

Volume 57 Number 43 | October 22, 2012

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Cpl Rick Ayer, Formation Imaging Services Halifax, NS

Electrical technicians AB Devan Turko (left) and MS Mark Chase repair an electric motor in HMCS Regina during Operation Artemis in the Arabian Sea. Operation Artemis is the Canadian Forces role in maritime security and counter-terrorism operations as part of the multi-national Coalition Task Force (CTF) 150.

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History lovers from Canada and U.S. pay tribute to pivotal war

John Ducker
Contributor

The thunder of cannons and the crack of muskets once again echoed along the Niagara River Escarpment over the weekend of Oct. 13, having been silent for 200 years.

Nearly 1,000 re-enactors "invaded" the quiet towns of Niagara-on-the-Lake, ON, and Lewistown, NY, to commemorate the first major event of the 200th anniversary of the War of 1812 - the Battle of Queenston Heights.

The commemoration began Friday night in Lewistown with the arrival of the 4th U.S. President James Madison (1751-1836), who re-declared war on Britain to the cheers of American townsfolk.

A cannon bombardment of the Canadian shores and fireworks display then lit up the sky for nearly 45 minutes.

The following morning, under the command of the legendary British General Sir Isaac Brock, 250 re-enactors of the British 41st Regiment of Foot set out from Fort George and marched the 10 kilometres to the village of Queenston. A crowd estimated at 15,000 turned out to witness the dramatic re-staging of the battle that afternoon.

Nearly 1,000 19th century costumed soldiers were led by Brock against American forces commanded 200 years ago by General Stephen van Rensselaer and Colonel Winfield Scott. Though shot down and killed early in

the battle, Brock's actions rallied his under-strength forces. With the timely arrival of Six Nations' warrior allies and the actions of Brock's second-in-command, General Sir Roger Hale Sheaffe, the Heights were re-attacked three times until the Americans were swept from the battlefield and defeated.

Paul Shaeffe, the great grandson of General Sheaffe, and his family, travelled all the way from Australia to participate in the event. Sheaffe donated the general's regimental uniform, sword, pocket watch and other artifacts to the Province of Ontario and the people of Canada.

On Sunday Oct. 14, British forces and Canadian militiamen assembled once again to re-enact General Brock's funeral procession through the town Niagara-on-the-Lake. The procession led by the general's riderless horse "Alfred" stopped at the local court house for a commemoration ceremony. The caskets of Brock and his aid-de-camp Lieutenant-Colonel John Macdonell were placed on horse drawn wagons and proceeded through the town on a slow march led by the 41st Regiment Fife and Drum Corps to St. Mark's Church. There a short funeral service was held.

The procession then wound its way back to Fort George where a final Drumhead service took place. One final musket and cannon salute inside the walls of the fort ended the weekend's ceremonies.

John Ducker, Contributor

Top: British grenadiers fire a volley at Fort George, Niagara-on-the-Lake.

Right: The "old guard" of the British 41st Regiment of Foot.

Bottom: Led by Gen Stephen Van Rensselaer, the 6th, 13th and 23rd U.S. Infantry Regiments capture Queenston on the morning of Oct. 13, 1812. They would be defeated by late afternoon.



Help available to sort out severance

Recent changes to the Canadian Forces Severance Pay (CFSP) benefit have left many CF members with questions on which option they should choose before the March 13, 2013 deadline. From Dec. 14, 2012, to March 13, 2013, all CF members will be offered a one-time option to elect a Payment in Lieu (PiL) of the CFSP instead of waiting until their date of release to see the payment.

To aid in this process a special group has been formed to administer seminars that will answer questions and prepare members to make an informed decision.

"I will be joining Service Income Security Insurance Plan (SISIP) representative Wade Walters to clarify the changes, detail the options available and answer any questions our members may have," said Capt Tina Verbenkov, Base Personnel Administration Officer.

These hour and a half briefings will take place at the Pacific Fleet Club

upper lounge at 9 a.m. on Oct. 23 and Nov. 1.

Prior to the changes announced this year, CFSP was only granted to members with 10 or more years of service and could only be payable upon the members' date of release from the CF. The new calculations for CFSP and PiL payments will now consider all continuous years of service, including partially accumulated years, up to Feb. 28, 2012.

