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Volume 57 Number 42  
October 15, 2012

# LOOKOUT

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## Friendly competition

MCpl Sean Spurvey, Cpl Mickey Armstrong, Sgt Benoit Laroche, and OS Matthew Syme sort food donations during the Great Canadian Food Fight 2012. Each year Victoria's Mustard Seed Food Bank engages in friendly competition with charities across Canada to see who can raise the most amount of food. The food is sorted into categories and then weighed on an industrial scale, with the winner having the highest total weight.

Shawn O'Hara, Lookout

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## Underwater plaque honours Submariner

**Shelley Lipke**  
Staff Writer

Family, friends and military members paid homage to CPO2 Richard Boileau on Oct. 6 at the site of the diving accident that claimed his life on May 19.

Five members of Fleet Diving Unit (Pacific) joined by HMCS Victoria's Executive Officer, LCdr Christopher Holland, dedicated a memorial plaque to honour his life.

The party was transported from Brentwood Bay to Sheppard Point where the plaque was later placed.

"It was a beautiful day and a fitting tribute for Richard and his family," said diver CPO2 Rob DeProy.

Divers CPO2 DeProy and Richard Parker were with CPO2 Boileau during the accident in the waters of the Saanich inlet near Sheppard Point.

In memory of their friend they dove to the ocean floor to lay the plaque. Before rising to the surface they touched the plaque and shook hands to honour their friend.

"The plaque was laid in 18 metres



**Above:** The plaque commemorating CPO2 Boileau was placed on the bottom of the ocean at Sheppard Point.

**Right:** CPO2 Richard Boileau on board HMCS Protecteur on Remembrance Day 2011 in San Diego.



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EXECUTIVE  
PROGRAMS



# Warships head to sea for naval exercise

**Shelley Lipke**  
Staff Writer

Task Group Exercise (TGEX) 3-12 began last Thursday off the west coast of Vancouver Island. It is a training platform for HMC Ships *Ottawa*, *Algonquin* and *Victoria* crew.

Canadian ships joined U.S. Ships *Ford*, *Momsen* and *Yukon* for the third TGEX this year that will last from Oct. 10 to 22.

*Algonquin* serves as Command Platform for Fleet Staff under the command of Capt(N) Martin Teft, Deputy Commander of Canadian Fleet Pacific; he is directing the entire exercise and providing instruction to all

the Canadian and American ships, submarine and aircraft.

"This exercise features participation of the submarine *HMCS Victoria* and ships from the United States Navy in Everett, Washington," said Capt(N) Teft just before the exercise started. "During at-sea exercises such as this, Canadian sailors and air personnel are able to progress their individual and team training requirements while maintaining our close fleet to fleet relationship with the United States Navy."

Embarked CH-124 Sea King helicopters join CP-140 Aurora maritime patrol aircraft from 19 Wing Comox and contracted aircrafts that are towing targets for anti-air

firing serials.

Scenarios focus on building effective international interoperability, advanced competency in conventional maritime warfare disciplines and anti-submarine warfare involving surface, subsurface and air forces.

This training prepares *Ottawa's* crew for their upcoming deployment as part of the Joint Interagency Task Force (JITF) South.

"Practicing anti-submarine warfare, surface and air gunnery, flight operations and general seamanship in an exercise with scaled complexity goes a long way to provide the Royal Canadian Navy with the readiness required to serve Canada

at home and abroad," said Capt(N) Teft. "TGEX 3-12 is the third in a series of skill generation exercises that the Pacific Fleet has organized this year."

When a ship conducts local taskings, sailors can accomplish certain training objectives, but in a joint exercise they can achieve a much greater spectrum of training, he adds.

In the past five years Canada has taken leadership roles in a number of international operations in the Persian Gulf and Libya. Exercises such as these help train sailors for these missions when Canada is called upon to take a leadership role on the world stage.

## Recreation now offers language classes

Recreation is pleased to offer classes in Beginner Italian and Spanish.

They are now taking registration for the following (note that each language class has two options):

### Spanish for Beginners

- Option #1: Thursdays 6-7:45 p.m., Oct. 25 - Dec. 13, \$160, CPAC
- Option #2: Saturdays 10-11:45 a.m., Oct. 20 - Dec. 15 (no class Dec. 8), \$160, CPAC

### Italian for Beginners

- Option #1: Tuesdays 6-7:45 p.m., Oct. 23 - Dec. 11, \$160, CPAC
- Option #2: Thursdays 6-7:45 p.m., Oct. 25 - Dec. 13, \$160, CPAC

Due to the large amount of interest in both of these classes, register as soon as possible to avoid disappointment. The above classes will max out at 18 participants. Registration will be accepted on a first come first served basis. If you are successful in registering in any of the above courses more infor-

mation will be distributed with regards to text books, etcetera.

To register, please call CPAC at 250-363-1009, visit the CPAC kiosk or visit the Naden Kiosk.

## Free postal service

Canada Post will again offer free Regular Parcel service to family and friends of deployed Canadian Forces members from 15 October 2012 to 11 January 2013. Mail must be addressed to one of the following three Canadian Forces Bases:

- All PO Box numbers, Station Forces, Halifax NS B3K 5X5
- All PO Box numbers, Station Forces, Victoria BC V9A 7N2
- All PO Box numbers, Station Forces, Belleville ON K8N 5W6



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**Heidi Megan Clow**

**October 19, 1986 - October 4, 2009**

I love you and miss you more with each passing day. Two years have done nothing to lessen the anguish of your loss. I'd give anything for one last hug. You own my heart. **Mom**

