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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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Image By Corporal Brandon O'Connell

During a visit to the base on Oct. 1, First Sea Lord (Royal Navy) Admiral Sir Mark Stanhope toured HMCS Calgary. Above, Calgary's Commanding Officer, Cdr Paul Francoeur discusses the frigate life extension program that is currently underway in the ship. See more on page 3.

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Dfit.ca launch party

On Oct. 11, Personal Support Programs (PSP) Directorate of Fitness will launch a new web-based fitness tool, www.DFIT.ca nationwide.

The web-based program is an easy to use interactive web application

that can help you meet your fitness and health needs wherever you are located, at home or abroad.

PSP Fitness staff will hold a Launch Party at 11 a.m. on Oct. 11 in the lower gym of the Naden Athletic Centre.

Our goal is to register as many CF members as possible onto the Dfit site during the launch. Each member who attends and registers will be placed in a draw to win an iPod Shuffle.

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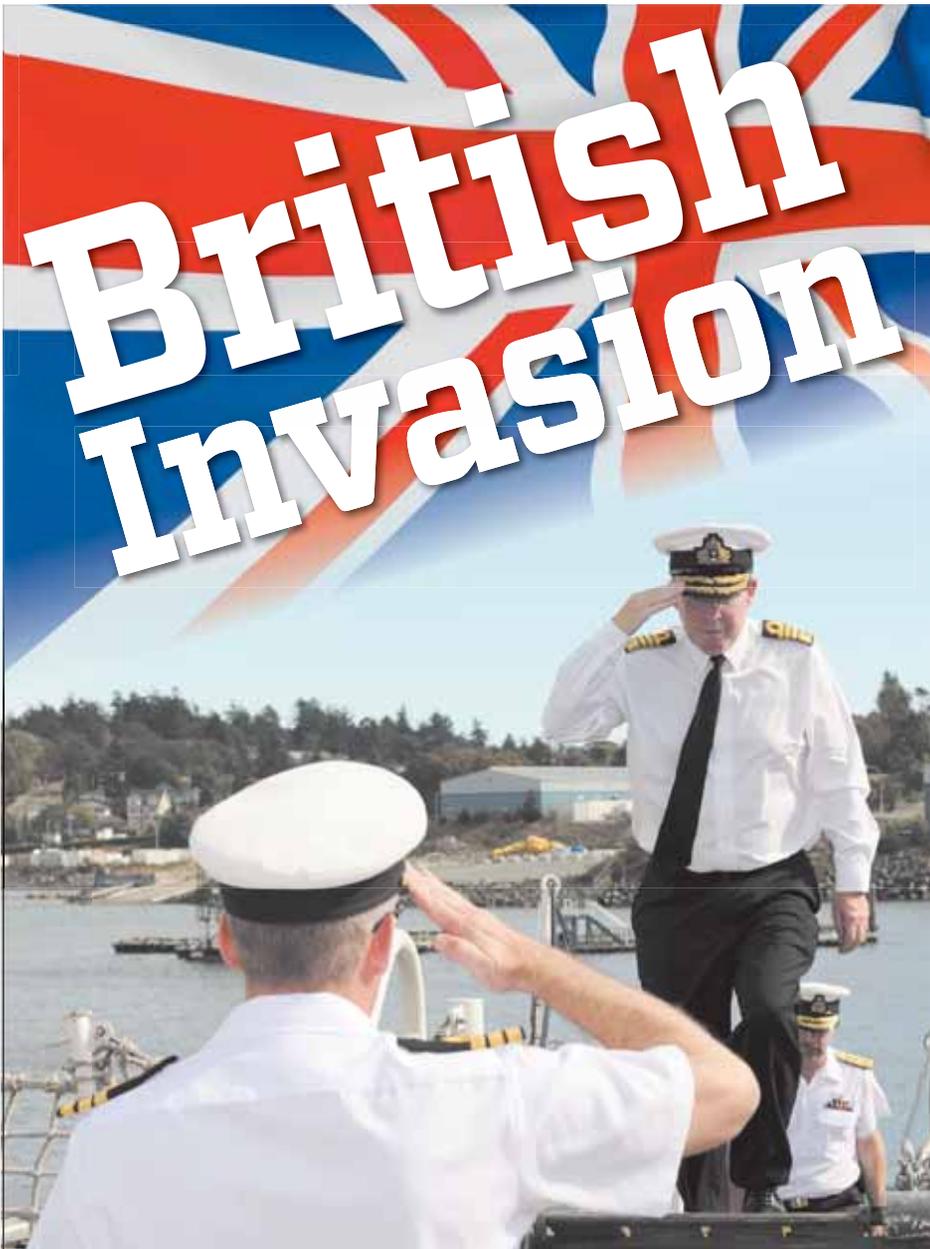


