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Volume 57 Number 37 | September 10, 2012

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

[www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)



## Explosively charged

### West Coast Welcome

The seventh annual West Coast Welcome takes place on Saturday, September 15 from 9 a.m. to noon at the Naden Drill Hall and features a free pancake breakfast from the West Shore and Esquimalt.

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### Conservation challenge

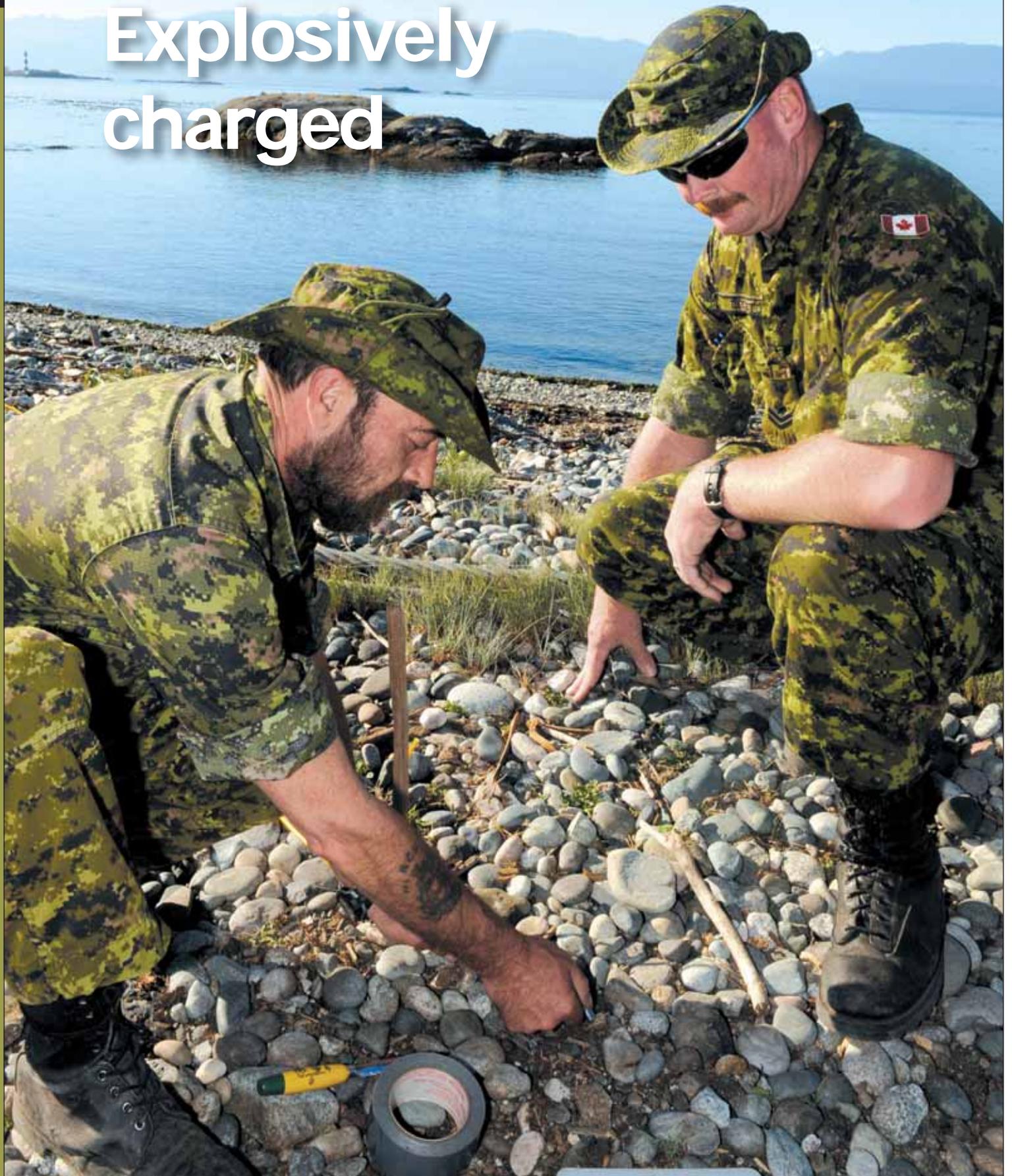
The second round of Operation Conservation kicked off to a sunny start on Sept. 5 when personnel from BCEO, TEME and Fleet School held Kill a Watt meters in front of the Base Commander's Building.

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### Web work

Inside the small trailer where Cpl Joel Merrifield works, the walls are plastered with plans, blue prints, and schematics.

Page 10



**Right:** PO2 Lyle Hadwell and MS Shawn Beckett lay a C4 explosive charge on the beach of Bentick Island during a demolitions course held for base instructors last Thursday. This island off Race Rocks and Rocky Point was used as a Leper colony until a cure was found for the disease. Now the island is used by DND as a test site range for explosives and training Fleet School boatswains.

Photo by Shelley Lipke, Lookout

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# Arrived and reporting for duty!

**Lt Chris Walkinshaw, RCN**  
Public Affairs Officer

On Aug. 22, Cdr Jason Boyd, Commanding Officer of *HMCS Regina* reported to Commodore Mukhtar Khan, Pakistani Navy, then Commander of Combined Task Force 150, that *Regina* had arrived into the area of operations and was ready to assume its duties.

This event marked the end of the Royal Canadian Navy frigate's transit from Esquimalt, British Columbia, to the Arabian Sea, and the beginning of the work for which the ship was deployed to the Arabian Sea.