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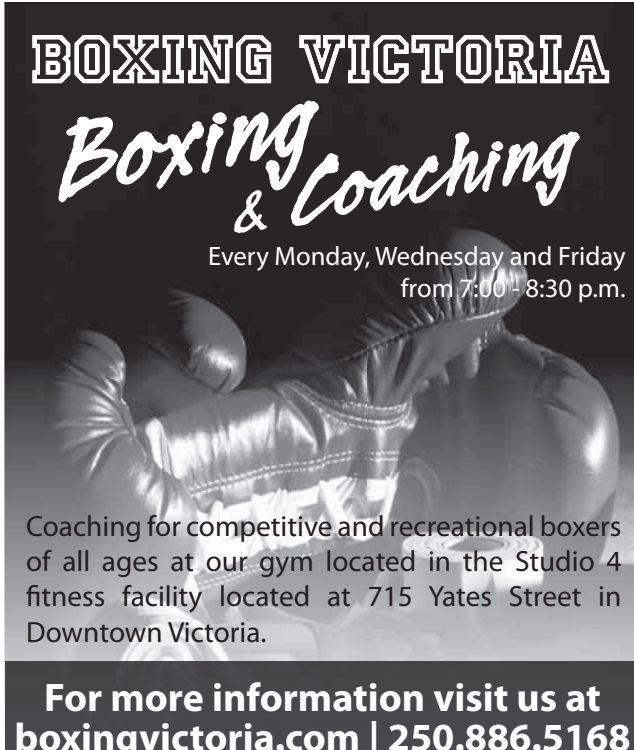
Decorate a space in your office with the spookiest Halloween theme! \$5/ person, max 10 people per team, to be paid at judging. Units can enter multiple teams. Email Pamela.kelly3@forces.gc.ca by Oct. 24 to register. Judging will take place Oct. 31 between 10 a.m. and noon

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# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:

*If you could be famous for anything what would it be and why?*



I'd want to be famous for solving world hunger without genetically modified food. I want people to be able to look at their food and know what they're eating.

Syndi Baker



I want to be famous for being a good person. Everyone wants to be remembered for doing good things.

Veronica Hackett



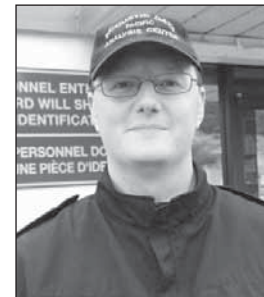
Are you kidding? I'd be a rock star. I've always loved music and it would be awesome to live that lifestyle.

Cdr Chris Moore



I'd want to score the game winning goal at the 1972 Team Canada Series. Look at what Paul Henderson did. It was a very proud moment for Canada.

Glen Turlock



I'd want to be famous for making a really great video game. I'm a huge gamer and I know what people like that contribute to the culture.

LS Jonathan Rielly

## Correction

Dear Editor:  
Ref: Vol 57 No. 40 Oct 1, 2012.

October: Women's History Month error for Thursday 4, October calendar Maj Wendy Clay qualified for her Pilot's Wings in 1974 not 1947 (as printed).

Dr. Clay was the Flight Surgeon at CFB Trenton.

She was previously a qualified pilot at the CFB Trentin Flying club and

obtained her CF pilot wings with her duties as Flight Surgeon.

I was posted to CFB Trenton from 1966 to 1973 and flew with Dr. Clay at the flying club.

*Sincerely,*  
**James Rutley**  
Technical COMSEC  
Inspector  
FMF CB Eng Div CFB  
Esquimalt

## SUDOKU PUZZLE

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		1	2	4	6	8	5	
	6				7			

ANSWERS ON PAGE 15

Level: Beginner

## HOROSCOPES

**ARIES** Mar 21-Apr 20

Aries, you may need some creative strategies to clear up some conflicts in your schedule this week. You must be quite popular since you have so much going on.

**TAURUS** Apr 21-May 21

Taurus, there's so much to get done this week that you may not know where to begin. Making a list of your responsibilities may help you get organized.

**GEMINI** May 22-Jun 21

Gemini, you may be on the fence about making a large purchase, but the stars indicate that now could be a good time to buy and things will work in your favor financially.

**CANCER** Jun 22-Jul 22

Cancer, instead of rushing along through the daily grind, take some time to slow down and enjoy the scenery along the way. This will help you clear your head and relax.

**LEO** Jul 23-Aug 23

Leo, the weekend will not be fun unless you finish up all of your work at the office. Don't procrastinate and leave all the difficult tasks until next week.

**VIRGO** Aug 24-Sept 22

Virgo, there are serious things to consider with respect to your family life, and not all of the conversations will go your way. Be patient and work through everything a little at a time.

### FAMOUS BIRTHDAYS

OCTOBER 14  
Harry Anderson, Comic Actor (60)  
OCTOBER 15  
Emeril Lagasse, Chef (53)  
OCTOBER 16  
Angela Lansbury, Actress (87)

**LIBRA** Sept 23-Oct 23

Libra, whether feedback from work is positive or negative, rest assured that hard work will ultimately garner some recognition. Keep working hard and all will work out.

**SCORPIO** Oct 24-Nov 22

No one is going to know how you feel unless you speak up, Scorpio. Don't slink into the shadows; get out in the open and have your voice heard.

**SAGITTARIUS** Nov 23-Dec 21

Projects around the house seem to grow with every passing day, Sagittarius. If you do not think you can get them all done on your own, it may be time to hire a professional.

**CAPRICORN** Dec 22-Jan 20

Experiencing car troubles, Capricorn? This may be the ideal time to go shopping for a new vehicle. A new ride can lift your spirits and put to rest those fears about your current vehicle.

**AQUARIUS** Jan 21-Feb 18

Don't work yourself silly, Aquarius. It's good to be productive and company-minded, but not if it comes at the price of your health. Recharge before you tackle anything else.

**PISCES** Feb 19-Mar 20

Pisces, while it can be challenging to sit idle, lazy days are very often great ways to catch up on some rest and personal time.

OCTOBER 17

Eminem, Rapper (40)

OCTOBER 18

Martina Navratilova, Athlete (56)

OCTOBER 19

John Le Carre, Author (81)

OCTOBER 20

John Krasinski, Actor (33)

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# Outgoing CDS sees a bright future for the Canadian Forces

**Cheryl Macleod**

Corporate Communication

You only have to speak with Chief of the Defence Staff Gen Walt Natynczyk for a few minutes to hear in his voice how committed he is to the CF and how proud he is of the men and women in uniform.

When he retires later this fall after 37 years of service, including four as CDS, he says without hesitation that it will be the people he will miss the most.