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Photos by Cpl Brandon O'Connell, MARPAC Imaging Services

Left: First Sea Lord (Royal Navy) Admiral Sir Mark Stanhope receives a salute from HMCS Calgary's Commanding Officer, Cdr Paul Francoeur during his visit to the ship. Admiral Stanhope took a tour of CFB Esquimalt on Oct. 1.

Above: PO2 William Underhill shows some new features in the Machinery Control Console in the ship to Admiral Stanhope.

Right: RAdm William Truelove (left) welcomes Admiral Stanhope to the base.



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EXECUTIVE PROGRAMS

matters of OPINION

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WHAT SAY YOU

People Talk

Lookout asked this question: *If you saw a friend engaging in a self-destructive pattern they were unaware of, what would you do and why?*



I would sit them down and ask what's wrong, and I'd try to get them the help they needed.

LS Greg Morre



I would tell them that it wasn't leading them in a good direction. The MFRC has great counselling programs, so I'd probably send them there.

LS Aaron Kamiel



I'd do whatever I could do help them. That's just what friends do.

MS Shaun Thorne



If they were a close friend, I'd pull them aside and talk to them about it. If they were a real friend they'd listen. If they weren't a close friend, there might not be much I can do.

Chuck Grenkow



I'd get them in contact with Employee Assistance Program to get them in contact with a professional.

Morgan Meier

SPORTS trivia by Bill Sheridan Contributor

1. What two pitchers combined for the most wins save combinations in history?
2. Who was the first Red Wing to score 50 goals in a season?
3. Who were the 'core four' with the Yankees wins in the late 90's?
4. Tony Oliva was the first DH to do this?
5. Who was nicknamed Rock?
6. Which baseball brothers played on the same team for the longest?
7. Who were the Chicago Cougars?
8. Which NHL'ers came out of retirement after induction to Hall of Fame?
9. Which NFL team played its home games over the most part of two seasons at the Yale Bowl in New Haven Conn?
10. In football terms, what is three and out?
11. What Loblaws store has a red dot in the floor in the middle of an aisle?
12. Who was Iron Mike?
13. Who is the Boston Celtics all-time leader in points scored?
14. Who were the Detroit Falcons?
15. What team in the ABA did Wilt Chamberlain coach?
16. What visiting American team was greeted by Nikita Krushchev before a performance in 1959?
17. Richard Brickhouse was the first person to win a race on which speedway?
18. Who was nicknamed The Juice?
19. The book called *Forever a Blackhawk* was written about which star?
20. Rannulph Junuh is a character in which golf story film.

Trivia answers

1. Any Pettite and Mariano Rivera
2. Mickey Redmond
3. Rivera, Pettite, Jeter and Posada
4. Hit a home run
5. Tim Lincecum
6. Lloyd and Paul Waner, 1927-1941 and 1944
7. They were a team in the World Hockey Association
8. Gordie Howe, Guy Lafleur and Mario Lemieux
9. NY Jets

10. This means the offense runs three plays without attaining a first down, and are forced to punt.
11. The one signifying where center ice is in the old Maple Leaf Gardens.
12. Many have been named Iron Mike, Tyson, Keenan, Ditka to name a few.
13. John Hawlicek
14. Two sports teams were named the Detroit Falcons, the original basketball team in the NBA and a previous name for the Redwings.
15. San Diego Conquistadors
16. Harlem Globetrotters.
17. Alabama International Motor Speedway later renamed Talladega.
18. Orenthal James Simpson
19. Stan Mikita
20. The Legend of Bagger Vance (Matt Damon)

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- The Taliban Don't Wave by Rob Semrau
- Fodor's Hawaii 2013
- Let's Pretend this Never Happened: a Mostly True Memoir
- Marrakesh by Design: Decorating with all the Colours, Patterns ...
- & many, many more

Watch Base videos now! Visit the Lookout website.

