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Welcome Home

HMCS Edmonton & Yellowknife

Leading Seaman Beau Bennekou of HMCS Yellowknife is welcomed home by wife Malena and their children. HMC Ships Yellowknife and Edmonton arrived home on Oct. 5 after being at sea for Operation Limpid. The two ships have been away since August on the routine Arctic mission of domestic surveillance.

Photo by LS Victoria Loganov, MARPAC Imaging Services



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Military members play key role in major renovation

Peter Mallett
Staff Writer

For three weekends this fall sailors from *HMCS Calgary* and volunteers from Boomer's Legacy Foundation gave up their personal time and transformed themselves into heroes.

Approximately 20 sailors from the warship and others recruited by the Canadian Forces Morale and Welfare Services (CFMWS) charitable fund grabbed their steel toed boots and tool belts and went to work for local charity HeroWork in a close to \$300,000 renovation project at Anawim House. The downtown shelter serves as a day house and residence for the homeless and people living in poverty. It was the beneficiary of a HeroWork Radical Renovation, a project that brings together both skilled and non-skilled labourers in a project similar to an old-fashioned barn raising.

During the weekends of Sept. 23, 30 and Oct. 7, civilian and military volunteers worked side-by-side and completed the renovation project.

Work included: building a new nurses room, office, outdoor deck and bike repair shop. Volunteers also upgraded the kitchen and storage area, refurbished a large outdoor shed, and made extensive painting and landscaping improvements.

HeroWork Founder and Executive

Director Paul Latour said the project was completed without any major hitches or surprises. He was pleased the group was also able to achieve more than expected. Bonuses included extra landscaping work, a new staircase and a new roof for the outdoor shed.

Latour noted the crucial role military volunteers have played since HeroWork was founded in 2012, including renovation projects for Rainbow Kitchen, the Mustard Seed Food Bank, Power to Be and others. He says whether military personnel are performing skilled or unskilled tasks they always bring something special to the table.

"HeroWork is so impressed with the work ethic, intelligence and cooperation of military personnel and their ability to form teams and take direction or give direction when appropriate," said Latour. "You immediately see that the teamwork thing is happening, but it comes without the ego. They take charge when it's appropriate and direction when needed."

Sailors from *Calgary* and other military volunteers helped fill a total of 35 eight-hour shifts over three weekends.

Sub-Lieutenant Juliana Currie, a Bridge Watchkeeper in Training on *Calgary*, helped out with landscaping and painting duties on Sept. 30.

It was the 23-year-old's first time volunteering for any charitable group and she said doing the work was an eye-opener.

"Overall, I think it was a very profound experience for me. It was very rewarding and I would definitely do something like this again," said SLt Currie. "I didn't know what to expect coming into this, but everyone was very helpful and it was a truly welcoming environment to work in. The experienced tradespeople on the site were very good at helping explain the tasks at hand to the other volunteers."

In addition to volunteers, the military community has made significant financial contributions to the HeroWork Society, with Boomer's Legacy Foundation making two \$20,000 donations over the past two years. Latour said the group was instrumental in helping HeroWork meet many of its expenses as well as helping recruit volunteers from the community to pitch in on the project.

To show appreciation, two members of the Boomer's Legacy Board of Directors were given a special guided tour of Anawim House on Oct. 1 in advance of the open house reveal on Oct. 14.

For more information about HeroWork, visit their website www.herowork.com.



Lt(N) Colin Dudeck and a civilian volunteer drill holes in the frame of a bench during the renovation project at Anawim House.



HMCS Brandon visits the Prairies

LS Sydney Huyghe
HMCS Brandon

Far from a traditional port visit, sailors from *HMCS Brandon* travelled to the middle of Canada to visit their namesake city in late September.

The journey was made by *Brandon's* Commanding Officer, LCdr Collin Forsberg, as well as MS Donald Merlo and LS Sydney Huyghe (a native of Manitoba). This was the first namesake city visit for all three sailors.

The first day in Brandon included coffee with a reporter from the Brandon Sun newspaper and serving lunch at the Helping Hand Soup Kitchen. The soup kitchen experience proved to be a rewarding part of the trip for all three sailors, allowing them to represent their ship and the navy while giving back to the community.

Later that afternoon, the three ship's representatives visited New Era Elementary School where they spoke to Grade 1/2 split and Grade 5/6 split classes. The students had many interesting and sometimes amusing questions with most of the children

having little to no experience with life at sea.