"Our men and women should be proud of what they achieved in Kandahar during the combat mission...an Afghanistan that is more secure, more stable and that has more professional and capable security forces. This is the legacy of our men and women who worked and fought so hard and sacrificed so much in that country. Our successes there are a reflection of the professionalism of the Canadian Forces."

With 900 CF advisors and support staff serving in Afghanistan, Gen Natynczyk has continued his regular trips to that region. As CDS, he oversaw the CF transition in 2011 from a combat mission in southern Afghanistan to a training and advisory role in Mazar-e-Sharif in northern Afghanistan and in Kabul.

Gen Natynczyk has also seen first-hand the toll that the mission in Afghanistan has taken on the troops. Timely and effective care of ill and injured personnel, has been one of his main priorities during his tenure as CDS and he has pushed to improve the system of care for the CF.

"In a very tangible way," Gen Natynczyk says, "the Surgeon General and people across the CF in the medical organization have enhanced their capability. I think this is a reflection of our experience in Afghanistan and dealing with serious physical and mental health injuries. In terms of capacity and capability, care has improved. It's not, in my view, to the standard we want. We will continue to work across the country to improve care for the ill and injured."

Eliminating stigmas associated with mental health has also been a key focus of Gen Natynczyk. "I think we have changed the

culture of the Canadian Forces," says Gen Natynczyk. "People with mental health injuries no longer need to feel that stigmas will hold them back."

Looking to the future, Gen Natynczyk says the CF needs to get back to basics and prepare for the unforeseen conflicts of the future.

"The Canada First Defence Strategy lays out the requirement to maintain our general purpose combat capabilities," he says. "And that means a top-notch Air Force, a blue-water Navy, an Army that is ready for any contingency in the future, and a highly-capable Special Forces."

The Government of Canada remains committed to ensuring that a sufficient number of personnel are trained to required levels and that the necessary equipment is available, for both the training and operations needed to take on future challenges.

With the CF contribution to the NATO training mission in Afghanistan, Op Attention, scheduled to end in March 2014, the CF needs to be prepared for any new mission it might be assigned, while at the same time focussing on our domestic operations throughout Canada, especially in the Arctic.

The CF supports other federal government departments and the territorial governments in maintaining Canada's sovereignty in the Arctic.

"The CF has put in place what I think is a very effective presence in the Arctic. When there is major activity in the North, Canada's military forces are there to support the RCMP, the territories and other agencies," says Gen Natynczyk. "We just finished a very successful Operation Nanook in the North. Our men and women of all ranks have developed relationships with federal departments, and also with the territories and right down to the municipalities," he says. "As the CF moves the exercise to areas we have never been, we increase the effectiveness of our operations and enhance our relationships with local authorities and citizens."

This type of relationship-building is also shown in the CF's partnerships with armed forces of other nations. Canada is a strong



Warrant Officer Carole Morissette, Canadian Forces Combat Camera

**As he leaves the military, Gen Walt Natynczyk says the thing he will miss most about his final posting as Chief of the Defence Staff is interacting with CF members.**

member of NATO, and also has solid relationships within the Americas and with polar nations.

Gen Natynczyk recently hosted the first Northern Chiefs of Defence conference in Goose Bay, N.L., involving defence leaders from seven other northern nations. By hosting this meeting, Canada further demonstrated its international leadership on Northern and Arctic issues.

"The conference showed how each polar nation supports civil agencies and civil authorities within our borders, and helped us learn what we need to share and exchange so we're better at supporting civil agencies across boundaries when needed," the CDS says.

Building relationships with other military forces across the world will enable Canada's Navy, Army, Air Force and Special Forces to be more effective.

"We don't know what the future will bring," says Gen Natynczyk. "But, if we can have strong relations with our allies, built upon trust and confidence, then we can ensure our most junior sailors, soldiers, and airmen and women will be set up for success in the future."

Gen Natynczyk sees a bright future for the CF and as he prepares to take his uniform off for the last time, he feels privileged to have worked with so many great people.

The CDS is unsure what the

next chapter of his life will hold but looks forward to spending it with family.

"My wife has deferred everything for the last 37 years... so many of our life decisions she has delayed for my service and my duty," says Gen Natynczyk. "So what we do after we retire, I'm going to see what she wants to do, I think this is only right given the sacrifices she and the family have made."

And, according to the CDS, one key to retirement is "... that when you cross the finish line, you are with your family. And what I'm thrilled about most is that my family has been supportive of all I've done."

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## MFRC NEWS: SERVICE REMINDER

# Doula program aids parents-to-be

**Shawn O'Hara**  
Staff Writer

The Military Family Resource Centre (MFRC) helps military families, even before some family members are born.

The MFRC provides the services of doulas, non-medical people who assist a mother and/or her partner before, during, and after childbirth.

"We provide emotional and physical support to the parents," says Lt(N) Ashley Logan, a volunteer doula with the MFRC. "No matter what the exact circumstances of the birth are, for a lot of people having an educated person there who has seen the process before can make such a huge difference to them."

Lt(N) Logan took a doula certification course while on maternity leave last year and has been volunteering with the MFRC as a doula since July. She says her favourite part is being able to give back to military families in the same position she was once in.



Photo provided by Lt(N) Ashley Logan  
**Lt(N) Ashley Logan, a volunteer doula for the MFRC, says the emotional and physical support doulas provide to first time parents can relieve the stress of going through childbirth.**

"After I went through childbirth, I realized it's a much bigger process than I thought it was," she says. "I love being able to provide a supportive atmosphere for the mothers and their partners. It comforts them to know that I've been through it as well."

Doulas take an almost never ending number of workshops and courses to familiarize themselves with all the aspects of childbirth such as breastfeeding workshops, child birthing workshops, and courses on postpartum depression.

"Our goal is to make both parties more comfortable any way we can," says Lt(N) Logan. "That can mean helping the mother find more comfortable birthing positions, mentally preparing the husband for his wife's caesarean birth, or even just staying with the mother so the father can go get a snack."

Lt(N) Diane Larose, a Public Affairs Officer currently on maternity leave, came across the MFRC's doula program while pregnant with her first child. Of her two births, both have been at home, and both have been attended by a doula. The second birth was attended by her friend, Lt(N) Ashley Logan.

