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## Summer's last splash



Shawn O'Hara, Lookout  
Kaitlyn Gear takes a refreshing ride on a slip-and-slide at the Colwood Pacific Activity Centre (CPAC) Summer Camp. Every summer from June to August the CPAC hosts summer camp programs for the children of CF personnel and children in the surrounding regions.

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**Details on page 2**

# Blisters and bliss, military marchers brave Nijmegen

**Shelley Lipke**  
Staff writer

It was blisters and bliss for the Maritime Forces Pacific (MARPAAC) contingent when they marched in one of the world's largest annual pilgrimages.

From July 17 – 20, MARPAAC's team joined more than 45,000 military marchers from around the world for the 96<sup>th</sup> annual Nijmegen March held in The Netherlands.

"It was definitely physically challenging for everyone," said Lt Pam Harris, MARPAAC Nijmegen 2012 team leader. "Even with all the training we did it really took a toll on my body doing four days marching that pace."

Each day marchers strapped on a rucksack loaded with 10 kilograms of sand, laced up their combat boots, formed up, and marched, while singing songs to take their minds off the aches and pains.

The route was different each day, but always led back to the small village of Nijmegen where the march began in 1916.

"It was initially a military incentive to keep military members in shape and was started by the Dutch, but it is now more geared to honour military members who helped liberate that area of Holland during



Team MARPAAC during the 2012 Nijmegen Marches cheers with the crowd as they march through the streets of Groesbeek, Netherlands, during day three of the four-day marches.

Photo by MCpl Shilo Adamson, DND

the war," said Lt Harris.

Each night back at the camp marchers soaked their feet, tended to their blisters and prepared for the next day.

"We would march for about eight hours a day," said Lt Harris. "No one complained and everyone interacted with the kids and civilians we met along the way. The team spirit and morale was great. I was very

proud of our team. They were amazing."

Nijmegen veterans CPO2 Chris Koblun and Sgt Kim Arnold went as sweepers, supporting the Canadian and British teams when they needed motivation towards the finish line.

Day three proved the most challenging due to all-day rain that saturated the marchers' boots and socks.

On day four they found it exhilarating to be cheered on by thousands of people for the final few kilometres.

"Civilians lined the streets to cheer us on. There were literally thousands of people lined up from the streets to the buildings, and some were hanging out of windows. There wasn't any space left to stand for kilometres," said Lt Harris. "They really love the Canadians because of our part in the liberation of Holland."

After the march was over most members had time to explore Holland and other parts of Europe before returning to Esquimalt.

The event annually draws more than 40,000 marchers from 50 different nations and is witnessed by more than one million spectators along the 160 kilometre route.

During the Second World War, Canadian soldiers liberated the area around Nijmegen, and there is a large Canadian military cemetery in nearby Groesbeek. It serves as the final resting place for over 2,300 Canadian soldiers and airmen. The cemetery is on the route of the third day of the March, and all military marchers halted there to pay their respects and conduct remembrance services.

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Cdr Bradley Peats of NOTC accepts a donation of 50 hand-made quilts from Marilyn Fuller, the Vancouver Island Representative for Quilts of Valour. Photo by Shawn O'Hara, Lookout

## Hand-made hug for injured

**Shawn O'Hara**  
Staff Writer

History and valour melded last Saturday at Fort Rodd Hill during Fab Fort, a celebration of Canada's military.

Amidst the howitzers, medieval re-enactors, vintage military vehicles and thousands of visitors, two dozen local quilters delivered 50 hand-made quilts for injured veterans and service members.

Accepting the quilts on behalf of the Canadian Forces was Cdr Bradley Peats of the Naval Officer Training Centre.

"The CF is like a family. That family isn't just its active service members," said Cdr Peats. "It's our families, civilian organizations, and grassroots organization like Quilts of Valour that do such remarkable things for service men and women."

The women of Quilts of Valour have been stitching these hand-made coverlets since 2006, when the organization was founded by Lezley Zwaal of Edmonton, Alberta. Since then, chapters have sprung up all over Canada and delivered more than 1,500 quilts.

The Vancouver Island chapter is headed

by Marilyn Fuller, who was on hand to make the Aug. 19 presentation.

"We wouldn't have what we have if the military didn't do what they do," said Fuller, who's had the opportunity to personally deliver quilts to a number of veterans. She says the meetings often ended in tears of happiness. "They just didn't understand that so many people are appreciative of what they do."

The quilts are created from donated fabric and materials, including two huge boxes of scrap fabric given to Quilts of Valour by Parks Canada. The scrap fabric began as 19<sup>th</sup> century-style clothing for historic displays and will find new life warming and comforting injured veterans.

"Quilts of Valour is very close to what we do at Fort Rodd Hill," says Dave King, Manager at Fort Rodd Hill. "The effects of war are often understated, and what these quilts mean to veterans can't be overlooked."

Quilts of Valour is always accepting materials donations, and information on the organization can be found at [www.quiltsofvalour.ca](http://www.quiltsofvalour.ca)



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## WHAT SAY YOU

# MOVIE *Review*

## Ice Age 4: an icy treat for all ages

**Jennifer Fielding**  
Contributor

I took my eight-year-old son to see *Ice Age 4: Continental Drift*, and it offered plenty to keep both of us entertained.