Brandon's ship's sponsor, Betty Coleman, accompanied the crew during their second day in the city. Their first stop was the office of Rick Chrest, Mayor of Brandon, a visit that further developed the already close relationship between the city and its ship.

Afterward, the crew were special guests at a Brandon Chamber of Commerce luncheon. *Brandon's* delegation learned how the city's small business owners are focused on attracting more young people and families.

The crew was also given a tour of the 12th Manitoba Dragoons and 26th Field Regiment Museum. The tour was informative and allowed the two naval reservists in the delegation to better connect with their army counterparts.

Lastly, the crew spoke to Brandon's local Navy League cadets. They, like the students from New Era School, had many questions about the crew's seagoing careers.



Photo by Charles Tweed, Brandon Sun

LS Sydney Huyghe serves lunch at the Helping Hands Soup Kitchen in Brandon, Manitoba.

Overall, it was a great experience for *Brandon's* crew to connect with the ship's namesake community and strengthen the small prairie town's connection to the Royal Canadian Navy.



Photo Credit: Lori Truscott, CFB Shilo Public Affairs Officer

LCdr Collin Forsberg, HMCS Brandon's Commanding Officer, presents a cheque for \$1,100 to Judy Sieb of Food for Thought, a charity that ensures all school children receive a healthy breakfast.

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WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITERS

Peter Mallett 250-363-3130
peter.mallett@forces.gc.ca

PRODUCTION

Teresa Laird 250-363-8033
production@lookoutnewspaper.com
Bill Cochrane 250-363-8033
workstation3@lookoutnewspaper.com
Shelley Fox 250-363-8033
projects@lookoutnewspaper.com

ACCOUNTS/CLASSIFIEDS/RECEPTION

Mary Lou Climenhaga 250-363-3127
Mary.Climenhaga@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISOR

James Vassallo 250-363-7060
Capt Jenn Jackson 250-363-4060

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WHAT SAY YOU

People Talk

The Lookout attended a recent meeting of Esquimalt's West Coast Toastmasters—an organization focused on improving communication and leadership skills—in Naden and asked its members the question:

What's the most important advice you could give to people about public speaking?



Be authentic because people in your audience will be able to spot someone who isn't genuine very quickly. If you are authentic, people will be more inclined to listen to you and believe what you say.

Ian Dorge



If you are asked to do any form of public speaking, know your audience. Also, make sure you know your topic and the material you will cover prior to the engagement. Don't try to wing it when you are speaking because it will only increase your nervousness and decrease the effectiveness of your speech.

Wendy Arthurs



When you are speaking in public, at all costs try your best to avoid using the commonly and overused phrase: "You know..." The reason we are listening to you in the first place is because we don't know and the phrase is a turn off for most people listening to you.

Rob McDermot



Even if you feel really nervous inside, don't tell your audience you are nervous. If you don't tell them, they will never know and in the end your message will be more convincing and you will feel more confident.

Linda Quesnel

BOOK REVIEW

Unflinching: The Making of a Canadian Sniper

Author: Jody Mitic
Publisher: Simon and Schuster, Toronto

Alex Greer
Contributor

Unflinching is the story of a soldier with visible wounds. It is the story of Jody Mitic recounted in a rather colorful first person narrative.

First, the reader is taken to Mitic's boyhood, and then onto his joining the reserve as an infantryman in the Lorne Scots, and then to his transfer to the regular force.

His first two years in the Royal Canadian Regiment were not for the faint of heart. Due to unfortunate circumstances, he had a worse time than other recruits in being accepted into the regimental family. He considered dropping out, but a supportive Sergeant-Major stood up for him and persuaded him to stay.