"We met each other while we were changing trades," says Lt(N) Larose. "I heard that she took the doula program, so naturally I wanted her with me. It was an amazing experience."

"Having someone with me who could help both me and my husband relax was invaluable," she says. "I couldn't imagine having another child without a doula there."

The doula service was beneficial in many ways for Lt(N) Larose and her husband, including emotionally.

"Both of our families live out of province," she says. "It was important that we have someone close to us there, to help us get through the process."

The doula program is freely available to all military members, regardless of deployment, through the MFRC.

"I think it's great that they're taking the time to consider how the mother and father feel during the birthing process," says Lt(N) Larose. "They do so much for families, it's amazing the lengths they go to."

The MFRC program has been in operation for 16 years and has helped deliver more than 150 babies. More information on the MFRC's doula program can be found at [esquimaltmfrc.com](http://esquimaltmfrc.com)

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**Free information: (limited seat available)**

**Date: 30 October 2012**

**Time: 11:45 until 12:45**

**Location: Chief & PO's Mess Rainbow Room**  
**if you can't attend contact me to set up an appointment**  
**[stephane@fastAmbassador.com](mailto:stephane@fastAmbassador.com)**

# CELEBRATING

# 100 Years

The Canadian Scottish Regiment (Princess Mary's) whose roots are from the 88th Regiment (Victoria Fusiliers) and the 50th Regiment (Gordon's) both established in Victoria B.C. on September 3, 1912 and August 15, 1913 respectively, is celebrating its 100th year of service to the communities on Vancouver Island and Canada.

Her Royal Highness Princess Alexandra KG, GCVO, CD, will attend the 100th Celebrations in Victoria B.C. during October 19 - 21, 2012.

The public is invited to attend the following events:

**Friday October 19 at 10:00 a.m.**

at Government House for the formal arrival ceremony of Her Royal Highness Princess Alexandra

**Sunday, October 21 at 11:00 a.m.**

at Christ Church Cathedral where members of the Regimental Family including Her Royal Highness will participate at a Church Service followed at Noon by a Memorial service at Pioneer Square (beside Christ Church Cathedral).

**Sunday, October 21 at 12:45 p.m.**

at Royal Athletic Park, 1014 Caledonia Ave, where Her Royal Highness will review The Canadian Scottish Regiment (Princess Mary's) at a formal military parade.

**Sunday, October 21 at 3:45 p.m.**

in front of the Victoria City Hall on Douglas Street where the Regiment will exercise its Right to the Freedom of the City challenged by the Mayor, City Council and Chief of Police.

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## NEWS Nuggets

### Christmas children's book benefits charity

The Children's Health Foundation of Vancouver Island has published a West Coast Christmas story book called "Island Santa."

The story follows a young boy's adventure on the "Santa Boat," a floating sleigh that brings gifts to children living on remote islands. The Santa Boat transports the boy to Jenece Place in Victoria, B.C., where he is able to spend the holidays with his father and sister, who is in the hospital.

The story links the real philanthropy of Kaare Norgaard's Blue Fjord ship and Jenece Edroff, who was the inspiration for Jenece Place, a 10-bedroom home operated and funded by the Children's Health Foundation of Vancouver Island.

Proceeds from the sale of the illustrated hardcover book – retailing for \$19.95 – support Jenece Place. For a list of retail locations, visit [www.childrenshealthvi.org](http://www.childrenshealthvi.org)

#### Defence Minister Honours Chinese-Canadian

On Sept. 22, Peter MacKay, Minister of National Defence, expressed his condolences over the death of Lieutenant-Commander (Retired) William Lore. The first Canadian-born Chinese person to join the Royal Canadian Navy (RCN) died in Hong Kong at age 103.

Lore was born in Victoria, B.C. in 1909. In 1943, at the request of Vice-Admiral Percy F. Nelles, Chief of Naval Staff, he joined the RCN along with many other young Chinese Canadians. In 1945, Lore was assigned as an intel-

ligence staff officer for Rear-Admiral Sir Cecil Harcourt, the commander of the fleet that sailed into Hong Kong harbour upon Japan's surrender in August 1945. Sub-Lieutenant Lore was the first officer ashore, where he led a platoon of marines to take control of British station HMS Tamar, the shore base. He subsequently led his troops to free the Canadian, British and Hong Kong prisoners from the Sham Shui Po camp.

Sub-Lieutenant Lore was present during the official handover of the colony and the surrender of the Japanese forces, on Sept. 16, 1945, in Hong Kong.

He subsequently rose to the rank of Lieutenant-Commander.

Following the war, he took a law degree at Oxford University, eventually setting up his practice in Hong Kong.

#### New museum exhibit

Stories of daring adventure, intrigue, heroic bravery, and awe-inspiring natural beauty will captivate visitors in new exhibitions for 2012-2013 announced by the Royal BC Museum.

The new season opens Oct. 4 with "Envisioning the World: The First Printed Maps," a stunning collection of rare maps, dating from the late 1400s, which portray early attempts to come to grips with the shape, size, and nature of Earth and our solar system.

#### Habitat for Humanity Build

Thirty members of 191 Construction Engineer Flight (191 CEF) are wrapping up their part of a construction project

undertaken by Vancouver Island North Habitat for Humanity. Once the six-home construction project is complete on Piercy Avenue in Courtenay, B.C., it will house deserving families in the Comox Valley.

Construction Engineers concentrated their work on one of the homes, providing expertise as skilled tradespersons by bringing the home to a "rough-in" status, enabling others to put the finishing touches before the door is opened to a family in late December or early January 2013.

191 CEF members worked alongside other volunteers from the Comox Valley, including a "Women's Build" team, representing female military and civilian Defence Team members from various units at 19 Wing Comox.

#### Lunch & Learn

Don't wait until New Years to set important goals! Using a S.M.A.R.T. strategy of goal setting you can set achievable goals right away. This session will show that will-power isn't as important as you might think when trying to achieve goals. Success can be yours by making incremental changes to your current situation. They can lead you to a more successful outcome than making big changes all at once.

Date: Oct. 17

Location: LCC, Naden 136, Room 107

Time: 12:05 - 1 p.m.