Go to www.lookoutnewspaper.com to see our feature videos this week:

1. Naval history from 1959 was rekindled with the raising of replica totem pole Hosaqami at Government House.
2. Seamanship Division uses Bentick Island to train Fleet School boatswains demolitions training. On Sept 6 a special refresher course was held for instructors.
3. Dynamic feature footage from RIMPAC 2012 - the largest multi-national military exercise.



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Back Row: (left to right) PO1 Shanna Wilson, Cpl Angela Ayre, LS Sarah Antonev, LS Alana Smit, LS Brianna Dusome, LS Courtney Edwards, Cpl Karli Gill, and SLt Mireille Roman.

Front Row: (left to right) Capt Emily Bowen, 2Lt Cori Lee, LS Michelle Howell, MCpl Ashley Klimas, LS Robyn Young, MS Stephanie McFadden, Lt(N) Tien Nguyen, Capt Laura Locklin, and SLt Tiffani Carrat. Missing: Coach, Stewart Forsyth

Soccer Nationals at CFB Borden

Both the Pacific Region Women's and Men's Soccer teams participated in the Soccer Nationals at CFB Borden Sept. 14 to 21.

The women's team played a strong tournament, placing third after being knocked out in the gold medal qualifying game against Quebec. The men's team played equally hard but

did not place.

Following a 1:1 tie, the women's team played 30 minutes overtime in the gold medal qualifying game. After an incredible fight, the team lost to Quebec in the second round of penalty shots.

A particular shout out to the women's keeper LS Young, who, despite

her actual height, stands 10 feet tall in net.

Two Pacific Women were named game MVP: LS Courtney Edwards (CAL) and PO1 Shanna Wilson, (PCC). Lt(N) Tien Nguyen and PO1 Shanna Wilson were selected as two of eight female all-stars players for the tournament.



Back row: (left to right) MCpl Tyler Salmond, CPO2 Frederic Torres, SLt Christian Walsh, OS Brad Salmon, LS Steve Helyer, LS Jean-Paul Richard, Capt Andrew Vandor, OS Stephen Appleton, CPL Anthony Bertovic, and LS David Magnotta.

Front row: (left to right) LS Bradly Rupert, PO1 Michael Broadley, Pte Oualid Semghouni, OS Willem Davies, OS Liam Chambers, LS Carlos Cea, MAJ John Waugh, and LS Kyle Weatherby.

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International Day of the Girl, Canada leading progression

Megan Gerrys
Contributor

In 2007, Bill Gates was asked if he thought Saudi Arabia could meet its goal of becoming one of the top economies in the world.

Gates responded, "Well if you're not fully utilizing half the talent in the country, you're not going to get too close to the top."

This idea lies behind International Day of the Girl, to be celebrated Oct. 11.

Steadily, communities around the world are realizing that equal treatment and equal opportunities for girls leads to stronger economies,

communities, and nations. Canada is at the forefront of this movement; in late March 2011 the House of Commons gave unanimous support to a motion that Canada should lead a campaign at the United Nations for an International Day of the Girl.

This day is fundamental in recognizing the issues that face Canadian girls today.

Minister for the Status of Women, Rona Ambrose declared that in order to address the issues facing Canadian girls, "it will be necessary to explore ways that healthy relationships,

good role models and a positive self image can help girls reach their full potential."

Programs for young girls, such as Girl Guides and Cadets, aim to improve the self-confidence, self-esteem, and self-awareness of girls. Today, girls represent 36 per cent of all cadets in Canada. With programs encouraging girls to become leaders in their community, and with the government's strong endorsement of equal opportunities and treatment of girls, Canada is on its way to fully utilizing all of the talent in the country.

For more information on International Day of the Girl and what you can do to celebrate Oct. 11 visit www.swc-cfc.gc.ca/dates/idg-jif/index-eng.html#tab7



Photo by Shelley Lipke, Lookout

Senior leadership gathered at the Admiral's residence to sign their 2012 Government of Canada Workplace Charitable Campaign (GCWCC) pledge forms. Pictured above, Base Commander, Capt(N) Bob Auchterlonie; RAdm Bill Truelove, Commander Maritime Forces Pacific; and Cmdre Scott Bishop, Commander Canadian Fleet Pacific, sign pledge forms as CPO1 Shawn Taylor, CPO1 Paul Helston, Capt(N) Mike Knippel and Capt(N) Luc Cassivi stand behind them waiting for their turn.