"Despite the information sessions, there are tax implications with electing any option and we are strongly encouraging everyone to seek advice from a financial advisor before making their election," says Capt Verbenkov.

"Given the sheer volume of elections to be processed across the CF, the PiL payment schedule is likely to commence in early April 2013 and continue well into 2014. My recommendation to anyone electing the PiL would be to make note of the elec-

tion period and get your application in as early as possible. People should also note that by not electing a decision by March 13, 2013, they have inherently waived their right to the PiL and will automatically receive CFSP on date of release from the CF."

Many senior officers and members with continuous service between Regular and Reserve components may require assistance in calculating their eligible years of service. All Unit Orderly Room clerks are prepared to assist in these calculations and anyone looking for clarification on the policy should first look to their unit support staff for guidance.

There will also be a PiL Team in place for the duration of the election period in the Base Orderly Room to assist every Unit Orderly Room and member through this process.

For more information, people should attend a seminar, go to their Unit Orderly Room or follow the links on the MARPAC notice board.

Share your story during Remembrance Week

A/SLt Sean Catterall
Navy Public Affairs

Annually, on Nov. 11, Canadians make the choice to remember and share stories of the men and women who have served and continue to serve our country.

Canadian Forces members play an integral role during Remembrance Week through volunteer work and active participation in community-based events that commemorate

the achievements and sacrifices of Canada's veterans.

MARPAC is once again calling for volunteers to participate in outreach activities and speaking engagements for Remembrance Week 2012. Last year, the MARPAC presence was felt across the Island and lower mainland.

Volunteers who fill public speaking requests will have access to ready-to-use presentation products and full support from

Remembrance Week organizers. If volunteers are already aware of specific schools and communities whom they would like to serve, they are requested to contact MARPAC Public Affairs to allow for proper coordination. Volunteers are encouraged to self-identify through their chain-of-command. This opportunity to connect Canadians with the CF during Remembrance Week will provide the vol-

unteer with an invaluable leadership experience and will expand CF national visibility through community outreach.

For information, contact A/SLt Sean Catterall at sean.catterall@forces.gc.ca or 250-363-5789.

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Published each Monday, under the authority of Capt(N) Bob Auchterlonie, Base Commander.

Le LOOKOUT est publié tous les lundi, sous l'égide du Capt(N) Bob Auchterlonie, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in CFA0 57.5. Views and opinions expressed are not necessarily those of the Department of National Defence.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer à l'OAFCS7.5. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT
NEWSPAPER

Circulation - 4,500

One year subscription - \$37.³⁶

Six month subscription - \$18.⁸⁴

Three month subscription - \$12.⁵⁶

A Division of Personnel Support Programs
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Web: www.lookoutnewspaper.com

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Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

Base employee suffers stroke, financial help sought



TEME Staff

Many employees at CFB Esquimalt will be familiar with John Spencer, who has been a federal public servant at Base Transport for more than three decades.

John Spencer has been a model of commitment, dedication and decency.

In his tenure, he has served the military community in Esquimalt as a bus driver and an instructor in the safety section teaching defensive driving, air brake and forklift courses. He has also administered DND licenses and evaluated Base Personnel on their military drivers' tests.

Those who have the good fortune to be associated with John are always impressed with his calmness, control, and relaxed demeanour; traits that are not

lost on his students.

Unfortunately, on Sept. 3, while helping his daughter move to Saskatchewan, John had a stroke. Two days later he suffered another stroke that has left him with a long road to recovery. He was flown back to Victoria by air ambulance and is currently in Victoria General Hospital.

John has begun to improve, assisted by the support of his family, and has taken the first of many steps in what will likely be an ongoing physical rehabilitation process. Unfortunately, the cost of the air ambulance and ongoing medical rehabilitation places a great financial burden on both John and his family.

For more information about John, how he is progressing, or to provide a donation, please contact Maggie Rycroft at Base Transport at 250-363-7283.

Halloween safety tips

MP Section

Halloween is an exciting event in a child's life. The prospect of going door to door where everyone is giving out free candy and treats can be overwhelming to a child. Safety often gets put aside as they get distracted by all the creative, colourful costumes and decorations. Let's keep Halloween safe by following a few safety tips:

- Young children should always be accompanied by an adult or an older responsible child to assist them in crossing the street.