RSVP by Oct. 15 to [Arseneault\\_KL@CHRSC\(PAC\)@Esquimalt](mailto:Arseneault_KL@CHRSC(PAC)@Esquimalt).

### Remembrance Day

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Someone  
or a Story  
to Remember?

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Shawn O'hara  
[shawn.ohara2@forces.gc.ca](mailto:shawn.ohara2@forces.gc.ca)  
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**Rear-Admiral Jennifer Bennett**  
Special Contributor

Canadian women have played an essential role in all the armed conflicts in which Canada has taken part for more than a century; but it was service in the First and Second World Wars that allowed women to slowly gain recognition as our nation saw increasing numbers of women proudly serving their country in uniform.

Although these women did not set out to challenge society's perceptions on the roles of women in the workplace, they blazed the trail for those of us serving today.

While changes since the Second World War were impressive and comprehensive, considering the restrictions to service for women up to that time, there remained many barriers to overcome, and the navy I joined in 1975 was still very traditional in its thinking.

I began my career as a Naval Communicator, but could only work in shore-based facilities as women were not allowed to serve in operational units including ships.

The Naval Reserve was considered progressive in those days as females were given limited opportunities to go to sea for training but, only during the day in smaller class vessels.

When I did navigation training as an officer, we sailed in YAGs, came into a port each afternoon, got on a bus and

## LEADING as a woman in the CANADIAN FORCES

returned to Victoria to stay overnight on the base while the male Commanding Officer and crew stayed onboard. The next morning, we travelled to meet the ship and the same pattern repeated itself, but we had to stay within range of a bus trip back to Victoria.

Women did not march in platoons with men because our uniform skirt was tapered and did not allow us to step out with the same length of pace as men. Ranks were also differentiated for male and females, indicating in the case of the Navy that you were a Wren, and as an officer we carried a "W" to designate "woman" so when I was a Naval Lieutenant, I was Lt(N)(R)(W).

Basic training was conducted separately

for men and women and trades were limited to support occupations for female non-commissioned members and officers until the mid to late 80s. When I transferred to become an officer in 1978 I was assigned one of the two support trades that were the only options for female officers, and although I was trained in Sea Logistics, there were no billets for us to serve at sea.

I joined a very different military in the mid seventies and saw first hand the challenges and barriers to women integrating into a deeply rooted male culture, career and workplace, but I also had the unique opportunity to be part of the evolution that opened doors and opportunities for today's generation of service women.

In comparing notes with other female colleagues who have been "firsts" in CF leadership positions, we all agree that we wanted the focus to be on our abilities and experience, not our gender and we wanted to be treated as equals, not always "examples."

As Canadian society has adjusted its views of women in leadership roles across a range of occupations, so too has the Canadian military. We've come a long way and the CF has worked hard to create an environment that offers every possible opportunity to everyone who chooses the exciting and rewarding challenge of a military career - be it long term or a part-time job.

Canada is now a world leader in opportunities for women serving in the forces and we are an example to not only other militaries, but the nations in which we serve on operations and postings.

I did not set out to be a trend setter or "first" in any of the positions to which I aspired and ultimately achieved. I was inspired and encouraged by many other leaders, some of whom have been female, and I was given a series of progressive challenges and opportunities to develop my abilities as a leader in this institution and my civilian career.

I feel extremely proud and somewhat intimidated to consider myself part of the history of women in the CF and a role model for future female leaders.

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Courtesy of  
the Royal  
BC Museum

Photo courtesy of The Canadian Scottish Regimental Museum

Piper James Richardson holds his bagpipes, which he returned to the battlefield to collect after saving several fellow soldiers. He was never seen again. **Inset:** The Victoria Cross.

# Royal BC Museum celebrates military unit's Centennial

**Shawn O'Hara**  
Staff Writer

As part of the 100 year anniversary celebration for the Canadian Scottish Regiment (Princess Mary's), the Royal BC Museum has created a special exhibit - For Valour.

On Friday the exhibit will be unveiled, featuring stories, medals, and artifacts, including those of the legendary 16th Battalion (Canadian Scottish), Canadian Expeditionary Force.

"We're really looking at the contributions of citizen soldiers in Canada, in both peace and war," says Dr. Lorne Hammond, Curator of History at the Royal B.C. Museum. "These are people who are farmers, work in shops, teach in high schools, but when they're needed they stand and serve."

The articles on display tell stories of these people and their service to their country, with photos, footage, and antiques dating back to the First World War.

"These are artifacts not only significant to the public, but significant to the almost 20,000 people who have served in the

*At age 20, Piper Richardson played his pipes to inspire the 16th (Canadian Scottish) Battalion, Canadian Expeditionary Force... to cross a line of barbed wire and engage the enemy.*

regiment," says Dr. Hammond. "We have six related Victoria Crosses on display, uniforms, photos, and more. One piece - a painting from the First World War that depicts the regiment - is so huge we weren't able to move it across the country, so we had it recreated."

The stories attached to the artifacts are as important and engrossing as objects themselves. One display is the bagpipes of Piper James Richardson. At age 20, Piper Richardson played

his pipes to inspire the 16th (Canadian Scottish) Battalion, Canadian Expeditionary Force, during one of the battles of the Somme, to storm a line of barbed wire and engage the enemy.

During the battle he brought back a wounded comrade, but then insisted on turning back to recover his pipes which he had left behind. He was never seen again.

"He marched along the line playing his pipes under fire, and the company won the day," says Dr. Hammond. "It's an important piece of the regiment's history, and we're excited to be able to retell its story."

The Canadian Scottish are part of a long history of reserve military personnel. Dr. Hammond says it's a part of Canadian history often overlooked.

"I think a lot of people are unaware of how substantially the reserve system has supported Canada throughout our nation's history," says Dr. Hammond. "We want to honour them and allow people to experience their bravery and valour."

The exhibit runs from Oct. 20 to Dec. 2 at the Royal BC Museum.



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# Unusual find in the heart of Duncan

**Shelley Lipke**  
Staff Writer

A life-sized replica of the bridge and conning tower of a Second World War German U-boat sits on the front lawn of a rural Duncan home, providing an interesting subject in front of towering Mount Tzouhalem.