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Special visitors to HMCS Regina



Photo by Cpl Rick Ayer, Formation Imaging Services

VIPs were given a brief on HMCS Regina and its Unmanned Aerial Vehicle (UAV) while docked in Manama, Bahrain, in the Persian Gulf during Operation Artemis.

Left to right: Capt Ian Haliberton; Brian Williams; Deputy Commander, Combined Maritime Forces United Kingdom Maritime Component Commander, Cmdre Simon Ancona; Combined Maritime Forces / Commander, United States 5th Fleet, Vice Admiral John W. Miller; Commander Combined Task Force 150, Cmdre Robert Tarrant; Executive Officer HMCS Regina, Lieutenant-Commander Andrew Hingston; and Commanding Officer HMCS Regina, Cdr Jason Boyd.

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Winnipeg sailors strengthens city bond

Lt(N) Sean Bruce
HMCS Winnipeg

On Sunday, Sept. 16, 10 members of *HMCS Winnipeg* departed the familiar hilly landscape of Victoria, for the golden wheat fields of Winnipeg, Manitoba.

With the goal of connecting the people of Winnipeg with their namesake ship, this small contingent of sailors worked diligently to engage the community and help reinforce those vital and historic ties the ship has with the city.

The crew had a busy schedule that included meeting different charities and community groups.

They conducted a number of engagements with government officials and business leaders, reaffirming the importance of the navy to people who may not see the work that we do on a continual basis. They also spoke to a class of political science students at the University of Manitoba who will one day help shape the policies of our corporations and governments.

Sailors visited Winnipeg Harvest, a community food distribution and training centre that provides 55,000 people each month with food. The crew helped package and organize food before its distribution to the various community shelters.

The following day saw them participating in a school breakfast program, providing food to disadvantaged youth. This community based program relies on donations to provide food to those who may not have an opportunity to eat at home, helping young kids to concentrate and learn without worry about how hungry they are. It was a fantastic program and the opportunity to talk about the navy was something none of the sailors will soon forget.

They also had the opportunity to visit veterans at the Deer Lodge Veterans home, which was an opportunity to listen to the stories

and experiences of former service members.

An unfortunate death of a Winnipeg fire fighter cancelled a presentation to the Winnipeg Fire Department burn fund; however, the members of *HMCS Winnipeg* were honoured to take part in the funeral ceremony as part of the honour guard. This moving tribute to one of Winnipeg's own was an incredible experience, and while the sailors did not know the man, it was clear by the 800-plus people who attended his service and the kind words they spoke of him, that he would be truly missed by the community.

The final day was a full one, starting off with participation in a Habitat for Humanity build; the officers and crew put on their tool belts and helped finish floors and build walls.

After a quick meal and shower it was off to a Blue Bombers game where they proudly represented the Canadian Forces and the Royal Canadian Navy by conducting the flag ceremony during the national anthem.

The Blue Bombers organization treated them like VIPs and all access passes gave the best seats in the house. It was an exciting game as the Bombers pushed passed Hamilton for only their third win of the season.

After a busy week, they boarded the plane for home, knowing the connections they made with the city will ensure the strong ties *HMCS Winnipeg* has with its namesake city will continue for many years to come.

Right: MS Flannigan helps with the Habitat for Humanity build.

Below: Cdr Everts, CPO1 Graham-Smith and PO2 Mann receive instructions prior to raising a wall.



Above: PO2 Mann and CPO1 Graham-Smith prepare a wall before it goes up.
Below: PO2 Power cleans up after building a floor.



FIRE PREVENTION INFO

CFB Esquimalt Fire Rescue Prevention Division.



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- Take steps to make your home escape-ready.
- Install smoke alarms and test them monthly to make sure they're working properly.
- Check to see that all doors and windows open easily.
- Make sure your house or building number is visible from the street.

- **Did you know**, rabbits build their burrows with two ways out so they'll always be able to escape if they sense danger. Pretty smart, don't you think?
- It's also important for you to have two ways out of every room in your home in case there is fire.



- Create a home fire escape plan with two ways out of every room and discuss it with the whole family.
- Draw a floor plan, showing all doors and windows.
- Visit each room and find two ways out, then mark them on your plan
- Choose a specific outside meeting place a safe distance from the home and mark it on the escape plan.



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- Go straight to your outside meeting place.
- Never go back inside for any reason.
- Once you're safely outside, call the fire department from a neighbour's phone or your cell phone.