First, a special delight for the grownups was the brilliant animated short *The Longest Daycare* featuring Maggie Simpson, containing no dialogue, which left me in stitches while at the same time marvelling at the cleverness of this 4 1/2-minute masterpiece. Three words: Ayn Rand Daycare.

We were then transported back through time to the world of Ice Age and the eclectic and eccentric group of mammals who have come together as a family. The animation is, as always, breathtaking. The story itself is one that both younger and older audiences will enjoy.

Peaches the mammoth (Keke Palmer of TV's *True Jackson, VP*), a baby in the last film, is now a teenager who wants to fit in with the "cool kids" (Drake among them), butting heads with overprotective father

Manny (Ray Romano), while mom Ellie (Queen Latifah) tries her best to mediate.

Sid the Sloth's (John Leguizamo) family, who had abandoned him, shows up just long enough to dump Sid's flaky and cantankerous 80-year-old Granny (the incomparably hilarious Wanda Sykes) and take off again.

As the glaciers begin to shift and split apart, Manny, Sid, saber-toothed tiger Diego (Denis Leary, with characteristic sarcastic wit) and Granny become trapped on an ice floe heading out to sea. Manny tells his wife and daughter to lead the other animals to the land bridge where he will meet them. The group on the ice floe is captured by a band of pirates led by the deliciously evil prehistoric ape Captain Gutt (Peter Dinklage, *Game of Thrones*) and his first mate, wily Shira the saber-toothed tiger (Jennifer Lopez, entirely in her element).

When the group manages to escape, Shira finds herself separated from the pirates, and the escapees save her but question

whether they can trust her as she struggles with divided loyalties; Gutt has been cruel to her but is head of the only family she has ever known.

The group allies itself with a population of hyraxes (which resemble large mice with fur) and work as a team to try and thwart the murderous Gutt in order to make it home to their family.

Back home, Peaches learns some valuable and life-saving lessons about true friendship and courage and, in fact, ends up teaching her father a few things.

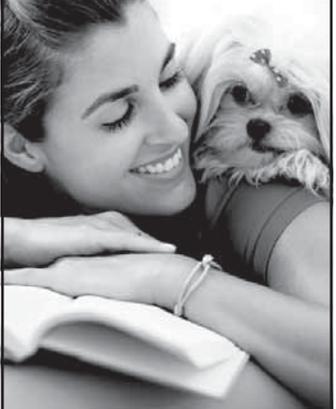
The Ice Age films appeal to me because although they feature some pretty dire situations, they are offset by plenty of humour and absurdity where appropriate.

Scrat the squirrel makes an appearance, of course, and in his eternal pursuit of the elusive acorn, wreaks all kinds of havoc on geography and history.

Is the movie fairly predictable? Yes. But it is very funny, has plenty of heart and contains a lot of positive messages without being too heavy-handed.

**Rating: 9/10**

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## People Talk

Lookout asked this question: *If you could recommend one new green initiative for the base, what would it be?*



I think that the base is doing everything they can. We're dealing with recycling and fuel efficiency better than we ever have.

**Barry Joiner**



I think it would be good if the left over food from the ships could be collected and donated to a charitable organization. A lot of food gets thrown out and there is a better use for it.

**LS Angelo Aires**



It would be good if we were able to find a way to cut our dependency on the electrical grid, and move on to renewable energy sources. It would be cheaper, more efficient, and better for the environment.

**Lt(N) Nick LeBlenc**



The buildings could be renovated to make them more energy efficient. A lot need new windows, better insulation, that kind of thing. A lot of energy can get wasted, so it'd be cheaper in the long run.

**LS Matthew Pelletier**



The recycling program could be expanded. The more we recycle the better it is for the environment. That's clear.

**Tom Irvine**

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# NEWS nuggets

## HMCS Regina arrives in theatre

HMCS Regina arrived in the Arabian Sea Aug. 19 to join the multinational coalition fleet conducting maritime security operations in the region.

Regina left Dockyard at CFB Esquimalt July 3 to replace HMCS Charlottetown as part of Operation Artemis. Op Artemis is Canada's contribution to Combined Task Force 150 (CTF-150), the multinational flotilla conducting counter-terrorism operations in the Arabian Sea, the Gulf of Aden, the Gulf of Oman, and the Indian Ocean.

### Attempted Abduction

The RCMP and military police are investigating a report of an attempted abduction of a nine-year-old girl at 19 Wing Air Force Base in Comox. The girl was riding her bike at about 4 p.m. Friday when a blue van with two men in it slowed down.

The girl rode home and told her mother, giving detailed descriptions of the men. The driver was white, about 50 years of age, had a scar on his left cheek and was clean-shaven. He was wearing jeans and a navyblue T-shirt. The passenger had a star tattoo on the left side of his neck.

He was white, blond hair with a moustache, and a small scar under his lip. He was wearing blue jeans and a black T-shirt. The vehicle driven by the men is described as a blue cargo-style Chevrolet Astro Van with windows on the rear doors and panels on the sides.

### Vernon Crash Kills Teen

Police are still trying to determine the cause of an accident that claimed the life of a 17-year-old Vernon teen. Mercedes Mari-Lynne Fraser died Aug. 17 from injuries she sustained when the bicycle she was riding was struck by a car at about 6:30 a.m. The investigation will consider the condition of the 64-year-old Vernon woman operating the car. The driver was taken to hospital with injuries sustained during the accident.