This bizarre sight is the undertaking of two retired sailors who share a deep love for military history, especially the Battle of Atlantic.

"If you lay the foundation, I will build it," said retired sea cadet officer John Webber to ex-submariner and naval historian George Cruickshank when the idea first came up.

Cruickshank, an avid collector of Battle of Atlantic memorabilia of more than 40 years, rose to the challenge.

The sign at 1532 Khenipsen Road where Cruickshank lives reads Battle of Atlantic Museum.

Once beyond the hedges, German U-boat 889 is in view, as the museum's newest exhibit.

"The hard part was to design the detail of the U-boat as there were no detailed drawings," said Webber. "The Germans burnt all their data and destroyed all the U-boats at the end of the war. I had

to go from photos and I had to guesstimate the sizes," he said.

The drawings took nine months and included a trip to Germany for research.

It took three months and about 160 hours for Webber and Cruickshank to construct the submarine replica.

U-Boat 889 was surrendered to the Canadians during the war, and then in January 1947 it went to the U.S. Navy, where it was evaluated and scuttled.

To build the life size replica it cost \$4,000 and is 97 per cent finished.

"Next we want to put two 20mm guns on the gun deck," said Cruickshank.

A large portion of his home has been dedicated to the Battle of Atlantic museum. Over the years submariners, school groups and veterans have viewed his museum.

Cruickshank was a weapons technician in HMCS Rainbow and HMCS Ojibwa.

"I am interested in the Battle of Atlantic because it is the battle in the Second World War, which lasted the longest. Canada played a very big part in it. Because I am a submariner, I find the undersea warfare, or battle, very interesting. Had this battle not been won, the invasion of Europe would have never happened," he

Shelley Lipke, Lookout

**Above:** Retired sailors John Webber and George Cruickshank have become naval historians. The two have built the Battle of Atlantic Museum in Duncan. Part of it includes a life-size replica of the bridge and conning tower of German U-Boat 889.

**Left:** George Cruickshank passes through a replicated hatch.

**Below:** Cruickshank holds up a kill pennant from a German ship.



said.

Cruickshank's museum showcases both Canadian and German memorabilia and exhibits that he has collected through military shows, auctions, garage sales, antique stores and the Internet.

A kill pennant from U802, the dagger from the first officer of the German sub that sank HMCS Esquimalt, a kisby ring from HMCS Rainbow and an entire room dedicated to submariner history are only a handful of exhibits on display.

2014 marks the centen-

nial for Canadian submarines and Cruickshank has offered parts of his collection be put on display in the Royal B.C. Museum.

"Naval and ex-military personnel are most welcome to tour the museum by appointment," said Cruickshank.

Got to [www.battleofatlanticmuseum.ca](http://www.battleofatlanticmuseum.ca) to email him for an appointment to view the museum.

Cruickshank is also looking to expand and will gladly take donations of military memorabilia to add to his museum.





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# Best Buy Canada plays Santa to HMCS Regina

**Lt(N) Chris  
Walkinshaw**  
HMCS Regina

Santa paid an early visit to the crew of *HMCS Regina* with a surprise gift of PlayStation® equipment, video games and other electronics from Best Buy Canada, presented July 3 as the Esquimalt-based frigate was on the brink of departure for the Arabian Sea.

The presentation to the crew was made by Honorary Colonel Steve Millen of 442 Transport and Rescue Squadron, CFB Comox, on behalf of Mike Pratt, President and Chief Operating Officer of Best Buy Canada in Burnaby, B.C.

The gift came as pleasant shock to everyone aboard.

"We're surprised and delighted to receive this gift from Best Buy Canada," said LCdr Andrew Hingston, *Regina's* Executive Officer.

Best Buy's gift was motivated by the company's desire to boost morale in *Regina's* crew as the ship prepared for a deployment on Operation Artemis that could last as long as eight months. On Aug. 19, *Regina* joined Combined Task Force 150, the international flotilla conducting counter-terrorism operations in the Arabian Sea, replacing her sister *HMCS Charlottetown*.

*Regina's* crewmembers decided to share the



Lt(N) Chalmers, Contributor

**Commander Jason Boyd, Commanding Officer of HMCS Regina, accepts a PS3 game set from the Call of Duty Series from Honorary Colonel Steve Millen of 442 Squadron.**



Cpl Rick Ayer, Contributor

**Ordinary Seaman Saidy Meyer with some of the donated products.**

gift, putting the movies and games in the ship's library so everyone could enjoy them, and reserving the larger items, such as a PlayStation 3® gaming system and Olympus TG82 camera, for use as prizes to support charitable fun-

draising events. On long deployments, Canadian warships have a tradition of raising money for favourite charities both at home and abroad.

"I see this as a 'win-win' situation," said LCdr Hingston.

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# GCWCC activities on base

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### PSP 3 on 3 hockey tournament

**Date:** Nov. 7-9 (team schedule to follow) at Wurtle Arena.

**Time:** Noon to 4 p.m.

**Format:** Teams are guaranteed three games. 10 players maximum including the goalie. No more than four Triton players per team. Two 15 minute periods.

**Cost:** \$100 per team.

Register @ the Naden Athletic Centre Kiosk by Oct. 29.

For more information call 363-4069, 363-4540 or 363-4068.

### Formation 50/50 is back

Tickets are \$2 each. Raffle will run Sept. 24 – Dec. 7.

Tickets available at the campaign office; however, units may use their own tickets (ticket start and finish numbers must be recorded, initialled and submitted to campaign office with tickets and money).

All tickets and money must be submitted to the campaign office by Dec. 10.

The draw will take place on Dec. 14.

Contact the campaign office at 363-2595 / 2596 for more information.

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### Exciting prizes to win

- Callaway golf bag (value \$160). Anyone who submits their GCWCC-UW gift form (any amount) to their unit campaign representative by Nov. 7 will be automatically entered into this draw.

- Round trip for two between Victoria and Seattle on the Clipper (value \$250). Anyone who submits their GCWCC-UW gift form (any amount) to their unit campaign representative by Nov. 14 will automatically be entered into a draw for a round trip. Entries from Nov. 7 will remain in the draw as well.