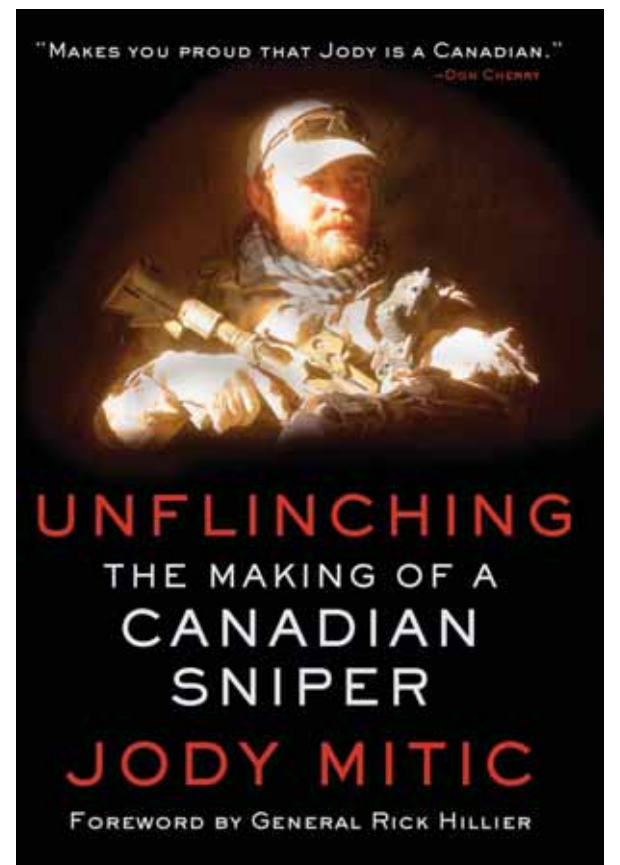
After getting through the regimental hurdles Mitic eventually found his calling as a sniper.

It takes a certain type of individual to be in the military, whether in the army, navy or air force; it takes a particular kind of a soldier to be sniper.

The sniper is focused on the mission, but works in small teams of two or four, which are tasked to take up positions ahead and away from the main force. They can be on their own and can go the extra mile to seize the initiative. In both his training and on operations in Afghanistan, Mitic did just that.

His military career was laced with hardship and triumph, but it would come to an end with tragedy. On an Afghanistan mission, he lost both of his legs.

Getting used to this was not easy, but Mitic found new paths in civilian life. *Unflinching* will interest both military and civilian readers, because it is a human interest story first and shows how, even through setbacks, a person can carry on to new heights.



CORRECTION

On page 8 of the last issue of the Lookout, we incorrectly referred to Tour de Rock rider Cpl Matthew Best as Cpl Chris Best in our coverage of the cycling fundraiser's visit to the base. The Lookout regrets the error.

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HMCS Winnipeg at San Francisco Fleet Week

Lt(N) Ellie Aminaie
HMCS Winnipeg

Last week, *HMCS Winnipeg* attended Fleet Week in San Francisco, California. This six-day event was filled with activities and community relations events with *Winnipeg* actively participating in numerous engagements.

Winnipeg also supported the Canadian Leaders at Sea (CLAS) program, where 23 community leaders, members of parliament and entrepreneurs sailed onboard the ship to San Francisco and back.

During the three-day transit, the ship put its capabilities in warfare and damage control on full display. CLAS participants were particularly impressed by the skill and professionalism of *Winnipeg's* sailors.

Once alongside San Francisco, a group of *Winnipeg* sailors volunteered at St. Anthony's Foundation, a non-profit organization that feeds and clothes those in need. The crew sorted clothing donations and served food in the dining room.

They enjoyed the opportunity to share a meal with the 1,500 people who were

served that day and to hear their personal stories.

"It was a very rewarding experience for me to serve food and to have an opportunity to interact with the less fortunate," said LS Pelletier, who served meals at the event. "It is a humbling experience to see so many people in need of a hot meal and it made me appreciate what I have."

During the Parade of Ships event, during which all participating ships sailed under the Golden Gate bridge in formation, *Winnipeg* had 60 guests embarked, including members of the United States Auxiliary Coast Guard, the San Francisco Police Department, the Port Authority and other members of the community.

It was an especially great experience for the 12 children embarked who thoroughly enjoyed sailing onboard a warship. They got some hands-on experience at the six tour stations, including the Dive Team and the Naval Boarding Party. They also had an opportunity to don bunker gear and handle a fire hose. The guests were impressed and grateful for the experience.

Other notable events at Fleet Week included the Honour Our Fallen USMC concert, the Oakland Navy League Barbecue, the Italian Heritage Parade and the Iconic Photo where 350 members of the Royal Canadian Navy, the United States Navy, the Coast Guard and the Marine Corps gathered for a commemorative group photo, symbolizing the cooperation of the different branches of the Navy.

Winnipeg also hosted a reception on the flight deck with over 200 guests in attendance, co-hosted by the Commander Maritime Forces Pacific, Rear-Admiral Art McDonald, and Consular General of Canada in San Francisco, Rana Sakar. This reception reinforced the close ties the Royal Canadian Navy has with the Fleet Week organization and the city of San Francisco.