Fraser was entering Grade 12 and was working at the Vernon Cadet Camp for the summer.

### Ottawa remembered

If you are former crew member of HMCS Ottawa I, II, III or IV, please join Cdr Scott Van Will, Commanding Officer, and the crew of HMCS Ottawa in marking 70 years since the loss of Ottawa I and 114 crew.

A brief ceremony will be conducted on Sept. 14 at 11 a.m. on board the warship.

Dress is N1A for service members and business casual for former crew.

RSVP is required for all guests no later than Sept. 11 to Sid Tobias, Coxswain Ottawa IV, 250-363-5708, david.tobias2@forces.gc.ca

### Calling all Sea Trainers

All current and former Sea Trainers are invited to attend the 19th Annual Sea Training Mess Dinner taking place Friday Sept. 28 at the CFB Esquimalt Wardroom, located at 1586 Esquimalt Road, Esquimalt B.C. V9A 7N2.

This year's event will kick off at 1800hrs with supper being served at 1845hrs. Dress for serving military members will be N2's and for retired members a suit or sports coat and slacks.

Cost is \$35 and may be paid by cheque or cash to PO1 Corey Lange at Sea Training Pacific, PO Box 17000 Station Forces, Victoria, B.C. V9A 7N2 until Sept. 14. For more information, please call PO1 Corey Lange at 250-363-1264 or via email at corey.lange@forces.gc.ca.



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# Project FORCE: Changes in military fitness standards

**Shawn O'Hara**  
Staff Writer

Fitness requirements for employment in the Canadian Forces are changing by next April. The current standard has been in place for decades based on a person's ability to successfully perform a group of activities known as the Common Military Task Fitness Evaluation. Referred to as the Five Common Tasks, they include a trench dig, low-high Crawl, a sea evacuation, a land evacuation, and a sandbag carry.

While these tasks were an accurate bench mark at the time of their inception more than 20 years ago, requirements have changed.

"The job has changed," explains Rachel Blacklock, Human Performance Research Manager for Project FORCE. "The tests that are in place now are outdated, and are no longer as accurate at depicting what is required of a CF member on the job."

She adds, the reason for the change comes from the evolution of Canada's role in international relations.

Following a research

period, and a recent three-month field data collection, the Fitness for Operational Requirements for Canadian Forces Employment program (Project FORCE) has devised six new tasks that will form the basis of the new fitness test, to be implemented as a training objective in the new fiscal year.

The new tasks are a picket and wire carry, escape to cover, sandbag fortification, casualty extraction, a stretcher carry, and a latrine dig.

The new program is also gender and age neutral, where the old program had performance grades based on age group and whether the participant was male or female. This doesn't mean the new standard is more or less difficult than the old. According to Blacklock, it's simply reflective of the job.

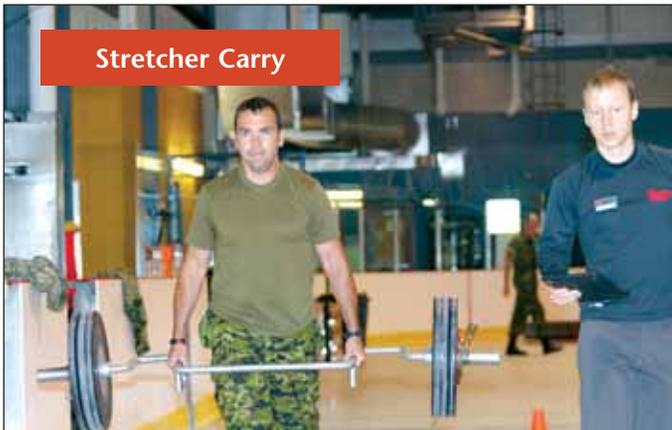
"The tasks are based on actual operations. It's not set by a certain percentage of participants," she says. "If we test 600 people, and everyone meets the standard that doesn't mean the standard is too easy. It is where it is because that's what required by the job."



Escape to Cover



Sand Bag Fortification



Stretcher Carry



Abolitions Dig

Some of the new tasks that are being implemented are depicted in these photos. These training objectives will form the basis of the new fitness test.

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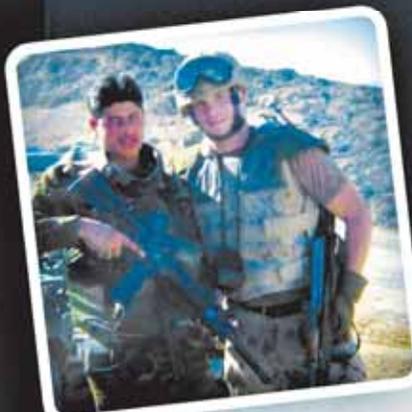