SAFE

- At work you shouldn't be sleeping, so you don't always need two ways out if your place of work is relatively small, and buildings are alarmed.
- But you do need to know where the muster/meeting area(s) will be in the event of an emergency.
- Make sure you review your fire safety plan at work and discuss it with your co-workers. We might be coming by for a visit...in the near future.

- Practice the plan with everyone in your home twice a year.
- Practice during the day and again at night, when most home fire happen.
- Practice using different ways out.
- Close doors behind you as you leave to help slow the spread of fire.
- Practice getting low and going under smoke where the air is clearer.
- Have a plan to assist anyone needing help to escape, such as young children, older adults, or people with disabilities.

Indie game offers realistic future naval warfare

Shawn O'Hara
Staff Writer

The future of naval warfare is unclear, but thanks to modern gaming we can guess.

Naval Warfare: Arctic Circle is a Real Time Strategy game (RTS) by Turbo Tape Games that presents a realistic and engaging view of future naval combat.

"It's important to us, and we think what you see in the game is similar to what you can find in the real world," says Jan Haugland, Chief Technical Officer of Turbo Tape Games. "We want weapon ranges, max speeds, sensor accuracy, and so on to reflect reality."

The game is set in the year 2030, and imagines a conflict in the North Atlantic, Arctic Ocean, and Baltic Sea, where melting polar ice caps have opened up the north for exploration and resource exploitation.

With the current political climate and tensions over ownership of Arctic channels, this conflict doesn't sound implausible.

"There are certainly political differences between the NATO powers and Russia today, but I can't imagine these nations would let it come to World War Three without nukes, which is basically what this game is," says Haugland. "Luckily, I think, this scenario will remain in the world of fiction."

Though the game is set almost 20 years in the future, Haugland says the goal was to portray the future of naval warfare as realistically as possible.

"We didn't do this to have

a game with science fiction units," Haugland says. "All the ships, submarines and aircraft in the game, as well as the sensors and weapons employed, are real, either already operational or in advanced stages of development."

This allows Turbo Tape Games to include units that are well known such as the F-35 stealth fighter and the UK's new Queen Elizabeth class aircraft carrier.

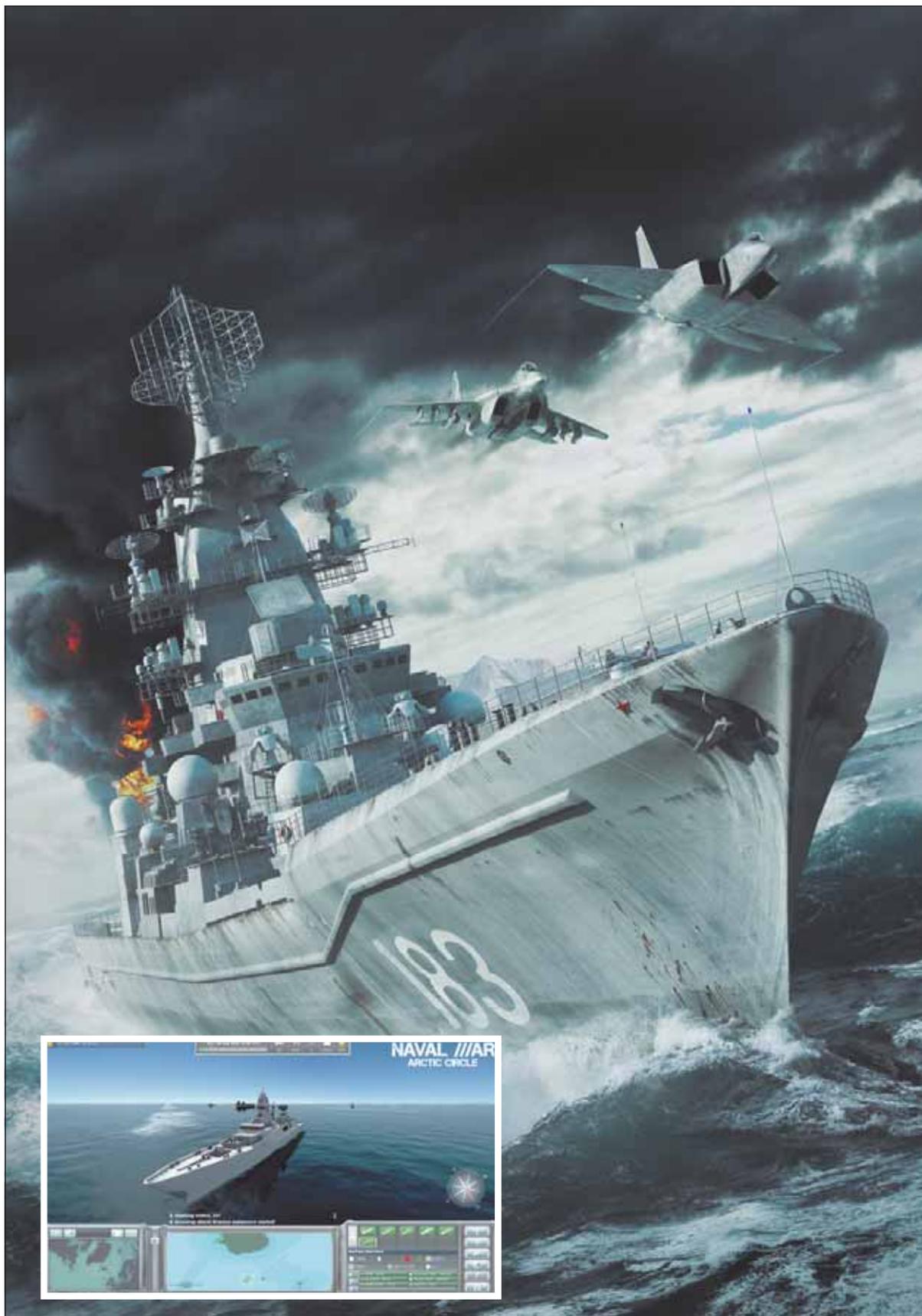
The game was released last March, quickly flying to the top spot on the Steam Digital Download platform. Haugland says the greatest compliment they have received is the popularity among serving and retired naval members.