"The crew of *HMCS Regina* has been busy preparing for the last several months for this moment," explained Cdr Boyd. "Through plenty of hard work and superb support from training and maintenance facilities ashore, both the ship and the sailors, soldiers, air force personnel that sail onboard are ready for any challenges that this operational deployment may bring."

*Regina* brings a distinguished mix of experience and innovation to the Arabian Sea. This deployment marks the third time the ship has been a member of the

Combined Maritime Forces in the last decade.

For many of the crew, this is not their first time serving in this area of the globe.

PO2 Joe Dagenais, *Regina's* Chief Quarter Master, says, "It is very important to have personnel onboard that have operational experience as there are going to be inevitably some unforeseen circumstances that are going to arise. It is during these times that our senior leaders will use their expertise to guide the more junior members of the ship's company, so that they in turn can gather the necessary skills and operational experience to become the successful leaders themselves in future operations."

One of the new technologies *Regina* brings on this mission is the Unmanned Aerial Vehicle Scan Eagle. This drone is manufactured by Boeing, and operated by members of the Canadian Army's 4<sup>th</sup> Air Defence Regiment from CFB Gaagetown, New Brunswick, and technicians from ING Engineering.

"The UAV brings an additional capability to *Regina*. It enables us to observe and identify vessels in our area of operations in order to gain a fuller appreciation of the maritime activities occurring

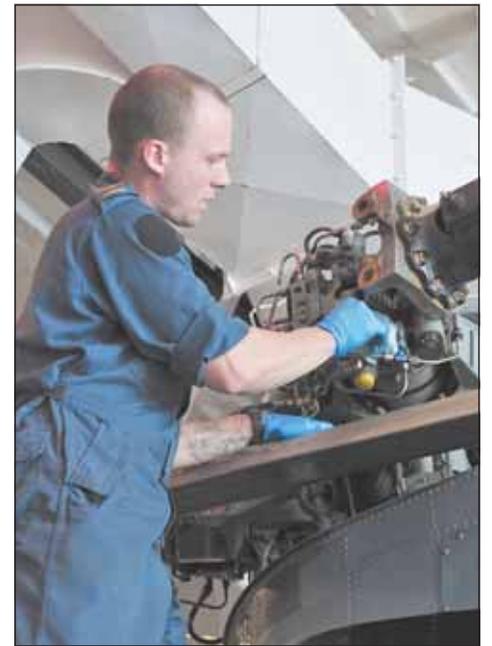
around us," explained Capt Ian Haliburton, Commander of *Regina's* UAV Detachment. "However, *Regina* is the first ship from the Royal Canadian Navy's Pacific fleet and second only to *Charlottetown* in the entire RCN to operate a UAV, so this brings new challenges. Serving onboard a warship is a new experience for myself, and the four soldiers that form the UAV detachment. We are learning about the challenges of life at sea and together with the sailors onboard we are learning how to most effectively operate the UAV in a maritime environment."

*Regina* is currently operating the Arabian Sea, Gulf of Oman, Gulf of Aden, and the Indian Ocean as part of Operation Artemis.

Through its actions, Canada is contributing to maritime security and counter-terrorism operations.

*Regina's* deployment clearly demonstrates Canada's solidarity with partners and allies as we continue to work together for peace and security in the maritime environment of the greater Middle East region.

The Esquimalt-based frigate is scheduled to return home in early 2013.



Cpl Guillaume Trembly performs some general maintenance on a CH-124 Sea King helicopter while deployed on *HMCS Regina*.

Photo by Cpl Rick Ayer, Formation Imaging Services

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# Vancouver sailors take on monumental tasking

**SLt Gregory Kuhn,**  
HMCS Vancouver

*"Was it not for the pleasure which naturally results to a man from being the first discoverer...this service [the Navy] would be insupportable."* – Captain Cook

That true mariner spirit was undeniably felt by each sailor as we rounded Cook Point and first laid eyes upon the pristine sanctuary of Kealakekua Bay, Hawaii, also known as "pathway of the Gods."

As the ship came to anchor, the crew of HMCS Vancouver knew we were not here for "R and R", but to pay tribute to one of the Royal Navy's greatest and renowned circumnavigators, Captain James Cook.

Over a period of two days, the ship's company was actively involved in the restoration of a monument built to honor Cook's arrival on the Hawaiian Islands in 1778, as well as his death at the hands of a local tribe only one year later.

Mother Nature and time had taken their toll as the memorial itself had fallen into disrepair, so Vancouver took up the monumental task of scraping and repainting the simple white marker, polishing the cannons from the ship HMS Fantome that encircle it, and clearing the surrounding park lands.

"A once in a lifetime opportunity to return a 140-year-old monument back to its former glory; a memory that will be one of the many highlights of my career," said

PO1 Don Anderson, Vancouver's Senior Hull Technician.

This was not HMCS Vancouver's first visit to the heritage site. Our namesake has an honored and lengthy history that goes back to 1792 when another Royal Navy navigator, Captain George Vancouver, a young midshipman on Cook's fatal voyage, returned to Kealakekua to recover his Captain's remains.

Fast forward to 2008 when HMCS Vancouver visited the big Island of Hawaii prior to participating in a training exercise. During that visit, several wardroom officers set out on a day trip to conduct repairs to the monument. Unfortunately, the small size of the work party meant that only minor repairs could be conducted.

"Having seen the unfortunate state of the monument when I hiked down here as Vancouver's XO, and knowing the tradition of Commonwealth Navies accepting responsibility for its maintenance, I always wanted to come back one day to do the job right," said Commander Dave Mazur, Vancouver's current Commanding Officer. "We were lucky to be presented with this opportunity and I believe the crew really enjoyed this chance to preserve history."