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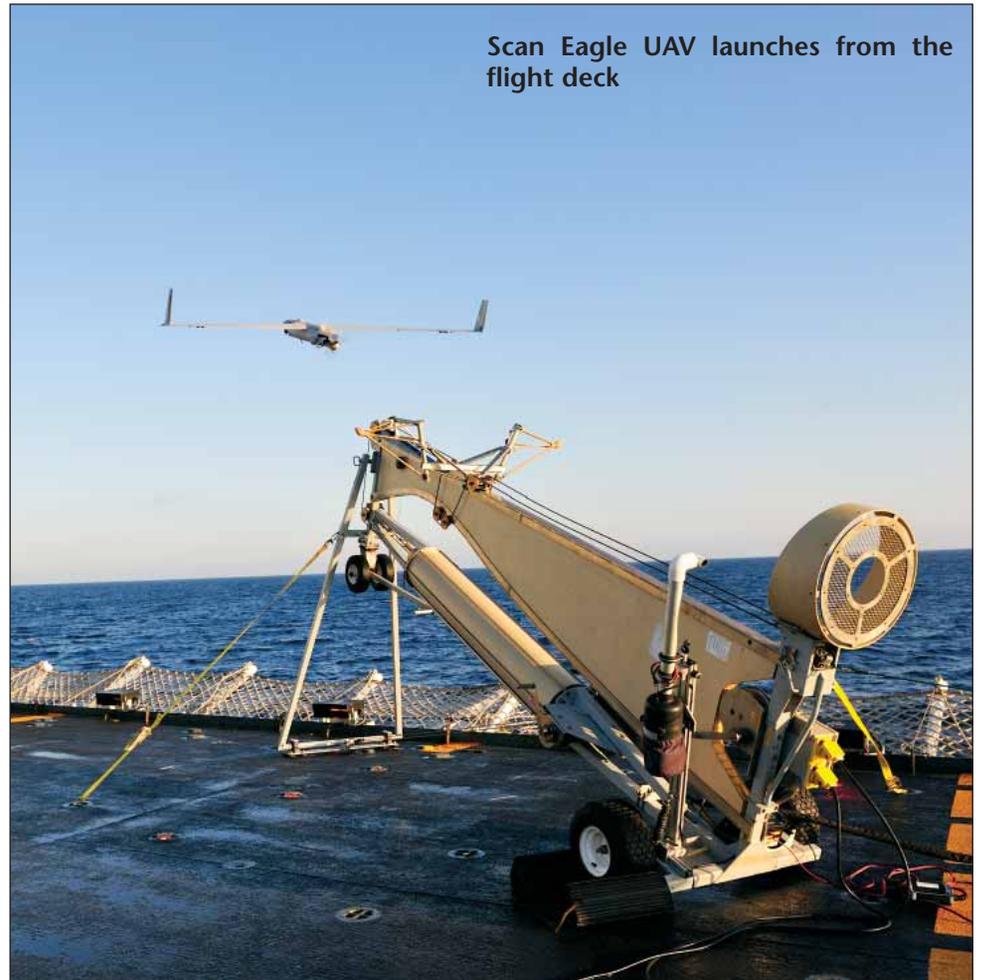
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ING engineering technicians Blair Callaghan (left) and Garth Matheson (right) conduct maintenance on the UAV.



Scan Eagle UAV launches from the flight deck

## UAV detachment completes historic deployment at sea

**Lt (N) Jessica MacDonald**  
HMCS Charlottetown

In late August, *HMCS Charlottetown* wrapped up a seven-month deployment and bade farewell to the ScanEagle unmanned aerial vehicle (UAV) detachment that shared the flight deck with Osprey, the Halifax-class frigate's CH-124 Sea King helicopter.

*Charlottetown* is the first Canadian warship to carry a UAV detachment throughout an expeditionary deployment.

UAVs are new to the Canadian Forces — the first was the CU-161 Sperwer, which entered service in Afghanistan in February 2006 — so the skills required to launch, fly, recover and maintain them are still sourced from a variety of military occupations in the Canadian Army, the Royal Canadian Navy and the Royal Canadian Air Force.

Because the ScanEagle is still under trial, the *Charlottetown* UAV detachment included civilian technicians as well as soldiers, sailors and airmen. Integrating and synchronizing all their capabilities required a high degree of collaboration among the UAV detachment's members.

This teamwork produced an exceptional

synergy.

"Coming from the army, there were certain things that my team and I had to adjust to when operating in a marine environment," said Sgt Michael Jenkins of the Royal Canadian Artillery, the senior UAV operator and controller in *HMCS Charlottetown*. "The constant movement of the ship made launch and recovery different from on land, and there was naval lingo and acronyms that we had to learn to be able to operate smoothly with the sailors in the Ops Room."

The Operations Room is the nerve centre of this collaborative effort. Typically, the ship detects a vessel on radar or receives an intelligence report about a "vessel of interest."

Traditionally, a ship reacts in one of two ways: intercept the vessel and investigate it, or send the helicopter out to locate the vessel and assess the situation.

With the UAV detachment, *Charlottetown* had a third option: send the ScanEagle to track the vessel covertly while transmitting a live video feed straight to the Operations Room.

"I've been with the ScanEagle from the beginning," said Sgt Jenkins. "For me the most important part of flying a UAV is the surveillance it provides for frontline soldiers

or, in the Navy, the boarding party."

A true CF pioneer, Sgt Jenkins deployed to Afghanistan in 2006 with the first Sperwer detachment. Now he is a key member of Canada's first sea-going UAV team.

Life in a warship was an eye-opening experience for the civilian members of the *Charlottetown* UAV detachment, who come from the Ottawa-based robotics firm ING Engineering.