"All of our playable countries are based on real navies, and we've gotten a lot of great feedback from actual sailors," says Haugland. "We have also developed missions and vessels based on the Royal Canadian Navy and hope Canadian sailors can enjoy the Halifax frigate."

The game has also been a hit among civilian gamers. The game allows players to create their own naval missions and offer them to other players online.

"We really wanted to work with the community, and so far we have counted 67 player-contributed scenarios on the game's Steam workshop," says Haugland. "That is something we're really proud of. It gets the community engaged and extends the lifetime of the game's online community."

To try it out, go to the lower right side of www.lookoutnews-paper.com to the linked ad. Click to go to the demo page.



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NEWS *Nuggets*

New Lieutenant Governor for BC

Nicola Valley rancher Judith Guichon has been named B.C. Lieutenant Governor, as Steven Point's five-year term comes to an end.

Guichon runs the family cattle ranch in the Nicola Valley. She has served as president of the B.C. Cattlemen's Association, a director of the Grassland Conservation Council of B.C., and on the provincial government's task forces on ranching and species at risk.

Born in Montreal in 1947, Guichon was raised on a farm in Ontario. She studied holistic farm management, which promotes sustainable management of livestock by emphasizing their natural habitat, a technique she introduced in B.C. with her late husband, commercial pilot Lawrence Guichon.

Her four children now help her manage a 700-hectare cow-calf and 700-yearling beef cattle operation near Merritt.

"Mrs. Guichon has dedicated herself to her community, province, and country," Prime Minister Stephen Harper said. "She is a leader in keeping British Columbia's agriculture and cattle industries environmentally sound and she has worked hard to promote and protect the ranchers of British Columbia."

Naden Band joint concert
The Naden Band is assisting the Cowichan Symphony Society with a concert at the Cowichan Theatre on Tuesday, Oct. 16.

The military musicians are offering a fun way to kick off the Society's season this year.

The four-concert season is somewhat shortened from previous years as Valley

symphony supporters try to regroup and build a bigger audience, so this is a fine way to add to a year of musical enjoyment.

Tickets for the Naden Band show are \$20 for adults and \$5 for students and children.

The Society has put out a call to the community to use it or lose it, so attending an event like this one is a way of showing organizers that classical music is still an important part of the Cowichan cultural scene.

A few days later, the band will be back in Victoria for the Naden Band Chamber Ensembles in concert on Sunday, Oct. 21, 2:30 p.m. at St. Paul's Naval and Garrison Church.