- Teach your children to look both ways before crossing the street and always use a crosswalk when available. If a vehicle is approaching the crosswalk, ensure the driver sees you and comes to a stop before proceeding to cross.

- Never "criss-cross" from one side of the street to the other. Trick-or-treat on one side then cross at the crosswalk to do the other side.

- Never cross the street from in between parked cars. This is extremely dangerous as drivers may not see you in time to stop safely.

- Always walk on the sidewalks when available or

on the side of the road facing traffic when there are no sidewalks. This enables you to see cars as they approach.

- Wear bright costumes or costumes with reflective material for greater visibility. When possible, choose make-up or face paint over masks. Masks often restrict visibility and limit peripheral vision.

- Bring a flashlight with you and/or carry a glow stick to increase your visibility.

Parents should always carefully inspect their children's candy before allowing them to eat it. If there is any indication of package tampering, throw it out.

Tips for drivers

- Drive slowly through residential areas and areas where children are likely to be trick-or-treating.

- Be alert for children wearing masks or costumes that restrict their vision, they may be unable to see you approaching.

- Be extra cautious when backing out of driveways as children may be too distracted to see you.

- Do not use cell phones or other hand held devices while driving.

Remember, stay safe and have a Happy Halloween.

HMCS Winnipeg helps battle hunger in Victoria

Over the last year, the crew of *HMCS Winnipeg* has developed a desire to help battle hunger in Victoria by participating and volunteering in numerous activities that support the local Mustard Seed, the largest non-profit food bank on Vancouver Island.

The ship's company has collected non-perishable goods and money for various food drives, including the Greater Victoria Postie Food Drive, the Great Canadian Food Fight, and the annual Thanksgiving and Christmas food drives.

In addition to collecting donations, members have generously given of their time and energy to projects benefiting the Mustard Seed, such as administrative assistance, building maintenance, janitorial aid and food hamper distribution.

With the Christmas season almost upon us, the members of *Winnipeg* will be once again volunteering their time to participate in the Christmas food drive and food hamper distribution.

In the next few weeks, the crew plans to spruce up the Mustard Seed sanctuary (meal hall) and the food distribution area with a fresh coat of paint. Volunteering to help those in needs in the greater Victoria area is important to the *Winnipeg* crew, as members are able to make a continual and lasting contribution to the community.

Sgt Laroche
Senior Firefighter
HMCS Winnipeg



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Base firefighters assist Esquimalt call

Shelley Lipke
Staff Writer

Base firefighters responded to a mutual aid call on the morning of Oct. 13 to assist the Esquimalt Fire Department with a fire at 866 Craigflower Road, a 73-unit apartment building.

The call came in at 9:22 a.m. and just five minutes later they arrived on scene.

"It was a fairly quick operation," said Fire Chief Steve Mullen. "Five peo-

This was an example of two departments coming together for a positive outcome.

-Steve Mullen
Esquimalt Fire Chief

ple were removed from the building and there was a lot of concurrent activity that happened. The fire

was out by 9:56 a.m."

Led by the Esquimalt department's assistant chief Troy Saladana, CFB Esquimalt firefighters were tasked to rescue a tenant trapped on the fourth floor using their ladder truck, while Esquimalt Municipal firefighters attacked the fire.

They then searched the second and third floors of the building to ensure residents still in the building were escorted to safety outside.

They also engaged posi-

tive pressure ventilation on the fourth floor to blow the heavy smoke out a window to improve visibility in the smoke-filled hallway.

While Esquimalt fire fighters put out the fire, CFB Esquimalt's team stepped in for the final mopping up.

B.C. Ambulance Service examined the five people removed from the building, and a B.C. Transit bus transported the residents to Archie Browning Arena where they remained until the building was declared safe.

Twelve personnel from CFB Esquimalt, a pumper truck, rescue vehicle and an aerial ladder truck were dispatched to the call.

"I think the mutual aid agreement with the municipality of Esquimalt is beneficial to both fire departments. It provides each organization with additional manpower while off duty personnel are being recalled to assist in emergencies. This was an example of two departments coming together for a positive outcome," said Mullen.

Illegally parked cars beware

MP Section

Recently, there has been an increase of illegally parked cars in residential areas in and around the base.