Winnipeg showcased RCN hospitality in

true navy fashion during the event. All the food served at the reception represented the Canadian provinces and territories, including bison meatballs from Manitoba, Elk meat from the Northwest Territories, bacon-wrapped filet mignon from Alberta and East Coast lobster cakes. The food was considered the highlight of the event with many guests visiting the cooks in the galley to compliment them on their great work.

As Fleet Week came to an end, *Winnipeg* transited back to Esquimalt, shifting focus to the next task at hand. *Winnipeg's* busy fall schedule includes participation in OpTest Stargazer near Nanoose, the United Nations Peacekeeping Defence Ministers' Conference in Vancouver, the Fleet Navigating Officers' course at sea and Ship Without Air Detachment helicopter training in December.



Fire hose demonstrations were a big hit with the young guests during the Parade of Ships daysail.



A member of the ship's dive team gives a demonstration to the Canadian Leaders at Sea group.



The Naden Band performs during the evening reception onboard *Winnipeg* at San Francisco Fleet Week.



The 2017 San Francisco Fleet Week Iconic Photo representing the United States Navy, the United States Coast Guard, the Royal Canadian Navy and the United States Marines.

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HMCS Montréal deploys to Western Europe for Neptune Trident 17

Navy News

HMCS *Montréal* arrived in Western Europe in mid-September to participate in Neptune Trident 17, an overarching Royal Canadian Navy (RCN) deployment that will include participation in a number of international exercises in the region.

Formidable Shield 17, the first exercise engagement in the series for *Montréal*, is a U.S.-led, joint NATO live-fire Integrated Air Missile Defence exercise involving eight nations, including Canada, France, Germany, Italy, the Netherlands, Spain, the United Kingdom, and the United States.

In conjunction with Neptune Trident 17 and Formidable Shield 17, *Montréal* will also participate in Joint Warrior 17-2, a bi-annual United Kingdom-led multinational exercise that will involve more than 22 warships, numerous aircraft, marines, and troops.

"HMCS *Montréal's* participation in Neptune Trident demonstrates

Canada's commitment to working with our NATO allies and partners to maintain a safe and secure global security environment," said Vice-Admiral Ron Lloyd, Commander Royal Canadian Navy. "I have faith that the officers and sailors onboard HMCS *Montréal* will be exceptional ambassadors of Canada during this important deployment, and I wish them every success."

The purpose of Formidable Shield 17 is to improve allied interoperability in a live-fire Integrated Air and Missile Defense environment, utilizing NATO command and control reporting structures. Formidable Shield 17 will feature the first no-notice launch of ballistic missile defence and air defence targets in the European theatre. Joint Warrior 17-2 focused on submarine, mine warfare and live-firing activity, and took place in the Scottish Exercise Areas from Sept. 30 to Oct. 12, 2017.

"Neptune Trident is a great opportunity for HMCS *Montréal* to train in a high-readiness environment with inter-

national partners," said Rear-Admiral Craig Baines, Commander Maritime Forces Atlantic. "These joint opportunities allow participating NATO forces to become familiar with how each other work, which is a huge benefit as we continue to develop mutual trust and confidence in each other's operational capabilities."

Throughout this deployment, *Montréal* will also continue its experimentation activities associated with the RCN's Experimental Ship, or "X-Ship", program and initiatives, which are focused on supporting future classes of ships such as the Canadian Surface Combatant. *Montréal* was designated as the X-Ship in March 2016. X-Ship is a program designed to advance innovative and leading edge naval concepts in all areas of warship deployment, crewing and sustainment.

Montréal's deployment will take place in the North Atlantic and North Sea and will continue until early December, 2017.



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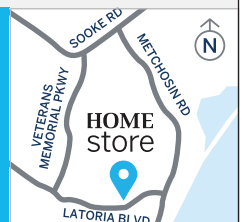
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HMCS Montréal honours fallen sailors from Second World War

Lieutenant(N) Linda Coleman
Public Affairs Officer

Crew members from *HMCS Montréal* recently took time from their operation to honour and remember the officers and sailors of *HMCS Athabaskan* who were lost at sea when the ship was torpedoed and sunk off the coast of France during the Second World War.

The ship's company and staff members from Canadian Fleet Atlantic embarked in *Montréal* for Neptune Trident 17-02 laid wreaths at the cenotaph at Plouescat Cemetery, France where 59 of the 128 sailors from *HMCS Athabaskan* are buried.

The next day, as the ship transited north, crew members laid a wreath at sea over the area where *HMCS Athabaskan* sank. The wreath was laid by those who served in *HMCS Athabaskan III*, as they have a close connection to the ship and its history.