"Adjusting to the sea state and feeling seasick at the beginning was difficult. Add to that the constant sound of daily pipes telling you when to eat, sleep and where to be, and it's definitely a unique way to live," said technician Blair Callaghan.

ING Engineering technician Garth Matheson took the long view.

"As with anything else, the more the process is repeated the smoother it gets," he said. "As technicians working with the navy and with 4 Air Defence Regiment [Royal Canadian Artillery], out of CFB Gagetown, we understand — as do they — that educating each other on our roles and responsibilities is key to making this deployment a success."

*Charlottetown's* commanding officer, Commander Wade Carter, appreciates the

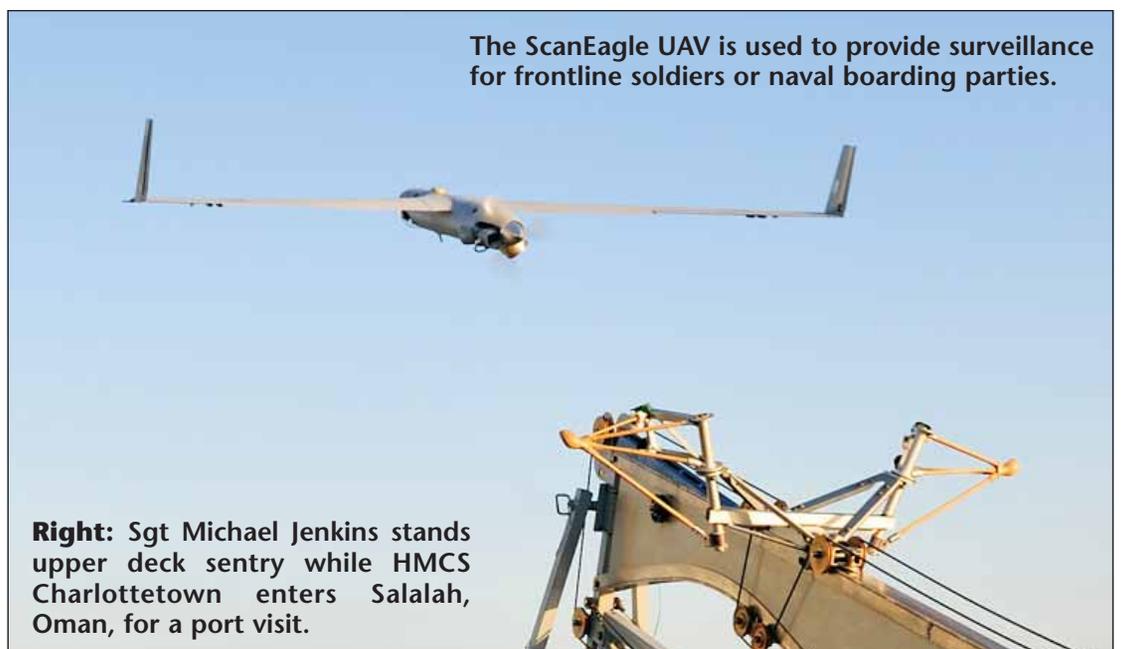
flexibility of his combined air detachment.

"UAVs will never fully replace the requirement for a maritime helicopter and its crew at sea," he said. "While the ship and the helicopter are ideal for locating vessels of interest, the UAV provides covert, stealth surveillance with a live video feed that enables the operations team to collect data and imagery of illicit activities to build a case for follow-on action or interdiction. It's my hope that the CF will continue to strive toward a collaborative approach in future naval deployments."

*Charlottetown* left her home port of Halifax, N.S. on Jan. 8. From Jan. 24 to April 20, she served with Standing NATO Maritime Group 1 on Operation Active Endeavour in the Mediterranean Sea.

In April, *Charlottetown* was re-tasked to join Combined Task Force 150 (CTF-150), the multinational fleet conducting counter-terrorism operations in the Arabian Sea, the Gulf of Aden, the Gulf of Oman and the Indian Ocean.

*HMCS Regina* replaced her in CTF-150 during the third week of August. *Charlottetown* has begun the journey back across the Atlantic. She is expected to arrive in Halifax in mid-September.



**Right:** Sgt Michael Jenkins stands upper deck sentry while *HMCS Charlottetown* enters Salalah, Oman, for a port visit.

# Remembering Dieppe

Royal Canadian Air Force

A 55-member Canadian Forces contingent and seven Dieppe veterans marked the 70th anniversary of the Dieppe raid—and an important chapter in Canadian military history—by travelling to the Town of Dieppe, France, Aug. 18–20 for commemorative ceremonies.

In August 1942, with virtually all of continental Europe under German occupation, the Allied forces faced a well-entrenched enemy. Some method had to be found to create a foothold on the continent, and the raid on Dieppe offered invaluable lessons for the successful D-Day invasion on June 6, 1944, saving countless lives in that momentous offensive.

“Today we remember a dark but courageous chapter in Canadian military history,” said Defence Minister Peter MacKay. “While the outcome of the Dieppe Raid was tragic for thousands of heroic Canadians, the lessons they learned played a crucial role in the success of future military actions.