In addition, a number of vehicles have been observed speeding on Lyall Street, not only in the residential area, but also in the designated school zone. Safety is a responsibility we all share.

Please ensure to take

care when driving in residential areas and school zones, as children or pedestrians could present at any time.

With the winter season fast approaching, the increase in rain, and limited daylight hours, extra vigilance and caution are required to avoid potentially fatal collisions.

Winter bylaws came into effect on Oct. 1, and will remain in effect until March 30, 2013. Now is

the time to be especially vigilant about road safety.

In the coming weeks, municipal police and municipal parking commissioners will be increasing the enforcement of illegally parked vehicles and speeding against posted speed limits. Avoid potentially costly tickets and even more costly collisions by obeying all posted signs, exercising caution and driving according to weather conditions.

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Navigating baby

Shelley Lipke
Staff Writer

The final at-sea assessment of the Fleet Navigation Officer's Course can be an extremely daunting time.

It was because of this, PO2 Agnes Millman chose not to tell her husband Lt(N) Kevin Millman she was going to deliver their first child.

On Oct. 10 she began to feel labour pain, but didn't want to tell her husband for fear it would distract him.

"My wife called LCdr Mark Raeburn, head of the department for navigation, and told him she was going into labour and going to the hospital, and made him promise not to tell me until after my final assessment the next morning," said Lt(N) Millman.

Somewhere near the Southern Gulf Islands, on board *HMCS Vancouver*, Lt(N) Millman passed his assessment early the next morning and was then told to call his wife.

"We knew the due date was in and around the time I would be at sea and we were crossing our fingers and



Joe Beaupre, Contributor

The class from the Fleet Navigating Officer Course welcomes the new addition to the Millman family outside of the Emergency room at Victoria General Hospital. Left to right: LCdr Jeff Chura, LCdr Karen Belhumeur, Lt(N) Curtis Dollis, Lt Andre Davies, Lt(N) Kevin Millman with baby Hunter Millman, Lt(N) Eric Dignard, Lt(N) James Classen, and Lt Cdr Mark Raeburn.

hoping the baby would hang on until I was finished my course. I called her cell right away and found out that she had been admitted to hospital and was still in labour. I said the faster I hang up, the faster I can get the ship

turned around."

The chain of command was already savvy to the plan and had organized for the ship to re-route to Sidney's jetty where a car was waiting for him.

He made it to the hospital

in time.

That evening at 8:44 p.m. Hunter Millman was born.

"Each course a photo is taken with the instructors and the graduating students and they thought it would be a great idea to take our course photo at the hospital as it seemed very fitting. They included Hunter in the photo with us. He now has quite the story and a pretty good picture to back it up," said the new proud father.

The chain of command organized for the ship to re-route to Sidney's jetty where a car was waiting.

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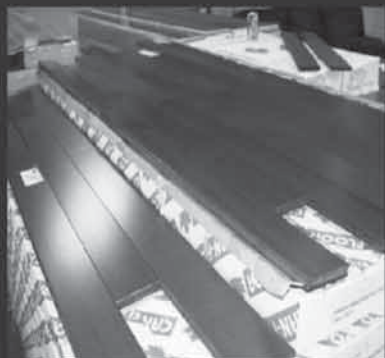
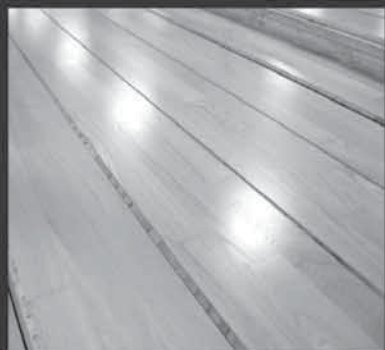
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Stohl women continue tradition

PO2 Brad Breland
HMCS Regina

In some families, the tradition of military service has been passed from father to son for many generations. However, the Stohl family has started their own tradition with three generations of women serving in the Canadian Forces.

Currently, there are two family members serving at sea with the Royal Canadian Navy. PO1 Lindsay Stohl currently serves as an Information Management Director and senior Naval Combat Information Operator on board *HMCS Regina*, while her sister, PO2 Jaime Stohl sails with *HMCS Ottawa* as a Naval Communicator.