"When I was at the cemetery yesterday, I was struck, as I usually am when I visit a war cemetery, by the age of the fallen," said Cdr Sherban, *Montréal's* commanding officer, during the at-sea wreath-laying ceremony.

"Now imagine that you're 18 to 20 years old – the same age as many of the sailors in the *Athabaskan* and indeed all of the fighting ships of the navy," he said. "A year ago, you were finishing school, working on your family's farm,

trying to find a date for the next dance and suffering from all of that angst and awkwardness that sometimes afflict those who are young. Now you're fighting for your life off a foreign coast wondering if you're going to live or die. Imagine you at that age."

Cdr Sherban's remarks served as a reminder of the horrors of war, the sacrifices made, and the importance of why we continue to remember our fallen heroes.

"One of the stories that resonates with me the most is the story of the captain, John Stubbs," he stated. "Already in the water as his ship sank around him, the *Haida* spotted and approached him. *HMCS Haida's* captain, Harry DeWolf, implored Stubbs to come aboard; however, he refused rescue, demanding that DeWolf take *Haida* back to England before they could be targeted by the Luftwaffe or returning Kriegsmarine units. [He] then swam back to save as many of his sailors as possible. He died and is buried in Plouescat alongside those very same sailors."

The ceremony concluded with the ship's company of *Montréal* feeling a sense of honour, pride, and relief that we're no longer sailing in such dangerous times. Following the ceremony, *Montréal* continued north on Neptune Trident 17-02, conducting operations with partners and allies.



Photo by LS Dan Bard, Formation Imaging Services

The ship's company of *HMCS Montréal* marches through the gates of Plouescat Cemetery.

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Get Ready to Shake Out.

BC Shakeout 2017 October 19, 10:19 a.m.

On Oct. 19 at 10:19 a.m. CFB Esquimalt will take part in the 2017 BC Shakeout, a province-wide earthquake drill.

The goal of the drill is to improve awareness and preparedness for major earthquakes. It encourages everyone to be better prepared on what to do before, during and after an earthquake.

Vancouver Island sits next to the Juan de Fuca plate, which is subducting itself under the North American plate at the Cascadia subduction zone. This is the second largest tectonically active fault system in North America, and extends from northern California to Vancouver Island.

The last large earthquake to hit this region was around 1700. That quake is estimated to have measured 8.7 to 9.2 on the richter scale.

Though scientists are continually learning more about tectonic plates and the causes of earthquakes, they can't predict when the "Big One" will come.

This annual earthquake exercise provides an opportunity to check our preparations not only on base, but at home as well.

Prepare to be without resources for at

least 72 hours and quite possibly longer in the event of a large scale disaster.

Prior to the exercise, all personnel should take the time to review the following procedures:

- Visit the BC Shakeout website for some great information, www.shakeoutbc.ca
- Familiarize yourself with the location of your building's E-Box muster area. Locations are available on the DND intranet at: <http://esquimalt.mil.ca/bcomd/baseops/Diasters%20and%20Emergencies.htm>
- Ensure you have a personal emergency kit under your desk. Report any deficiencies to your Chain of command

When the exercise begins, personnel from Base Operations will activate the Emergency Operations Centre and take reports from the E-Boxes and outstations.

Information on preparedness, assessing personal risk, family reunification, and more can be found at Emergency Management BC: www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery-recovery.

ON THE DAY OF THE SHAKEOUT, the exercise will be triggered by the mass notification system siren.

At that time, all personnel are to take the following actions:

- 1. Duck, Cover and Hold On (Protect yourself)**
 - Duck under a desk or a table to protect yourself from falling objects
 - Curl into the fetal position to protect your vital organs
 - Wait for the earthquake to stop
- 2. Count to Sixty (Count out loud)**
 - Counting to sixty will allow any unstable objects or debris to finish falling
 - Counting out loud will confirm to others that you are nearby and conscious
- 3. Exit Building (Safe, orderly & expeditious)**
 - Exit the building in a safe and orderly manner
 - Ensure that you take your Personal Emergency Kit (red bag)
 - Do not delay your exit by taking personal belongings
 - Do not attempt to free trapped individuals, but note their exact location
- 4. Meet at Muster Point**
 - Report to BEC/FEC
 - Report location of any trapped individuals to BEC/FEC
 - Remain on site until further notice
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 - BEC to report to designated E-Box
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Tis the season: get your flu shot

As flu season begins, military members are encouraged to get their flu shot to minimize the spread of the flu to co-workers and family members.