Thirteen musicians from the Naden Band of Maritime Forces Pacific will perform on brass and woodwind instruments in a varied program of classical and contemporary music.

The concert is free and all are welcome. Donations will go towards the restoration and upkeep of the 1890 historic Conacher organ. Reception to follow in the Parish Hall.

Calgary crew members visit Namesake City

The Commanding Officer and members of the crew of *HMCS Calgary* arrived in Calgary last week for a five-day visit to their namesake city.

During their time in Calgary, the crew conducted a number of activities such as visiting the Children's Hospital, the Centre for Military and Strategic Studies at the University of Calgary, conducting presentations at local schools, as well as assisting at Habitat for Humanity and the

Mustard Seed.

HMCS Calgary is currently progressing through a planned mid-life modernization program designed to ensure that it maintains operational capability and effectiveness to the end of its projected service life.

Navy Ships in Fleet Week

Three Royal Canadian Navy ships are taking part in the 31st annual San Francisco Fleet Week. *HMC Ships Algonquin, Edmonton* and *Brandon* joined United States Navy and Coast Guard vessels for activities and events from Oct. 4 to 8.

San Francisco Fleet Week brings together Canadian and U.S. military units for a week of celebrations and family-oriented events that are open to the public. The events showcase naval equipment, technology, and capabilities with an emphasis on humanitarian assistance and disaster relief, while also taking the opportunity to host and thank the men and women of naval services and their families for their duty.

San Francisco Fleet Week attracts an estimated audience of one million spectators. The main events are the parade of navy ships, an aerial show, a humanitarian assistance disaster response static display, and several concerts.

On completion of San Francisco Fleet Week activities, *HMCS Algonquin*, the flag ship of Canada's Pacific Fleet, will sail to lead a Task Group Exercise with Canadian and U.S. naval and air forces off the coast of Vancouver Island. *HMCS Edmonton* and *Brandon* will join with U.S. maritime security forces for training off of San Diego.

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Awards and presentations made to members of HMCS Nanaimo and HMCS Yellowknife by Cdr Lorne Carruth, Commander Coastal Division Pacific



LS Nicholson, Boatswain (HMCS Yellowknife) receives the Queen's Diamond Jubilee Medal.



LS Dumoulin (HMCS Nanaimo), a MESO, receives his Certificate B or Engineering Officer of the Watch qualification for the Kingston Class.



LS Robinson, Nav Comm (HMCS Nanaimo), receives the Queen's Diamond Jubilee Medal.

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PO1 Gapotchenko (HMCS Nanaimo), a MESO, receives his Certificate C or Chief Engineer Qualification for the Kingston Class.



Lt(N) Denny, Executive Officer (HMCS Yellowknife) receives the Queen's Diamond Jubilee Medal with his wife.



Lt(N) Austen, (HMCS Nanaimo), Operations Officer, receives the first clasp of his Canadian Forces Decoration.



Lt(N) Wills, former Operations Officer, (HMCS Yellowknife), receives the Queen's Diamond Jubilee Medal.

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LS Mutcher, NCIOP (HMCS Nanaimo) receives the Queen's Diamond Jubilee Medal with his wife Jou-Ni.



CPO2 Wilson, Coxswain HMCS Nanaimo, receives the Queen's Diamond Jubilee Medal with his wife PO1 Shanna Wilson.



RAdm Bill Truelove presents CPO1 Steve Lespérance, accompanied by his wife Paula, with Warrant Scroll in recognition of his hard work, dedication and tremendous achievement.



RAdm Truelove presents CPO1 Don Phillips, accompanied by his wife Bonnie, with his Warrant Scroll in recognition of his hard work, dedication and tremendous achievement. CPO1 Phillips is currently the Formation Ammunition Inspector at Maritime Forces Pacific.



RAdm Truelove presents CPO1 Janet Graham-Smith her Warrant Scroll in recognition of her hard work, dedication and tremendous achievement. CPO1 Graham-Smith is currently the Coxswain of HMCS Winnipeg.



RAdm Truelove presents CPO1 Michael David Fairfax his Warrant Scroll in recognition of his hard work, dedication and tremendous achievement. CPO1 Fairfax is currently the Coxswain of HMCS Vancouver.



RAdm Truelove presents CPO1 Sid Tobias accompanied by his wife Jocelyn his Warrant Scroll in recognition of his hard work, dedication and tremendous achievement. CPO1 Tobias is currently the Coxswain of HMCS Ottawa.