The crew is proud of the hard work that was put forth and the results they were able to achieve over such a short period of time. This effort and the Vancouver spirit have reached home and abroad – with accolades being returned to the ship daily.



Before

Before and after photos of the Captain Cook Monument in Kealakekua Bay.

Photo by Lt(N) Clayton Erickson, HMCS Vancouver

**20 finalists,  
1 big winner!**



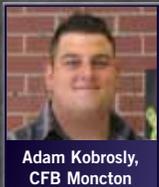
**20 finalistes,  
1 grand gagnant!**

**8 more finalists  
to be drawn!**

**Encore 8 finalistes  
à sélectionner!**



Tim Mackenzie,  
CFB Bagotville



Adam Kobrosly,  
CFB Moncton



Joseph Hennifent,  
CFB Moncton



François Lizotte,  
CFB Bagotville



Allan Jones,  
CFB Kingston



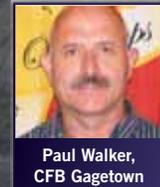
Steven Daniel,  
CFB Petawawa



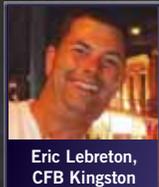
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CFB Kingston



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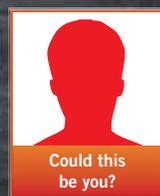
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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question: *There are rumours that Facebook may be shutting down. If it does shut down, will it affect your life?*



It won't. While I do have an account, I don't use it often enough for it to be a problem.

**Janet McKee**



No, it won't affect me at all. I don't even have an account.

**Susan Lowe**



Yes it will. I use Facebook to communicate with my friends and family. It's the fastest and easiest way for me to get a hold of someone.

**Nirmala Singh**



I don't need it. I use it often, but if it were to go away it wouldn't change anything for me.

**LS Scott Mathieson**



It wouldn't really affect me. I have an account, but if I need to get in contact with someone I have better ways of doing that.

**MS David Laurando**

### SPORTS trivia

**Bill Sheridan**  
Contributor

1. What was the trade of the day for the NFL between the Rams and the Colts in 1972?
2. Who is the right fielder in the Who's on first Abbott and Costello baseball skit?
3. Who won the first all NHL, NBA, SuperBowl and World Series titles?
4. What was in baseball terms, Ryanitis?
5. Who has hit the most home runs in a single month in MLB?
6. The original basketball game called for how many players?
7. In Rocky, who was the undisputed Heavyweight Champion of the World?
8. Who was the first pitcher to record 300 wins?
9. What is the John R Wooden MVP award for?
10. Who was credited with using a whistle in hockey vice a cowbell as well as changing the face off of dropping the puck vice leaving it on the ice?
11. Whose jersey does Cameron Frye wear in Ferris Buellers Day Off?
12. Ken cooper a former air force officer in the states is credited as the father of this type of exercise regime.
13. Who are the only two NBA ballplayers to be named MVP in their rookie year?
14. In the 1956 Olympics how many of the 20 Soviet women medal winners were pregnant?
15. What team did Frank Reich quarterback to a 35 point comeback in the playoffs?
16. Billy Evans became the first one of these to be inducted into Cooperstown?
17. What was located at 150 Causeway St?
18. What ballplayer was nicknamed Matty, Big Six or The Christian Gentleman?
19. What great quarterback pitched three no hitters in little league and was given a basketball scholarship to NC State only to turn it down for a football scholarship to Notre Dame?
20. Which Canadian born NFLer was drafter second pick in 1989 NFL draft?

### Trivia Answer

1. Owners traded teams
2. no name was given
3. Ottawa, Philadelphia, Green Bay, and Boston Americans(Later Red Sox)
4. The inability to get a hit off Nolan Ryan
5. Sammy Sosa hit 20 in June 1998.
6. nine players per side
7. Apollo Creed
8. Pud Galvin.
9. McDonalds All American High School Basketball player. Won by LeBron and Shaquille.
10. Fred Waghorne, who is in both the Hockey and Lacrosse Halls of fame.
11. Gordie Howe number 9 redwing jersey.
12. Father of Aerobics.
13. Will Chamberlain and Wes Unseld
14. Ten.
15. Buffalo Bills
16. Umpire
17. Boston Gardens, torn down in November 1997.
18. Christy Mathewson, developed TB after being accidentally gassed during WWI.
19. Joe Montana
20. Tony Mandarich, who made the Sports Illustrated cover later as 'Incred-ible bust'.

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# Special event welcomes newcomers

**Jon Chabun**  
MFRC

If you are new to CFB Esquimalt in the past year or want to learn more about what is available to you in the local military community and Greater Victoria, West Coast Welcome is the event for you.

If you have been here awhile, it is a great opportunity to welcome new people to the area.

The seventh annual West Coast Welcome takes place on Saturday, Sept. 15 from 9 a.m. to noon at the Naden Drill Hall, and features a free pancake breakfast from the West Shore and Esquimalt Lion's Club.

"It's a great chance to learn more about your own base," says Linda Scott, program manager at the Esquimalt Military Family Resource Centre. "Such as discovering the groups, the clubs, and the services available at CFB

Esquimalt. It's also an opportunity to be social and meet new people."

Displays and booths will help newcomers transition into CFB Esquimalt's military community and the Greater Victoria area.

Groups associated with CFB Esquimalt will be there with activities and information such as SISIP, Personnel Support Programs, Health Promotion, CFB Esquimalt Fire Rescue, CANEX, Base Emergency Preparedness and Military Family Business Group.