“Those who participated in the Dieppe Raid were among the more than one million brave Canadians who served during the Second World War, and whom we shall never forget.”

While in France, members of the contingent supported various ceremonies and events, led by Veterans Affairs Canada (VAC) and the Town of Dieppe. Seven veterans of the Dieppe Raid participated in the commemorative ceremonies: Charles Russell Burrows, the Corps of Royal Canadian Engineers; Frederick Bernard Englebrecht, the Royal Hamilton Light Infantry; Raymond Andrew Gilbert, 14th Army Tank Regiment (The Calgary Regiment (Tank)); David Lloyd Hart, the Royal Canadian Corps of Signals; Arthur Edmondson Rossell, The Essex Scottish Regiment; Donatien Vaillancourt, Les Fusiliers Mont-Royal; and Roman Roy Wozniak, 403 Fighter Squadron.

Governor General and Commander-in-Chief of Canada David Johnston, Veterans Affairs Minister Steven Blaney, Canadian ambassador to France Lawrence Cannon, Canadian cadets and scouts, French dignitaries—including the Mayor of Dieppe, Sebastien Jumel—and hun-

dreds of spectators also attended the main commemorative ceremony on August 19.

A 30-person brass and reed band from Les Fusiliers Mont-Royal was also front and centre. The regiment participated in the Dieppe Raid and has the “Dieppe” battle honour as one of its many Second World War honours.

The Royal Canadian Air Force provided air transport for the contingent.

**Pivotal moment**

On August 19, 1942, the RCAF found itself committed to the Dieppe raid, a pivotal moment in the Second World War. On that day, 60 RCAF fighter aircraft flew in support of Operation Jubilee above the shore of Dieppe.

The campaign saw the war’s single worst day for Allied aircraft losses, with 119 aircraft shot down as they protected the supporting ships.

The RCAF suffered five casualties, an operation that showed major deficiencies in RCAF ground support techniques, leading to the creation of a fully integrated air force to support major ground offensives.

**Dieppe Veteran, Roman (Wozzie) Roy Wozniak**

In an interview with *The Globe and Mail*, 93-year-old Roy Wozniak recounts that he was a Spitfire pilot with one of four Canadian Spitfire squadrons that day. Charged with covering the troops below, each squadron spent an hour over the boats before rotating out.

“We protected them and we did a very good job,” said Mr. Wozniak. He explained how the boats sent up smoke, making them vulnerable to attack.

“We broke up into twos. That worked very well because if the Germans popped through the smoke and jumped one group of two, another two would jump them. So, as a squadron we had a successful day. We got six German fighters and only lost three.

“One of those that we lost was my roommate. We’d been together for about a year flying in combat. We were almost like brothers.

“I’m not only happy, but I’m honoured I was selected to return to Dieppe,” said Mr. Wozniak. “This is a real honour.”

**Devastating, bloody**

The Dieppe raid was one of the most devastating and bloody chapters in



Canadian military history. Of the 4,963 Canadian soldiers who embarked from England for the operation, only 2,210 returned, and many of them had never even landed in France. Over 900 Canadians were ultimately killed in action, died of wounds or died as prisoners of war.

The Royal Navy lost a destroyer, over 30 landing craft, over 500 sailors and 275 Royal Marine Commandos. When the raid was over, however, the Royal Canadian Navy had amazingly suffered only one fatal casualty.

VAC also held a commemorative event at the National War Memorial in Ottawa on August 19. The Chief of the Defence Staff laid a wreath at the event as a 90-member CF con-

tingent looked on. A CF bugler and piper played the Last Post, Rouse and Lament at the ceremony.

## Breakdown of the CF Dieppe contingent Canadian Army

The Royal Hamilton Light Infantry (Wentworth Regiment)

The Essex and Kent Scottish

Les Fusiliers Mont-Royal  
Queen’s Own Cameron Highlanders of Canada

The Black Watch (Royal Highland Regiment) of Canada

10th Field Artillery Regiment

30th Field Artillery Regiment

84th Independent Field

Battery

The King’s Own Calgary Regiment

Royal Canadian Navy  
HMCS Summerside  
HMCS Ottawa

Maritime Forces Atlantic Headquarters

Maritime Forces Pacific Headquarters

Royal Canadian Air Force  
408 Tactical Helicopter Squadron

17 Wing Detachment Dundurn

15 Wing Moose Jaw

19 Air Maintenance Squadron Support

700 Communications Squadron

41 Service Battalion

37 Combat Engineer Regiment

34 Combat Engineer Regiment

32 Signal Regiment

28 (Ottawa) Field Ambulance

22 CF Health Services Centre

CFB Valcartier Area Support Unit

CF School of Space and Aeronautical Engineering

4 Engineering Support Regiment

4 Air Defence Regiment, Royal Canadian Artillery

2 Service Battalion

2 Military Police Regiment Detachment

6 Intelligence Company



# Returning 72 years later

Dr. John Bingham by the stern of HMCS Ottawa

On Aug. 14, Dr. John Richard Bingham, a former Surgeon Lieutenant Commander, returned to CFB Esquimalt after 72 years.

He first came to the base to complete training before being deployed in the Second World War.

Accompanied by three generations of his family, the elderly veteran visited *HMCS Ottawa*, a ship that shares its namesake with the first *HMCS Ottawa* (upon which Dr. Bingham served during the Battle of the Atlantic).

