heard enough of Disney's now infamous Frozen songs? Get your ultimate dose at "Frozen: On Ice" at downtown Vancouver's Pacific Colosseum on Sunday, Nov. 29.

For \$260 per adult, and \$135 per child (plus taxes), those attending will be bussed to the 11 a.m. ferry on Sunday morning, and from there to the Accent Inn downtown. After a few hours of unwinding time, families and single members can make their way to the Colosseum for the 7 p.m. show.

"We are so thrilled to be put on this particular trip, and this is such an awesome opportunity to see the show in a different way," says Larsen. "Even if you are an adult, we aren't judging."

Those attending will return on Monday, Nov. 30 on the 11 a.m. ferry.

Registration can be completed at www.pspesquimalt.ca or by calling 250 363 1009.

Seattle Trip

For members looking to get a little further away from B.C., PSP has organized its first across-the-border trip to downtown Seattle, from Saturday, Nov. 21 to Monday, Nov. 23.

Interested members can sign up for either the tourism and shopping package, at \$380 per person, or the sports package, at \$545 per person to watch the Seahawks play the San Francisco 49'ers.

Up to 20 spots are available, though more spots can be made available depending on the demand.

Cost for the trip includes Clipper admission, two nights at the Executive Pacific Hotel, and the return trip. The sports package includes the cost of Seahawks tickets.

"Though it might be pricey, organizing a trip including accommodation, the cost of the Clipper, and tickets would actually be more expensive," says Larsen.

Those who have signed up for the tourism and shopping package can opt to visit the Space Needle, Pike Place Market, the Seattle Great Wheel, and the Seattle Aquarium, to name just a few of the potential sightseeing locations.

Larsen says bring American money and your passport.

Registration is open now, and should be completed online at www.pspesquimalt.ca or by calling 250 363 1009 by the first week of November at the latest.



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