If you are interested in joining a base club, you can learn about scuba diving, karate, golf, model railroads, gardening, sailing or power boating.

Community organizations such as Active Communities, Capital Regional District (CRD) Parks, CRD Recycling, the Compost Education Centre, and the Francophone Society will be there to provide information on what they offer.

For military members with children, there will be free family swim passes available for pickup at the Drill Hall, free guided tours of Naden and a ship's tour.

Cadets as well as the boy scouts and girl guides, will be there to sign up new recruits. Inflatable bouncers and face painting will provide entertainment for children.

The Baseline Connector Ferry will provide free transportation from Colwood to Naden to connect families from the Western Communities with the event. Military families will need Military Family Identification Cards or Military IDs to access this part of the base and the ferry. The ferry has limited capacity and will only be accessible via Wilfert Road off the Old Island Highway.

To learn more information about West Coast Welcome, visit [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com) or call the MFRC at 250-363-2640 (1-800-353-3329).



On Sept. 6 at Y Jetty, HMCS Saskatoon had a Change of Command Ceremony. LCdr P.J. Montgomery relinquished command of Saskatoon to LCdr L.M. Moraal. The Reviewing Officer for the ceremony was Capt (N) M.W. Teft.

Photo by Cpl Michael Bastien, MARPAC Imaging Services



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various photos: Combat Camera 2012



Photo by Shelley Lipke, Lookout

Health Promotion Manager Dorion Dellabough is leaving to start his own practice called Island iNSight. He has spent six years at CFB Esquimalt teaching courses on nutrition, stress management, communications skills and drug and alcohol awareness.

## Farewell Dorion, may you find success beyond the base gates

**Shelley Lipke**  
Staff Writer

For the past six years Health Promotion manager Dorion Dellabough has been a fixture at Personnel Support Programs (PSP), teaching topics such as stress management, anger management, drug and alcohol awareness, and healthy lifestyle choices.

But on Sept. 14 he'll hang up his red PSP shirt and move to the next chapter in his life - opening up a private practice.

Before he goes, he's extending a hearty thanks to everyone on base, and hopes he's made a difference in the lives of some.

"People came to my courses with different motivations: curiosity, interest, or they felt stuck and didn't know where to turn; others came because they were voluntold," he says.

Regardless of why they came to his classes, Dellabough found it rewarding to see them grow.

"The typical process involved initial resistance and quiet introspection as people took in what I was saying and matched it against their own experiences. Then there would be some lively discussion followed often by excitement when they noticed a shift in their thinking or a new way of looking at their options. Witnessing that process unfold was the most rewarding part of my job," he said.

As a former military member of 10 years,

Dellabough felt people could relate to him more easily knowing he shared an understanding of military life.

"What I appreciated most about the people I dealt with was their willingness to be candid. I would like to wish them well with their careers and also thank them for what they have taught me in watching and listening to them," he said. "I also want to thank the local military leadership for their initiative and receptivity in allowing me to come into their units to spread my teachings, and thank local PSP and Health Promotion leadership for the freedom to be creative in my approach to health promotion."

About CFB Esquimalt he says, "I know of no other institution or company that offers such a breadth of material and psycho-educational courses, and also gives people the time to take them and offer them for free, from nutrition to addiction awareness to social wellness. The number one comment on our course evaluations has been everyone in the CF should consider taking these courses," he said.

Dellabough decided to go into his own practice because he also loves individual therapy and clinical intervention.

"This part we don't do in Health Promotion. Here it is about pro-activity and education as opposed to therapy."

Dellabough's practice iNSIGHT can be found at [www.helpinsight.ca](http://www.helpinsight.ca)



Capt(N) Bruce Walker, Canadian Defence Attaché, Tokyo, with assistance from Japanese officials, including Colonel Shin'ichi Nagata, Commander, 22nd Infantry Regiment, Northeastern Army, Ground Self-Defense Force, unveiled a memorial in Onagawa, Japan, in recognition of Lt Robert Hampton Gray, Canada's last Victoria Cross recipient. Having first been erected in 1989, the monument was damaged during the devastating earthquake on March 11, 2011, and the plaque was lost. With assistance from experts at Fleet Maintenance Facility Cape Breton at CFB Esquimalt, the plaque was recreated and the memorial re-dedicated on Aug. 24, 2012.

**Left to right:** Yoshitake Kanda, Eriko Kanda, Kazumi Sato, née Kanda, (Kanda family); Yumi Suda, (wife of Mayor); Col Sei Mito (Chief Intel/Ops Div, NE Army HQ); Mayor Yoshiaki Suda; Kumio Kimura (President Town Council); Kazumasa Abe (Deputy Mayor); Tadao Kato (President Lion's Club); Col Shinichi Nagata (CO 22nd Regiment); Capt (Ret'd) Henry McMullin (husband of Sgt McMullin); Marlene Elman (wife of Capt(N) Walker); Capt(N) Bruce (Skip) Walker, (Canadian Defence Attaché); Sgt Paula McMullin, Defence Attaché Assistant; and Taylor McMullin, (daughter of Sgt McMullin).