The first *HMCS Ottawa* was commissioned in 1930 by the British as HMS Crusader. In 1938 she was bought by the Royal Canadian Navy where she first patrolled the Pacific Ocean and eventually transferred to the

Atlantic in 1939, operating as part of a convoy until it was sunk by a U-boat on Sept. 14, 1942.

At the time of the attack, Dr. Bingham was on leave. His replacement refused to abandon his patients and went down with the ship to meet a watery grave. Of the 183 crew on board *HMCS Ottawa* only 69 survived.

Additionally, Dr. Bingham is the only living survivor of the original *HMCS Ottawa*.

Dr. Bingham's son, John Lee Bingham serves in the Royal Canadian Navy.

The youngest member of the Bingham family, Acting Sub-Lieutenant Ian Bingham is continuing tradition and is presently serving aboard *HMCS Brunswick*.

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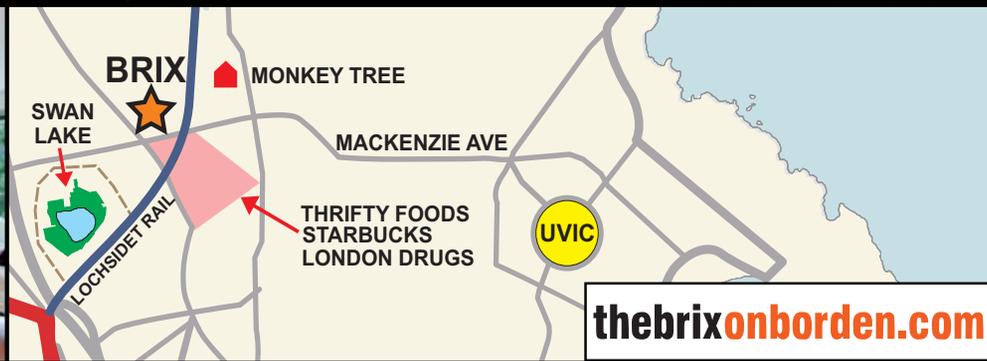
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### MFRC NEWS: MARK YOUR CALENDAR

# Annual General Meeting set

**Jon Chabun**  
MFRC

As a non-profit organization, the Military Family Resource Centre (MFRC) has a board of directors to provide the direction for the organization. At its annual general meeting, members of the military family community can elect a board of directors to represent it and give feedback to the organization. The AGM takes place on Wednesday Sept. 5 from 7:30 to 8:30 a.m. at the CFB Esquimalt Wardroom and anyone from the CFB Esquimalt community can attend.

"The AGM is a very important annual event for us as it allows us to demonstrate accountability and transparency around our governance and operations," said Craig Smith, the current chair of the board of directors. "It is a chance for our stakeholders – which include our volunteers, staff, families, community service partners, military members and the general public – to see how the MFRC works

and to meet our Board members."

"The AGM is our opportunity to raise awareness of the services we provide," continued Smith. "It's a chance to celebrate our successes over the past year and to collect input from our stakeholders. I would encourage people to come out to say hi and to see what we do."

The annual general meeting also provides an opportunity to elect new or returning members of the board. It gives candidates an opportunity to articulate their vision and state how they will serve the community.

"Volunteering on the MFRC Board is a way for me to give back to our community," said Smith. "It is how I say thanks. Volunteering gives my life the three P's – power, passion and purpose."

As part of the MFRC's constitution, 51 percent of its board members must be spouses/partners of serving military members. Three appointed

positions – the Formation Chief, the Base Chief and the Commanding Officer of CANFLTPAC Headquarters – keep the line of communication open between the MFRC and Formation leadership.

Board members can serve three two-year terms at the MFRC, and every year at the annual general meeting those terms are up for re-election.

The board focuses its work on big picture issues such as developing strategic priorities for the organization. They also act as trustees for the organization on behalf of donors and funding sources, and decide how best to spend the yearly budget.

The MFRC operates as a separate entity from CFB Esquimalt and works at an arm's length from the Base to ensure client confidentiality and privacy.

For more information on the Annual General Meeting, contact the MFRC at 250-363-3855 (toll free: 1-800-353-3329).

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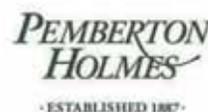
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# Regina at work



Boatswain, Leading Seaman Kevin Lee on the port bridge wing of HMCS Regina as the ship transits towards the Arabian Sea, where it will join Operation Artemis. Operation Artemis is the Canadian Forces participation in maritime security and counter-terrorism operations in the Arabian Sea region with the multinational coalition task force CTF 150, which operates under Combined Maritime Forces.

Corporal Rick Ayer, Formation Imaging Services, Halifax, Nova Scotia.

Canadian Blood Services presents: Blood Donor Clinic

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# Awards ceremony on board HMCS Vancouver



On Aug. 17, the newly appointed Fleet Commander, Commodore Scott Bishop, took time to award promotions and present the Canadian Forces Decoration (CD) to several well deserving crew members from HMCS Vancouver. Upon completion of presentations, the Commodore took time to commend the crew on their positive resolve and spirit through what has become a very demanding operational tempo and wished them well as they departed for Gypsy India, a multi-national electronics warfare trial off of Hawaii.