The flu vaccine available to military personnel for the 2017/18 flu season is Fluzone, an inactivated vaccine containing four different strains of the flu virus. The vaccine is available now to all military personnel at the immunization clinic or in your Integrated Health Team.

Military personnel have dynamic jobs, which can include national and international travel and living in close quarters with others. This can lead to increased exposure to viruses. We can all experience stress and overwork at times, which can also weaken our

immune systems. You can even get the flu virus and not have any symptoms, but still spread it to others.

Getting vaccinated means you are much less likely to get sick this winter, which in turn means you remain an effective member of your team. It also protects others in our community who have weakened immune systems from getting the flu such as children and the elderly.

What is the flu?

The flu is an illness most commonly caused by the influenza virus types A and B. Some people get mildly ill, while others get very sick.

Flu symptoms usually include the sudden appearance of:

- high fever (39°C and above)
- cough
- muscle aches

Other common symptoms include:

- headache

- chills
- loss of appetite
- fatigue (tiredness)
- sore throat
- runny or stuffy nose

Some people, especially children, may also experience:

- a stomach ache
- diarrhea
- nausea and vomiting

It takes one to four days for flu symptoms to appear after exposure to the virus. Most people recover from the flu in seven to 10 days. Others may develop serious complications, such as pneumonia (a lung infection), and may need hospital care.

How can I avoid getting the flu?

The best way to protect yourself and others from getting the flu is by getting vaccinated. You can also protect yourself by washing your hands frequently, eating a healthy diet and getting enough rest and exercise.



Photo by Peter Mallett, Lookout
 Corporal Mark-Andre Bertrand-Bigras, a Medical Technician with Canadian Forces Health Services Centre (Pacific), administers a flu shot to his Commanding Officer, Lieutenant Colonel Gordon Peckham, during a flu shot clinic in Dockyard.

Want to know what your Base Commander is up to?

Do you use Facebook? Twitter?

Follow Captain (N) Jason Boyd @MayorCFBESq and visit facebook.com/EsquimaltBase/

FAMILY VIOLENCE PREVENTION AND AWARENESS WEEK: OCT 16-22

Take a stand against family violence

Family violence is an emotionally charged topic. It can be difficult to talk about, but everyone can take a stand.

To help people understand the issues surrounding family violence and how it can be prevented, the Family Crisis Team (FCT) is hosting a lunch hour information session on Oct. 17 at the Chief and Petty Officers Mess from 11:30 a.m.-1:30 p.m.

Feel free to bring your lunch. Everyone is welcome.

This interactive session with members of the Defence Team and the FCT will explore:

- What is family violence in terms of the Mental Health Continuum?
- Who is affected by family violence?
- Why is the DND/CAF concerned with the issue of family violence?
- What are the resources available for those experiencing family violence?
- What can you do in your community to make a difference?

If you can't attend, consider booking a unit brief by contacting the Family Crisis Team (FCT) at Curtis.Stevens@forces.gc.ca.

For more resources, visit <http://bit.ly/2yjAgHP>

FREE INFO SESSION

Learn about family violence and how it can be prevented.

October 17, 2017
Chief and Petty Officers Mess
11:30 a.m.-1:30 p.m

Take A Stand!
 Against family violence
Prenez position
 contre la violence en milieu familial

We did! Make the call.
Nous l'avons fait! Alors appelez.

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Tips for dealing with moments of anger

If you have trouble managing your anger, try using these five steps to keep it from affecting others:

1. Recognize your anger.

Admit it to yourself. Remember that anger is a healthy human emotion. It's okay to get angry. It's not okay to hit someone or be emotionally abusive. Pay attention to the signs of hidden anger - tensed muscles, accident-proneness, feelings of frustration or disappointment and a

tendency to use sarcasm.

2. Identify the cause of your anger.

Sometimes it may be obvious. At other times, the cause of your anger may not be what it seemed at first. You may be stressed out from a bad day at work, frustrated by a traffic jam that is making you late or worried about paying your bills.

3. Take a time out and calm down.

Walk away from the situation if you can. Try

some deep breathing to help you relax. Think about what you are trying to do. Are you trying to defeat the person or are you trying to solve the problem? If your motive is negative, the results will be too.

4. Decide what to do.

Determine what choices and options you have to solve the problem that caused your anger. Listen to other people's point of view. Pick constructive solutions and try them. If

they don't work, try different options.