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**TIME:** Saturday, September 15th, 2012, 10:00am

**PLACE:** 1055 Vernon Drive, Vancouver, BC

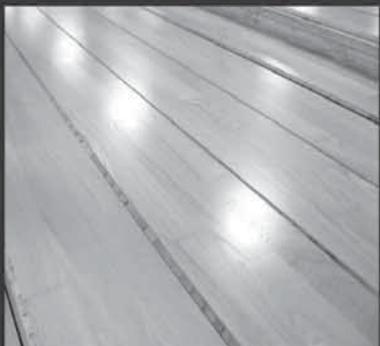
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## Conservation challenge takes off

Technical advisor energy management Derrick Knudsen hands Base Commander Capt(N) Bob Auchterlonie a Kill a Watt meter while Tracey Hamm, Lt Quinton Mimura, Maj Jim Smith, LCol Matt Johnsen, Cdr Martin Drews and WO Jimmy Rodrigue hold up their meters as part of a kick off campaign to mark the second round of Operation Conservation.

**Shelley Lipke**  
Staff Writer

The second round of Operation Conservation kicked off Sept. 5 when personnel from BCEO, TEME, and Fleet School were issued Kill a Watt meters.

This display marked the start of a six-week energy conservation contest to determine which of those units will save the most energy.

The Kill a Watt meters will be used to measure real time energy usage and allow teams to decide which piece of equipment they might unplug to jump ahead of their competitors.

"We are hoping to make energy con-

servation part of daily culture at CFB Esquimalt and these campaigns in Operation Conservation will teach us how to do this," said Derek Knudsen, technical advisor energy management. "This is a way to get occupants thinking of ideas to implement around their buildings to save energy."

The first campaign was held for a month from April 29 and involved Base Information Services/Laboratory Services D199 and MARPAC Headquarters D100.

After four weeks, D199 emerged the winner saving 10 per cent of their normal energy used while D100 saved seven per cent.

During this initial competition Knudsen learned some lessons to take

into future competitions.

"We learned to run them a little longer as people were just getting in the groove by the time the campaign was ending," he said. "People also found the Kill a Watt meters really helped them and they liked having the weekly results on the display boards and this provided competitive brow beating against the other units."

"We have measured each unit's individual consumption prior to this and will be checking in with each unit weekly to see how they are doing. The winner will be announced in six weeks."

Knudsen hopes that Op Conservation will grow to become a base-wide competition involving all the units.

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Hanging high on a telephone pole, Cpl Joel Merrifield (also inset), Kelly Dean, Cpl Phillippe Burney, and Cpl Jason Abel of the Base Information Services line shop take a sky-scraping break at Work Point. Photo by Shawn O'Hara, Lookout

## Cpl Joel Merrifield, caretaker of the "communication web"

**Shawn O'Hara**  
Staff Writer

Inside the small trailer where Cpl Joel Merrifield works in Dockyard, the walls are plastered with plans, blue prints, and schematics. Every corner holds some manner of equipment, be it bolt cutters, spools of cable, or harnesses.

As a part of the Line Workshop in Base Information Services, Cpl Merrifield is constantly installing,

repairing, and replacing the spider web of communication cables that run over and under every building, shed, and workshop on the base. It's a big task, but Cpl Merrifield would rather spend his days at the top of a pole figuring out a line break than doing anything else.

"I feel like I was made to do this job," he says. "You're always solving problems, whether they're mental or physical. I love the challenge."

Those problems usually take

him to the top of a telephone pole or underneath CFB Esquimalt in one of the base's many maintenance corridors.

Low height, cramped space, and creepy crawly residents don't bother him. It's par for the job. As is staying vigilant about safety.

Linemen wear gas metres when they go underground, which they monitor to ensure the air is breathable. Also, as part of their safety practices, whenever a member of the line shop goes on a call, some-

one trained in rescue procedures goes along as well.

Cpl Merrifield has been a lineman since he joined the army in 2004. After completing basic training on the Island, he then completed an apprenticeship before shipping off to CFB Petawawa, ON, in 2005. During his six years in Ontario, he deployed to Kandahar, Afghanistan, completing a seven-month tour maintaining the communications infrastructure on the base.

"It was a way different job. It's so hot that all the physical work you do is much more draining," he says. "We had to stay hydrated, and that added a whole new angle to the job."

Eight years into the trade and Cpl Merrifield couldn't be happier.

"I don't want to do anything else. This is just such a good fit," he says. "It's nice to come to your job every day knowing this is what you want to do."

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Madrona was diagnosed with Acute Myeloid Leukemia in June, when she was only 16 months. Money raised from this event will help with renovations to rid the family home of mould and mildew so that Madrona can return to a healthy environment while she continues to heal.

If you can support this family by purchasing a ticket or by making a donation, the Fuentes family would greatly appreciate your help. Together we can give Madrona a safe home to return to after we reach our goal of \$50,000.00

**Contact: Raegan Elford, LS - (250) 294-4262**  
Tickets can also be purchased directly from Front Runners  
1200 Vancouver St. Cash / Cheque

## NEWS Nuggets

### New hockey safety wear

In order to improve the safety and equipment consistency of the CF Hockey program, the Director of Sport, Recreation and Messes' (DSRM) has approved the BNQ certified hockey throat protector as a mandatory piece of safety equipment for all CF members and DND Employees.

This will come into effect Sept. 1, 2012, and will include players and officials at all levels of CF hockey.

Prices from a hockey equipment distributor can range from \$20 (for a basic BNQ throat protector) to \$55 (spandex Under Armour style body suit with integrated BNQ throat protector).

Players must ensure that they are wearing the required safety gear while participating in ice hockey at the Wurtele Arena. Participation will not be permitted without the BNQ device.

For more information call the PSP Sports office at 250-363-4069 / 4540 / 4068.

#### Fundraising coffee

Please join us for a coffee as everyone warms up to the 2012 GCWCC-UW Campaign.