Their family's tradition of military service began in the 1960s with their Great Aunt, Flight Lieutenant Judy Poole, who was a dietician in the Royal Canadian Air Force.

"She was my mother's idol," says PO1 Stohl. "I believe that it was her positive example that led my mother to join the CF in 1972."

The Stohl's mother Melody Lowe, a Supply Technician, was the second generation of the family to choose a military career. Her mother's non-traditional career choice made an impression on her daughters at a young age.

"There was a sense of pride that she was out in the world doing something that, for most of my school years, not many women were doing."

The example of naval service made a significant impact on the career choice of PO1 Stohl.

"I wanted to be just like her," she says.

She knew from a young age that she wanted to follow in her mother's foot



PO1 Lindsay Stohl is the third generation of women in her family to serve in the military.

steps and she joined the military immediately after high school graduation just two years after her older sister Jaime.

"I grew up with the lifestyle and loved hearing about her adventures...and some of my Mom's military friends became like family," she says.

Another unique connection is that all three women have served in *HMCS Regina*, and PO2 Stohl even had the opportunity to serve on board *Regina* at the same time as her mother.

"There aren't many words to describe the feelings when I got to sail with my mom. My sister and I spent many day sails onboard her various ships while growing up, but it wasn't the same as how I felt wearing the same uniform and working side by side with her on the same ship," said PO2 Stohl.

Even 10 years after PO1 Stohl joined the navy, her mother's influence on her has not weakened. Shortly before she deployed to the Arabian Sea in *Regina*, her mother still had plenty of leadership advice to offer her daughter.

"We had a long talk about taking care of your sailors," she said before adding with a chuckle that, "she sent me to sea with leadership books to read."

The possibility of a fourth generation of Stohl military women now exists in PO2 Stohl's three-year-old daughter. When asked if she would like to see her niece take up the mantle and continue the tradition of the Stohl woman's service, PO1 Stohl allowed a smile to creep from ear to ear, and simply stated "I think about it all the time."

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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

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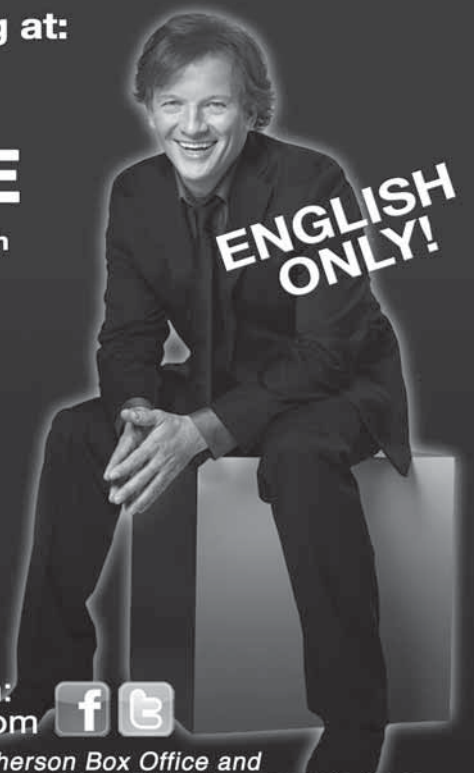
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NEWS Nuggets

Museum offers Halloween treat

On Oct. 28, the Royal BC Museum is inviting families to experience an old-fashioned Halloween at Wonder Sunday.

This cornucopia of spooky fun, which runs from 1 to 3 p.m., includes trick or treating in Old Town for craft supplies, creating a fortune teller to take home, practicing broom skills, learning spell casting, participating in an interactive storytelling session with magic, mystery and misconception and many more exciting activities.

Visitors are encouraged to come in costume.

Wonder Sunday is an interactive, learning-based special event that happens on the last Sunday of every month (excluding December). A theme, based on ideas inspired by museum exhibitions, is offered through activities and lively presentations for families. The event is included with museum

admission or membership.

After School Special

Families are invited to extend and enjoy the week-day learning experience with a new After School Special at the Royal BC Museum. Every Monday to Thursday afternoon, from Oct. 15 to Nov. 15, each individual museum admission will be half price from 3:30 p.m. until closing at 5 p.m.

This discount benefit is a pilot project designed to make the Royal BC Museum more accessible to its community, especially school-age youth. Children five years or younger experience the museum galleries free of charge, as they do year-round.