5. Ask for help.

If you are having trouble managing your anger in a way that doesn't hurt others, or if you are getting angry too often, then get help. Phone your local crisis line, distress centre, child welfare agency, Military Family Resource Centre or the Family Info Line (1-800-866-4546). Look in the front pages of the phone book for emergency numbers.



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WEEK 3:

OCT 16-22 - FAMILY VIOLENCE AWARENESS & PREVENTION WEEK

OCT 17 - COMMUNITY DISCUSSION - Chiefs' & Petty Officers' Mess

• **11:30 am to 1:30 pm:** Bring your lunch and join our community discussion. RSVP to Andrea.Lam@forces.gc.ca

OCT 20 - CAF NATIONAL SPORTS DAY RUN AND SKILLS TOURNAMENT

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Sports Day fun for everyone

Peter Mallett
Staff Writer

Athletes of all levels at CFB Esquimalt are gearing up for Canadian Armed Forces Sports Day.

On Oct. 20, the Canadian military's annual celebration of all things sport happens at bases across the country and around the world. The purpose of CAF Sports Day has little to do with wins and losses. Instead, the event is meant to be inclusive and has more to do with the "fun factor", explains Heather Catte, Personnel Support Programs Sports Coordinator.

"The real purpose of this event is for people of all levels of skill and experience to get out there and participate," she says. "Sports Day is a great way to be physically active, try new sports and activities, develop new skills, build teamwork and camaraderie, and meet new people."

This year's Sports Day includes three main components: a 5 kilometre National Sports Day Run, a sports tabloid and a variety of mini-tournaments.

The action begins at 8:30 a.m. at the Naden Drill Shed with the National Sports Day Run. Participants are encouraged to arrive early, with proper Department of National Defence identification, to complete the registration process.

At 10:30 a.m., the Naden Athletic Centre (NAC) will be the stage for the seven-event sports tabloid, which features basketball, volleyball, squash, cricket, spin, swimming

and rowing.

Mini tournaments also begin at 10:30 a.m. and involve slo-pitch, three-on-three hockey and seven-aside soccer. Registration for the mini tournaments closes on Oct. 16. To register, email Heather Catte at heather.catte@forces.gc.ca with your team name.

Civilian employees at the base are also eligible to take part in the sports tabloid and mini tournaments, but will be required to sign an injury waiver before taking part.

Those who take part in the sports tabloid or the mini tournaments can use participation credits earned as points for their unit's Cock of The Walk team.

Three food trucks will be at the NAC, each with free food and beverages available for 200 sports day participants. Free food tickets will be given to teams as well as athletes who hand in a passport with three stamps. Tickets can be collected at the Health Partners booth behind the NAC. The food trucks will also have food available for purchase for anyone who doesn't get a free food ticket.

Last year's CAF Sports Day had approximately 11,000 registered participants who took part in more than 200 Sports Day activities across the country.

On the eve of Sports Day, Oct. 19, CFB Esquimalt will host its annual local Athletic Awards Ceremony starting at 4:30 p.m. Ottawa will wrap up its sports day by hosting the annual national CAF Sports Award Ceremony, which celebrates the year's outstanding athletes.



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Photo by Scott Branch, MFRC

Military Family Resource Centre Interim Executive Director Jackie Carlé (second from left) receives a cheque from the Vancouver Island Charity Riders (from left) Anne Goosney, Traci Turner, Kristine Ovens, and Scott Kazakoff. The funds will assist in the creation of a Play Therapy program at the MFRC.

Island Charity Riders give MFRC Play Therapy program a boost

Peter Mallett
Staff Writer

The Vancouver Island Charity Riders have helped rev the engine of the Esquimalt Military Family Resource Centre's (MFRC) new Therapeutic Play Program with a \$1,000 donation.

The local group of motorcycle enthusiasts pulled into the Colwood Pacific Activity Centre (CPAC) on Sept. 15 to make the donation, which will be used to launch the new support program for children of military members.

Play therapy is a technique developed in the 1940s by renowned United States psychologist Virginia Mae Axline. Her person-centered approach is based on the concept that play is a child's natural medium of expression. Incorporating therapeutic play strategies can help children better express themselves and resolve issues in the language of a child.

Issues that could potentially be helped by Therapeutic Play include deployments, work-related separations and transitions, said MFRC spokesman Jon

Chabun.

The MFRC plans to introduce its Therapeutic Play Program in 2018 and interim Executive Director Jackie Carlé says the donation gave the new program a huge boost.