From Sept. 10-19, excluding Sept. 12, Serious Coffee

will be set up the coffee tent again to warm your mornings.

**Where:** In front of building D210

**Time:** 7 to 8:30 a.m.

**Cost:** Only a toonie per cup

All proceeds go directly to the 2012 GCWCC-UW Campaign. Kick off will be Sept. 20 at the Industrial Supply tradeshow. Watch for details.

#### Air Cadet recruiting

Westshore Air Cadets Information and Recruiting Night is in Langford.

Youth between the ages of 12 and 18 are invited to join 848 Royal Roads Squadron on Sept. 11 from 1900 - 2100 to learn about Air Cadets. Displays will showcase various teams and programs the Squadron offers, and recruiting packages will be available for anyone wishing to join.

The Squadron is located at 679 Goldstream, near the corner of Veterans Memorial Parkway and Goldstream Ave in Langford, across from the Cenotaph park.

Check us out online @ [www.848royalroadsair-cadets.com](http://www.848royalroadsair-cadets.com) Facebook @ Air Cadets - 848 Royal Roads Twitter @848RoyalRoads or Email: 848air@cadets.gc.ca



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# The ABC's of daycare

**Shawn O'Hara**  
Staff Writer

Wearing her best dress - pink and purple with white trim, five-year-old Emily Cotey could barely contain her excitement. Her last day at the Military Family Resource Centre (MFRC) Daycare had finally arrived.

"I'm starting school," she says proudly, kneading a pile of yellow clay into a shape vaguely resembling a burrito.

Why would a little girl be so excited to leave the friends she's made over the last three and a half years in daycare, and start school? It's simpler than one might think.

"I don't have to take naps at my new school," she says.

Emily's story is a bit unique. She's been a daycare attendee since it opened in 2009 at Lampson Elementary School. She is the only child still in the program since the doors first opened and she is graduating from Lampson daycare to kindergarten.

The MFRC Daycare at is a year-round care facility for children of military parents. It opened in the basement of the towering brick heritage building over three years ago. For Emily's mother, Erin

Vipond, it's been a godsend.

As a Marine Sciences Instructor with VENTURE the Naval Officers Training Centre and a reservist at HMCS MALAHAT, she was hard pressed to find quality care for then one-year-old Emily upon returning to work from maternity leave.

"There wasn't anything available," she says. "I was fortunate that my Dad could care for Emily for five months while I was at work and my husband, who was posted to a ship, was at sea."

Even before the daycare opened, Vipond got on the waiting list when she was pregnant with Emily. Three and a half years later, and with another child - 2-year-old Summer Cotey - in the daycare, she couldn't be happier with the care her daughters have received.

"It's been great for Emily. She's learned so much," she says. "There's the basic academics, like learning French, counting, colours, and days of the week, but there's also the social aspect. They teach the kids to respect themselves and each other."

Emily's father, CPO2 Tim Cotey, says that not only has the daycare helped him and his wife, it's been hugely beneficial to Emily.

"For the most part, she's always excited to go. She looks forward to seeing her friends, and the relationships that she's formed with some of the caregivers are amazing," he says. "Everyone at the daycare, the kids and the caregivers, understand what it's like being in a military family. She wouldn't have received that kind of interaction at a private facility."

Iris Twidale is an Early Childhood Educator who has worked for the Lampson Daycare for just over a year. She says the main draw for military parents is the community support, including deployment workshops for kids that have parents heading out to sea. "We help the kids deal with how their feeling, and how they can express those emotions," she says. "We even make crafts with the kids, and get the crafts sent to the ships that their parents are on. It helps alleviate some of the stress for the kids if they can send them little things like that."

With her time at the MFRC Daycare drawn to a close, Emily starts kindergarten at Maria Montessori Academy in Victoria. "I met the teachers and another boy and girl at my school today," she says excitedly. "We get to colour ponies. I can't wait to start!"



Photo by Shawn O'Hara, Lookout  
**Five-year-old Emily Cotey indulges her artistic instincts at the MFRC Daycare on Lampson St.**

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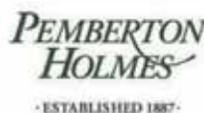
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## Bravo ZULU