Ordinary Seaman Pascale Baune is promoted to Able Seaman by Cmdre Bishop and Cdr David Mazur, Commanding Officer of HMCS Vancouver.



Master Seaman Jeremy Cuvelier receives the Canadian Forces Decoration for 12 years of service from Cmdre Bishop.



Ordinary Seaman Brandon Christenson is promoted to Able Seaman by Cmdre Bishop and Cdr David Mazur, Commanding Officer of HMCS Vancouver



Ordinary Seaman Mario Roy is promoted to Able Seaman by Cmdre Bishop and Cdr David Mazur, Commanding Officer of HMCS Vancouver.



PO2 Hector Gutierrez receives the Canadian Forces Decoration for 12 years of service from Cmdre Bishop.



Ordinary Seaman Chris Piht is promoted to Able Seaman by Cmdre Bishop and Cdr David Mazur, Commanding Officer of HMCS Vancouver



Ordinary Seaman Cuylar Narraway is promoted to Able Seaman by Cmdre Bishop and Cdr David Mazur, Commanding Officer of HMCS Vancouver.



SLt Kevin Okihiro is presented his Bridge Watchkeeping Certificate from Cdr David Mazur, Commanding Officer of HMCS Vancouver.



PO2 Peter Fraser receives the Canadian Forces Decoration for 12 years of service from Cmdre Bishop.



Ordinary Seaman Ryan McCarty is promoted to Able Seaman by Cmdre Bishop and Cdr David Mazur, Commanding Officer of HMCS Vancouver.



SLt Brad Spencer receives his Bridge Watchkeeping Certificate from Cdr David Mazur, Commanding Officer of HMCS Vancouver.



Master Seaman Skyler Tarabawka receives the Canadian Forces Decoration for 12 years of service from Cmdre Bishop.



NAV COMM QL1 Jr CISN OP Session 0009, graduation date Aug. 21. Instructor: MS O'Brien, Senior Reserve Instructor: PO2 Hamilton, Senior Instructor: PO1 Taylor, Top Student: OS Duchesne, Students: OS Peters, OS Lebrun, OS Demers, OS Bouchard, and OS Duchesne



SLt Greg Heubner receives his Bridge Watchkeeping Certificate from Cdr David Mazur, Commanding Officer of HMCS Vancouver.



At a brief ceremony held Aug. 15 near Inuvik, NWT, during Op Nanook, BCEO LCol Matt Johnsen, presented Pte(T) Steven Zakhem of the Pacific Naval Construction Troop with his first chevron.

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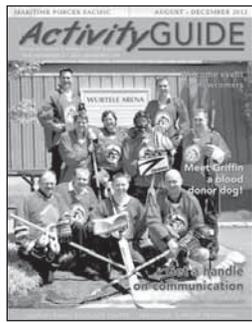
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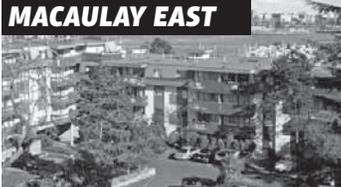
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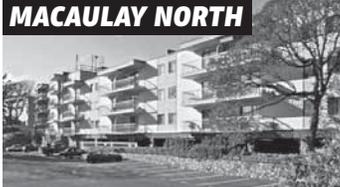
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FREE ESTIMATES

**Health Promotion Lunch and Learn Fall Schedule**

**Lunch & Learn Series**

Health Promotion's Lunch & Learn Series provides an unique opportunity to view educational films and engage in thoughtful discussions about a variety of health/personal wellness -related topics. Films are shown in the NAC classroom above the pool unless otherwise stated on the last Friday of the month at 12 noon. Bring your lunch! No need to pre-register. Pop-corn provided!

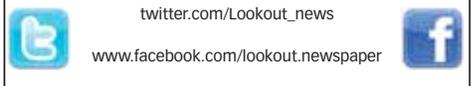
**Friday, September 28**  
Stress: Portrait of a Killer – back by popular demand! Come and see this informative National Geographic film that examines our increasing understanding of stress and how it impacts our bodies and how our social standing can make us more or less susceptible.

**Friday, October 19**  
Fred et Marie -- Join us for a short clip (15 mins.) that brings forward another side of abuse within relationships. We often think of abuse as physical violence but it includes many other forms that may not be as easily

noticed outside of the immediate relationship. Abuse can take many forms including physical, sexual, and psychological and can include violence, mistreatment, and neglect that can cause damage, pain and suffering. Fred et Marie has a powerful message about abuse that leaves a lasting impression. Along with the clip, members of the CFB Esquimalt's Family Crisis Team will be on hand to provide an introduction and short presentation on Family Violence as part of the National Family Violence Awareness Campaign.

**Friday, November 30**  
Addiction – Why can't they just stop? Several of the nation's leading experts on drug and alcohol addiction, together with a group of accomplished filmmakers, have assembled to create ADDICTION, an unprecedented documentary aimed at helping people understand addiction as a treatable brain disease. The film addresses different aspects of the disease in order to shed light on the most current, promising developments in the field. Through personal stories from people affected, common misconceptions are replaced by insight into addiction's complexity.

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CFB Esquimalt

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 Marine  
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**10:30am-3pm**  
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