"When we were approached by Geoff Turner of the Vancouver Island Charity Riders asking how they could help, we were touched by their offer and immediately identified the need for supplies and equipment to enhance our work with children experiencing stress and anxiety," said Carlé. "As a not-for-profit

organization, we at the MFRC are always grateful for financial support."

Carlé said the funds will be used to reconfigure space for the program and to purchase supplies, including items such as easels for painting and a sand table.

MFRC Social Worker Pauline Sibbald is completing training for the new program at the Rocky Mountain Play Therapy Institute in Calgary. At the end of her two-year training, Sibbald will be able to apply for certification with the Canadian Association for Child and Play Therapy.



LS Elysia Allen (centre), a Human Resources Administrator Clerk at the Base Orderly Room, is promoted to her current rank. From left to right - CWO Mark Dankwerth (Branch CWO), Debbie Allen (mother), Melissa Francis (partner), LS Allen, Cdr Jeanne Lessard (BAdminO), Jack Allen (father), CPO2 Pam Salter (BOR Supervisor).



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- 28th Halloween Dance to Twelve O'Clock Rock 7-11 PM
- 29th Bingo 2-5 PM

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Charitable Campaign kicks off with a pancake breakfast



Photo by Will Chaster, Base Public Affairs

Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, addresses the crowd at the National Defence Workplace Charitable Campaign pancake breakfast kick off event.

Unit representatives will soon be bringing around pledge forms allowing individuals to make a lump sum or payroll deduction donation for this year's NDWCC campaign. The deadline for these donations is Nov. 30. If your unit doesn't yet have a NDWCC representative, consider taking on the role; contact Campaign Associate Kelly Binette at kelly.binette@uwgv.ca or at 363-4896. In addition to donations and fundraising events, this year's charitable campaign focuses heavily on volunteer work done by members of the defence team. Consider donating time to a local charity, as many non-profit organizations need boots on the ground as much as they need money to play an effective role in the community.



Don't know where to turn? Come to the Employee Assistance Program Open House

Building D74

(100 steps past the post office on the same side of the road)

October 18 from 11:30 a.m. to 1:30 p.m.

For a chance to win a prize, bring your answers to the following questions:

Answers can be found on the EAP website at <http://hrciv-rhciv.mil.ca/en/employee-assistance-program.page>

1. What is EAP?
2. Are the services of EAP confidential?
3. What is the role of the Referral Agent?
4. What is Health Canada's role?
5. How can I access help?

The Employee Assistance Program (EAP) is a confidential, voluntary and neutral service available to civilian employees and their immediate family members dealing with issues affecting their well-being.

In the late 1970s, DND employees across the country were informally providing EAP services to colleagues. The suicide of Bob Percher, Chief Shop Steward at CFB Chilliwack and the Union of National Defence Employees National Vice-President, became the catalyst for DND's formal EAP, which was founded in 1982.

In January 2012, the program extended services by providing 24/7 free professional short-term counselling to employees and eligible family members through Health Canada Employee assistance Services (HC-EAS).

- For information and access to peer referral services: hrciv-rhciv.mil.ca
- To access free short term counselling contact HC-EAS (24/7) 1-800-268-7708 or 1-800-567-5803 (for the hearing impaired)

To celebrate 35 years of EAP services, drop by for free coffee and muffins on October 18.

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ATTENTION GENERAL PANET High School Alumni Camp Petawawa Ontario. The General Panet High School Reunion Committee is proud to be organizing one of the Largest High School Reunions from Friday May 18, 2018 - Sunday May 20, 2018. To register for this event please contact Keith Croucher at kcroucher57@eastlink.ca or 250-590-3690

THE JUAN DE FUCA ARTS & CRAFTS GUILD is still accepting vendors for our 42nd Annual Holiday Gifts Galore Christmas Craft Sale. Please send photos of your work with a short description to the following contact email address and information will be provided to you: holiday-giftsgalore@gmail.com

ANNOUNCEMENTS

THE 42ND ANNUAL CHRISTMAS Craft Sale of the Juan de Fuca Arts & Crafts Guild and friends. Free admission, door prize, wheelchair accessible, free parking, on bus route. New vendors as well as traditional favourites. Saturday, November 11, 2017 from 9 a.m. to 4 p.m.; Sunday, November 12, 2017 from Noon to 4 p.m. St. Joseph's School Gym, 757 Burnside Road West, Victoria, BC Facebook page is: https://www.facebook.com/Juan-de-Fuca-Arts-and-Crafts-Guild-138506396236300/

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WHO: For military members and their families

HOW: Register by emailing: haunted Saskatoon@outlook.com

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