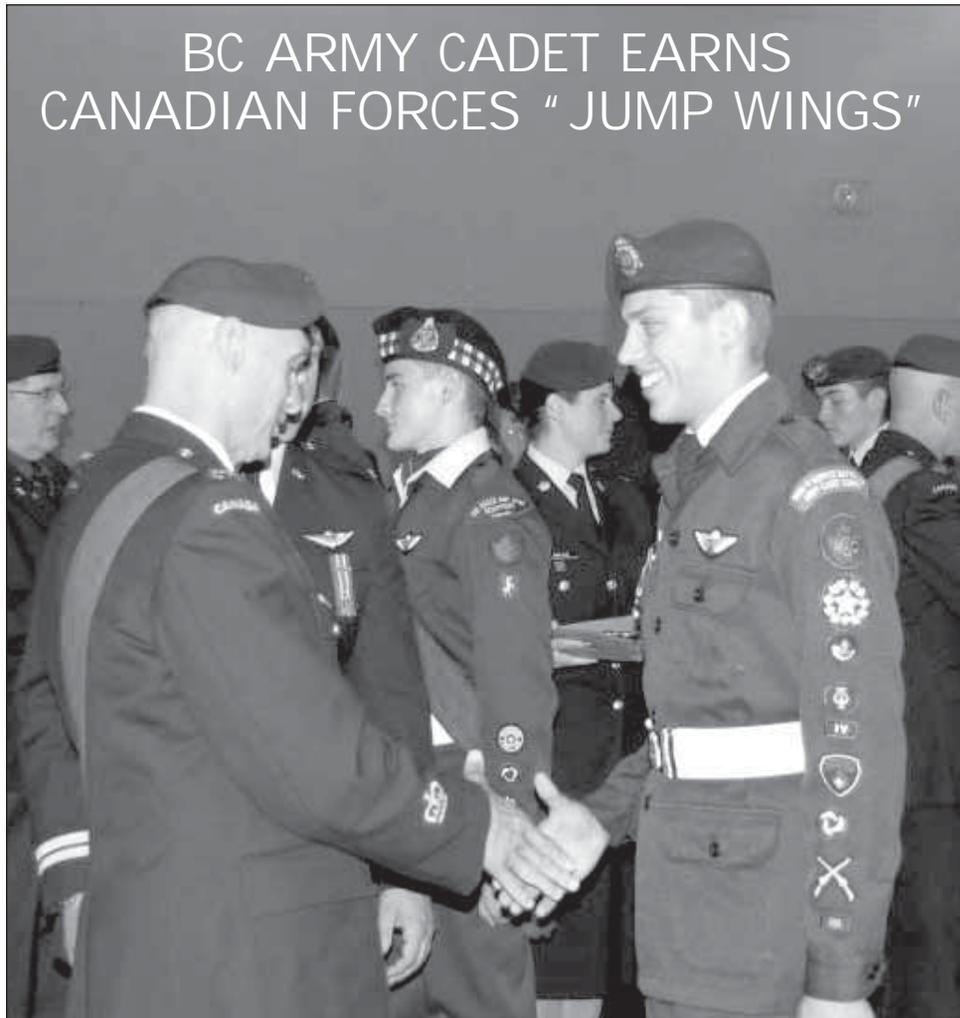
CPO2 Angela Schenkers, Sea Training Pacific Logistics Chief, is presented the Operational Service Medal - Expedition for service in Operation Carribe by Commander Richard Dowker, Commander Sea Training Pacific.

### Watch Base videos now! Visit the Lookout website.



Go to [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com) to see our feature videos this week:

1. HMCS Oriole celebrates its 91st birthday party and the launch of the ship's new Diamond jubilee coin.
2. Fifty-five Aboriginal youth from across Canada graduated Aug. 16 after completing a five-week introduction to the Canadian Forces in military training during the Raven Aboriginal Youth Program.
3. Rim of the Pacific 2012 involved more than 1,400 Canadian Navy, Army and Air Force members joining 25,000 military participants from 22 nations in the operating area in and around the Hawaiian Islands.



Cadet Jordan Wikstrom, 18, smiles as he is congratulated by one of his Parachute Instructors, WO Mario Lakatos from Canadian Forces Land Advanced Warfare Centre (CFLAWC). Capt Wikstrom, from 3005 Royal Canadian Army Cadet Corps in Saanich, British Columbia, spent his summer as a cadet parachuting out of a plane and being presented his coveted "jump wings" from Lieutenant-Colonel Paul Lockhart, the Commanding Officer of the CFLAWC at Canadian Forces Base Trenton, ON. Jordan is one of 45 army cadets from across Canada who on Aug. 8 completed their fifth and final jump on the Canadian Forces Basic Parachutist Course in conjunction with CFLAWC.



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Photo by Corporal (Cpl) Sylvie Kervin, DND-MDN

LCol Dave Robinson, former Commanding Officer of 407 Long Range Squadron, swears Officer-Cadet Jonathan Martin into the Canadian Forces during a ceremony held at 19 Wing Comox on Aug. 9, 2012. OCdt Martin will commence training to become a pilot under a new program called the Air Environmental Affiliated Degree (AEAD). LCol Robinson has known OCdt Martin since he was born. LCol Robinson and OCdt Martin's father, Captain (retired) Burke Martin, flew CP-140's together in the early 90's and again in 2000. The AEAD program is one of the paid education programs available through the CF, which offers free tuition, books and academic equipment, in addition to a salary with benefits. Paid education programs are available for officers and non-commissioned members in a variety of occupations through colleges and universities across Canada, including the Royal Military College of Canada.

# Bravo ZULU



WO Robert Diwald is awarded the GSM - SWA medal by Capt(N) Don Smith, FMF Cape Breton.



WO Robert Diwald also received a Commander's Commendation for his work in Joint Task Force-Afghanistan.



Lt(N) Colin Dudeck is awarded the OSM - EXP medal by Capt(N) Don Smith, FMF Cape Breton.



PO1 David McAlpine is promoted to CPO2 at FMF Cape Breton by Capt(N) Don Smith and CPO1 Kevin Woods.



Sgt Glen Rodger is presented the CD1 Clasp by Capt(N) Don Smith at FMF Cape Breton



CPO2 Yves Ouellet is awarded the OSM - EXP medal by Capt(N) Don Smith, FMF Cape Breton.



PO2 Andre Thibault is presented the OSM-EXP medal by Capt(N) Don Smith, FMF Cape Breton.

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**LIFERING ALCOHOL & DRUG ADDICTION SUPPORT GROUPS** has started new groups on Vancouver Island. Victoria, BC: Victoria Native Friendship Center on Thursday evenings 7:30pm @ 231 Regina Ave. Saanichton, BC: Tsawout First Nation on Thursday afternoon at 3pm at 7728 Tetayut Rd. Duncan, BC: 1 Kenneth Pl. on Friday evenings at 7pm. Nanaimo, BC: Vancouver Island Therapeutic Comm. on Sunday evening 7:15pm @ 10030 Thrid Street. General inquiries: Michael@LifeRingCanada.org

**CAREGIVING FOR SOMEONE with dementia?** The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

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A/SLt Justin Campbell labours over the chart table in PCT Wolf during MARS III's training.