- One night accommodation for two at the Chateau Victoria (value \$200). Anyone who submits their GCWCC-UW gift form (any amount) to their unit campaign coordinator by Nov. 21 will be automatically entered into this draw. Entries from Nov. 7 and 14 will remain in the draw as well.

- 18 holes of golf for four at Highland Pacific Golf Course (value \$240). The daily change left in your pocket can win you an afternoon of golf. Anyone

who submits a gift form of \$150 or more to their 2012 GCWCC-UW campaign unit representative by Nov. 28 will be automatically entered.

- Hobie Wakeboard with Brandon boots and bindings (value \$550) Become a Leader! Anyone who submits a gift form at the Leadership level (\$500 or more) to their 2012 GCWCC-UW campaign unit representative by Nov. 28 (Wed) will be automatically entered in this draw.

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Imaging Services are volunteering their photographic talents with all proceeds going to GCWCC.

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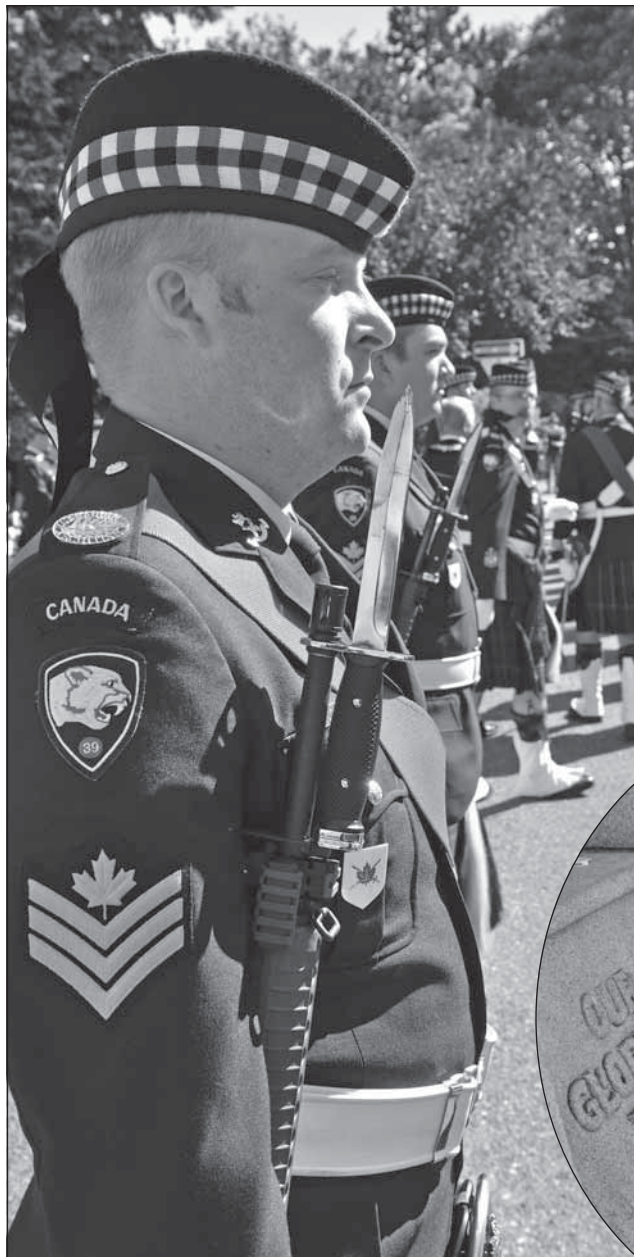
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exercises Freedom of  
the City in Nanaimo**The Canadian Scottish Regiment (Princess Mary's)  
exercised its Freedom of the City of Nanaimo as  
part of its 100th anniversary celebrations.**Left:** Sgt Mark Lolacher stands at attention in  
the Colour Party during the Freedom of the City  
Parade held on Sept. 16.**Below:** LCol Eric Boucher, the unit's Commanding  
Officer, lays a wreath on behalf of the Regiment at  
the Nanaimo Cenotaph.

Photos by Capt Trevor Reid, 19 Wing Public Affairs

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# Sailor joins Horse Guards of Canada

**MS Simon Crimp**  
HMCS Discovery

Although a sailor at heart, since an early age I have always had a fascination for cavalry regiments. My great grandfather rode a horse with the Queen's Bays 2nd Dragoon Guards, a cavalry regiment of the British Army.

So over the last two summers, due to my own equestrian background, I was fortunate enough to spend time with the Governor General's Horse Guards of Canada.

The Cavalry Squadron is affiliated to the Canadian Forces, the members being a mix of military and civilian volunteers, all sharing the same passion for horses and riding with the desire to keep cavalry traditions alive.

As Canada's senior militia regiment, the Governor General's Horse Guards traces an unbroken history back to 1810 when Captain John Button raised the first cavalry troop in Upper Canada (Markham, Ontario).

Canada's oldest cavalry troop, the Markham (Button's) Troop, formed in 1810 and was amalgamated into the Governor General's Body Guard in 1866, and then a Squadron in 1876, to later become a regiment in 1889. In 1936, the Governor General's Body Guard and Mississauga Horse amalgamated to form the Governor General's Horse Guards.

Coincidentally, British regiments such as the

Queen's Bays 2nd Dragoon Guards allied with the Governor General's Body Guard in 1930. At this time the 1st King's Dragoon Guards also allied with the Mississauga Horse.

Since its beginnings, the Regiment has played a significant role in many events in Canada's history, such as the War of 1812, the Fenian Raids, the Red River Expedition, the North-West Rebellion, the Boer War and both World Wars.

Present day horse guards have served on various UN peacekeeping and overseas duties, as well as emergency relief duties within Canada.

In 1948, members of the Governor General's Horse Guards (GGHG) formed the GGHG Riding Club to keep the Cavalry traditions alive. In 1956, members of the GGHG Riding Club reformed the Governor General's Horse Guards Cavalry Squadron. The newly reformed Squadron rode its first ceremonial duty that same year.