Photos by Sgt Craig Fiander, MARPAC Imaging Services

MARPAC Chief of Staff, Capt(N) Mike Knippel (left in photos), presents the following with the Queen Elizabeth II Diamond Jubilee Medal:



Bruce Nelms



Margot Cutcher



Lieutenant Commander Andrew Cooper



Lieutenant (Navy) Doug Bowser



Chief Petty Officer Second Class Christine Lareau



Petty Officer First Class Yvan Vallieres



Warrant Officer Dan Flynn



Petty Officer Second Class Laurie Gracey



Leading Seaman Nancy Daigle



Lieutenant Commander Kellie McNab



LCdr Trevor MacLean, outgoing Executive Officer at Sea Training Pacific, was promoted to Commander on Oct. 1 by the Commander of the Canadian Fleet Pacific, Cmdre Scott Bishop. Also pictured is Cdr Maclean's wife, Jill and their two sons, Keighan and Devlin.

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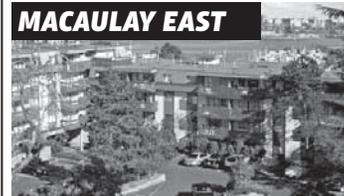
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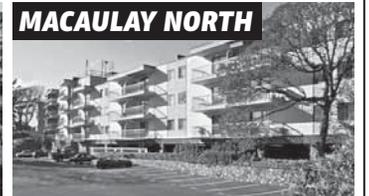
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Recreation celebration for one lucky CF family

Jen Seipp
DGPFS

For one lucky Canadian Forces family, Labour Day was no work, all play.

Cpl Steve Ottar and his daughter Meghan were the winners of the *June is Recreation Month* Contest, and enjoyed a leisure-filled vacation in the National Capital region.

The grand prize winner, Cpl Ottar enjoyed a trip to attend the 25th Gatineau Hot Air Balloon Festival, visit local museums, and take in the sites of the region with his daughter.

"The type of work that I do often involves my being away from home, so uninterrupted time with my family is a big deal," says Cpl Ottar. "As a junior rank in a high cost area like Edmonton, the things that DGPFS provides gives me the ability to do things with my family that I wouldn't otherwise be able to do. Winning this contest and being able to give this experience to my daughter has been incredible."

To help promote recreation in June and beyond, Personnel Support Programs

National Recreation Services engaged a variety of sponsors to provide contest prizes for Canadian Forces community members who truly demonstrated the value of recreation.

"Thousands of Canadian Forces members and their families at bases, wings and units across Canada and abroad enjoy more than 700 different types of recreational and leisure activities all year long," says Cmdre Mark Watson, DGPFS. "June is our time to highlight the health benefits and importance of participation in these activities."

Local participation on bases and wings is also at the heart of the *June is Recreation Month* campaign. PSP Recreation teams across Canada did a great job of getting their community members engaged in recreation this June by holding special events, family fun days, and encouraging people of all ages to get active, get involved, and try something new. Thanks to their tireless efforts to promote recreation in their community, the staff members at CFB Petawawa are

the proud winners of a community barbecue prize package.

"For the third year in a row, BMO Bank of Montreal was proud to sponsor the *June is Recreation Month* initiative," said Nick Mastromarco, Director, Acquisition and New Business Development. "As the Official Bank of Canada's Defence Community, we at BMO are grateful for the opportunity to help improve the quality of life and boost morale in the communities we serve."

In the month of June and throughout the year, recreation plays an important role in Canadian Forces communities by encouraging military members and their families get involved, lead healthy lifestyles, and get engaged within their communities. Thanks to all who participated in this year's June is Recreation Month campaign. By enjoying the benefits of recreation, we are all winners.

To learn more about the benefits of recreation or about local PSP programming in your community, log on to www.cf-rec.ca.

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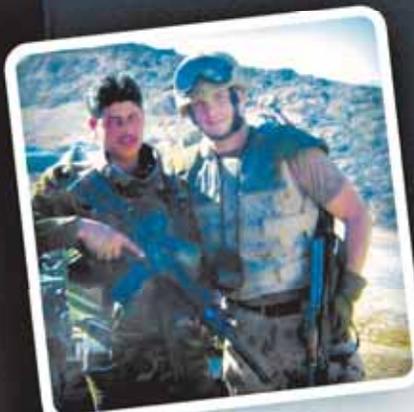


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