# At wheel-over

**A/SLt Danny Camellato**  
Contributor

passage. SLt Babcock was in Campbell's shoes two years ago.

"Where is this fun you speak of?" A/SLt Campbell retorted after overhearing SLt Babcock's advice, a sentiment shared by all the MARS IIIs as they are collectively referred to in the pipes. At the beginning of the second week of

are finding their stride.

Mastering the operation of the helm, driving the zodiac for man overboard exercises, and becoming a functioning cohesive unit as watches on deck are part of the NETPO training. Learning naval terminology from the concept of "port" and "starboard" is tantamount to learning a new language.

"It is vital to know the basics," says Leading Seaman Mich el Simard, Senior Boatswain Mate for Wolf. It is his job to train up to six newly minted naval officers, with the fundamentals of being at sea.

The more the MARS IIIs apply their acquired knowledge on matters, such as tidal theory, astronomy, and clearing bearings, to navigating a 230-ton vessel in pilotage waters, the more pressure skipper Lt(N) Darren Sleen's exerts on NETPO sailors to perfect their craft.

Reports are given with more urgency and at a greater pace, bearings are hastily scrawled on the bridge windows, the skipper's commands come quickly and sharply, and the bridge team begins to behave as instruments at the Officer of the Watch's disposal. The mounted stress imposed on the students approaches critical mass, their nerves tighten until the atmosphere on the bridge is crisp with electricity.

## Learning naval terminology from the concept of "port" and "starboard" is tantamount to learning a new language.

their two-week sea phase, the MARS IIIs are visibly showing signs of exhaustion. Gone were the bright eyes of unabashed enthusiasm, straight posture, and crisp movements over electronic charts and tide tables; in their place darkened rings under their eyes, hunched shoulders and a subdued tone of fatigue.

As the energy levels in the MARS IIIs drops, those earning their Naval Environmental Training Program (NETPO), under Officer-in-Charge Lt(N) Darren Sleen's command,

Against a deep azure sky streaked with wisps of cirrus cloud, the bow of PCT Wolf 59 sliced through the calm waters painted mercury-blue and silver from the early morning sun.

The atmosphere on the bridge was placid, anticipating the transit of Porlier Pass. For navigator A/SLt Justin Campbell, it was his first tight passage.

He had spent the night before determining the height of tide, the speed of the current, and the prominent features of the headlands on either side of the pass in order to fix the ship's position. It put the young navigator in the same stead of Commanders Dionisio Alcal  Galiano and Cayetano Valdes when they first encountered Porlier Pass in the summer of 1792.

While most of the dangers have been charted, A/SLt Campbell and five of his classmates on the MARS III stage of their training were as wary of the hidden dangers concealed by the deceptive waters as the Spanish navigators were over two centuries ago.

"The best thing the students can do is have fun," said SLt Tyson Babcock, Executive Officer of Wolf, about the daily rigor of planning and executing a

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Continued from pg 18

# Sailors hone skills

Although exhausted, the young navigators struggle to keep their cool, and when they call out their count-down to course alteration, their voices pique to finally announce: "At wheel-over, track is clear."

A glimmer of inner satisfaction flashes in their eyes.

The NETPOs, now well trained in their daily routine and in good spirits with tanned faces and forearms, cannot fully appreciate the scope of the navigators' task, yet they sense the importance and notch up their alertness to their own individual tasks.

As the MARS IIIs become physically exhausted, the Watch on Deck has coalesced as a team toward the end of the sea phase.

One of the major challenges for Wolf 59 falls to the Chief Cook of the Patrol Craft Training Section, who is on board Wolf. Master Seaman Pierre Forget is conscious of the crew's energy level. His job is to ensure the health and wellbeing of every one on board.

"I keep a running count of the calories for every meal," he notes, "and rely less on duff than fresh fruits and vegetables to keep people healthy. Everyone from the captain to Watch on Deck do pushups after breakfast."

In his care, morale is sustained simply by the virtue of food and good health.

Toward the end of the sea phase, the crew of PCT Wolf 59 participated in a potential rescue mission. On the afternoon of Aug. 15 the bridge team heard a distress call on distress Channel 16. A sailboat had run aground

on a rock awash and was requesting assistance. Wolf altered course to investigate the situation.

The MARS IIIs put their training to use, recording facts in the Officer of the Watch notebook, assessing the risk of collision with the other vessels in the area, and updating the Captain with navigational information.

Senior Boatswain's Mate Simard took a crew in the Zodiac to investigate the damage and ensure there were no casualties aboard the stricken vessel, which suffered minor damage to its keel. Within minutes, a U.S. Coast Guard Vessel Assist boat was on the scene and worked with Wolf's zodiac to tow the sailboat off the rocks. It was a positive end to a bad situation and gave the MARS IIIs a sense of purpose to their training.

As an instructor, Lt(N) Sleen filters out the naval inexperience of the students, which is the primary cause for their many errors, taking the time to demonstrate to them not only what is proper, but what is proper.

Indeed there is much to learn in precious little time, and the MARS IIIs realize this more than anything else. Known to students as demanding, the former navigator of HMCS Protecteur demands only one thing.

"If every one from the captain to the look-out gives their 100 per cent, then I'm happy," he says.

PCT Wolf 59 is a training platform for the Royal Canadian Navy's future MARS officers.

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