Since that time, the Squadron has been active in various occasions of state, and escorted the Queen, the Queen Mother, a num-



Photo courtesy of MS Simon Crimp

**With a background in horseback riding, MS Simon Crimp recently joined the Governor General's Horse Guards of Canada.**

ber of Governor Generals and Lieutenant Governors. The Squadron routinely participates in regimental, state and civic parades, mounted guard duties and demonstration rides such as the musical ride, and skill-at-arms demonstrations.

I am not the first sailor to ride with the Squadron;

I understand there was also a retired Second World War RCN Officer from Vancouver Island with equestrian experience that sometimes travelled to Ontario to ride with the Squadron. Unfortunately I never had the opportunity to meet him, as he died in 2010.

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## EAP presentations

Des Rogers, union representative and former national union co-chair for the Employee Assistance Program (EAP), and Rear Admiral Bill Truelove, Commander Maritime Forces Pacific/Joint Task Force Pacific, present EAP referral agents with certificates of accomplishment.

Photos by Corporal A.W. Croskery, MARPAC Imaging Services



Anita Didrich, from Fleet Maintenance Facility Cape Breton, receives her Bravo Zulu Certificate for exceptional service as a referral agent.



Sheryl Francis accepts her Bravo Zulu Certificate for 15 years of service as a referral agent.



Nora Johnson receives her Bravo Zulu Certificate for service as a referral agent.



Tina House (right) receives a gold-plated rose from the sheet metal and the engraving shops.



Tina House receives her Bravo Zulu Certificate for 29 years of service as a referral agent.

## Base Construction Engineering kudos



Base Commander, Capt(N) Bob Auchterlonie, presents the Queen's Diamond Jubilee Medal to Capt Michael Patterson.



Capt(N) Auchterlonie presents the Queen's Diamond Jubilee Medal to Glenn Cooper.



Capt(N) Auchterlonie presents the Queen's Diamond Jubilee Medal to MCpl Andrew MacDonald.



Capt(N) Auchterlonie presents Pte Jean-Simon Lessard with his first chevron, signifying his promotion to Private Trained.



Capt(N) Auchterlonie presents the Queen's Diamond Jubilee Medal to MCpl John Malysheff.



Capt(N) Auchterlonie and BCEO LCol Johnsen present Brent Snelling with his Provincial Red Seal Certification as a Journeyman Carpenter.

## Calgary awards



Cdr Paul Francoeur, Commanding Officer of HMCS Calgary, presents Lt(N) Premo with the Operational Service Medal for Operation Carribe.



Cdr Francoeur presents Sgt Burton with the Operational Service Medal for Operation Carribe.



Cdr Francoeur presents PO2 Morris with the Operational Service Medal for Operation Carribe.



# HMCS Calgary awards, medals and promotions



Cdr Francoeur presents LS Gaudet with the Operational Service Medal for Operation Carribe.



Cdr Francoeur presents LS Glendale with the Operational Service Medal for Operation Carribe.



Cdr Francoeur presents AB Scott with the Operational Service Medal for Operation Carribe.



Cdr Francoeur presents LCdr Yanchus with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents CPO2 Wist with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO1 Moody with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO1 Roach with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO1 Moncrieff with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO1 Salter with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO1 Gallant with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO2 Underhill with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO2 Woods with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO2 Hofer with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents PO2 Montreuil with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents MS Marchand with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents MS Nicol with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents Leading Seaman Eustropov with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents LS Brodeur with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents LS Edwards with the Queen's Diamond Jubilee Medal.



Cdr Francoeur presents LS Manion with the Queen's Diamond Jubilee Medal.



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### ANNOUNCEMENTS

**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

**VIEW ROYAL READING CENTRE.** Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

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**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.

**3005 11 Svc Bn ARMY CADETS** has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email 3005army@cadets.net.

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**WOMAN MENTORS WANTED!** Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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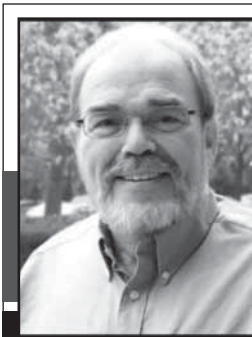
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PUZZLE ON PAGE 4

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## Healthy recipe challenge

During the month of October 2012, Base Foods, in partnership with Personnel Support Programs Health Promotion, are having the first healthy recipe challenge. There are three categories: main entrée, salad and dessert.

Personnel wishing to participate are to send their recipes to MS T.L. Shaw at Base Foods via email or drop off their recipes at the Base Foods Admin Office (Nelle's Block) between the hours of 7:30 a.m. and 4 p.m. Recipes are to include contact name and phone number of the person submitting the recipe.

Recipes will be accepted from Oct. 9 to 29. Recipes will be reviewed by a panel of Food Service subject matter experts (SMEs).

Based on healthy cooking methods, ingredients, overall cost and translation to large quantity cooking (feeding 50 people), five recipes from each category will be selected. These recipes will be produced by Base Food Service chefs and put before a panel of Food Service SMEs, as well as a cross section of personnel from the Base.

A runner up and a winner from each of the categories will be selected in mid-November. Both the runner up and the winner from each category will have their recipe published in the *Lookout* and members families can enjoy trying these at home. The overall winner in each category will have their recipe featured in Base Foods cycle menu from January to March 2013.

## A Baptism "the navy way"

**MS Simon Crimp**  
HMCS Discovery

In the summer, my wife and I were fortunate to have Padre Lt(N) Shane O'Flanagan baptise our son "Connor Russell Crimp" in a traditional naval ceremony at *HMCS Discovery*.

That same day, June 24, LS Joshua Burdett was also baptised.

Conducting baptisms aboard navy ships is a tradition that dates back several hundred years to the British Royal Navy, where baptisms were carried out in foreign ports, or for infants born at sea.

Navy tradition also allows for a child to be baptised from the ship's bell. After the baptism, the child's name is engraved inside the bell, forever making him or her a part of the legacy and history of that ship. In our case, we used the bell of *HMCS Discovery*, a shore establishment quite often referred to as a "Stone Frigate"

There is also a symbolic meaning to being baptised on board a naval ship.

The bell used for the baptism was the ship's fog bell, a bell used as a navigational aid, setting us on our course in life as a child of God.

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