Note: the After School Special offer does not include the IMAX Victoria Theatre, family or group museum admission or museum membership, and may not be combined with any other offers.

Weight Wellness

Weight Wellness takes a self-management approach to behaviour change and overall health. Throughout the program participants share experiences with each other and learn about eating habits, physical activity and other lifestyle factors that can contribute to achieving and maintaining a healthy weight. In their own time between meetings, participants keep a journal, record lifestyle activities, and engage in exercises to assist in possible behaviour changes that lead to good health and quality of life.

Nov. 9, 16, 23, 30 - four half days - 8:30 a.m. to noon

Call 363-5621, PSP-Health Promotion Admin, for details or email Christine.Blackburn@forces.gc.ca.

The course will be held in the classroom above the pool at the Naden Athletic Centre, N88. Dress is casual.

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Top 10 tips to prevent the flu

newscanada.com

Most health specialists agree that the flu shot is the most effective way to stop a virus in its tracks. Adding that to a healthy lifestyle that includes a regimen to build immunity is a great way to stay healthy right through

Standing court martial

A Standing Court Martial (SCM) has been ordered to try PO1 Canning, FMF Cape Breton.

The SCM will take place at 9:30 a.m. on Oct. 29 in building N30, CFB Esquimalt.

PO1 Canning has been charged with the following offences under the National Defence Act (NDA):

a. charge 1 S. 130 NDA: possession

b. charge 2 S. 129 NDA: conduct to the prejudice of good and order and discipline

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:20 a.m.

until spring. Take a look at these Top 10 Tips to beat the flu:

1. Wash your hands thoroughly and frequently with soap and water for at least 20 seconds.

2. Use a tissue, sleeve or elbow for a sneeze and cough since hands spread germs more quickly.

3. Don't touch your face in public until you've washed your hands.

4. Drink plenty of fluids to flush germs out of your system while you hydrate.

5. Get fresh air to beat the indoor recycled heat and to keep your body moist.

6. Take natural supplements to boost your immune system. A unique North

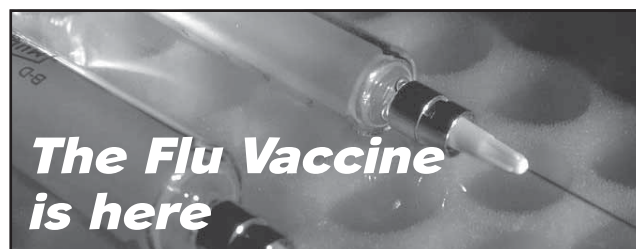
American ginseng extract (sold as Cold-FX) has been shown to boost the immune system and reduce the risk of colds and flu by up to 89%.

7. Eat foods containing vitamin-boosting phytochemicals like dark green, red, and yellow vegetables and fruits.

8. Do aerobic exercise regularly to pump oxygen from your lungs to your blood, increasing the body's natural virus-killing cells.

9. Cut out alcohol since it suppresses the immune system and dehydrates the body, slowing your recovery.

10. Relax quietly or meditate for at least 30 minutes every day to activate your immune system.



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Oct. 23: CFFSE, Bldg N92 0900-1100

Oct. 24: NOTC, Nixon Gym 1230-1400

Oct. 25: 443 MH Squadron 1230-1430

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THE NEXT GENERATION OF WARSHIP

Shelley Lipke
Staff Writer

The advancements and upgrades being realized in the Halifax Class Modernization/Frigate Life Extension (HCM/FELEX) programme are so extensive it's almost as if the navy is creating a new class of warship.

The first west coast ship to receive the planned mid-life upgrade is *HMCS Calgary*, which completed its extended docking work period at Victoria Shipyards Ltd June 1 after substantial state-of-the-art enhancements.

"Beyond just the combat and machinery control functions, these changes will touch the entire ship's company by virtue of the duties sailors have to carry out, whether it is safety and security of the ship, general seamanship duties, or shipboard communication," says Capt(N) Brian Costello, assistant chief of staff for HCM/FELEX. "It's taken an entire generational leap."

Part of the programme updates capabilities to current technology standards, while others address the

sustainability of existing systems. This ensures the warships can continue adapting to current and future threat environments, keeping them operationally relevant.

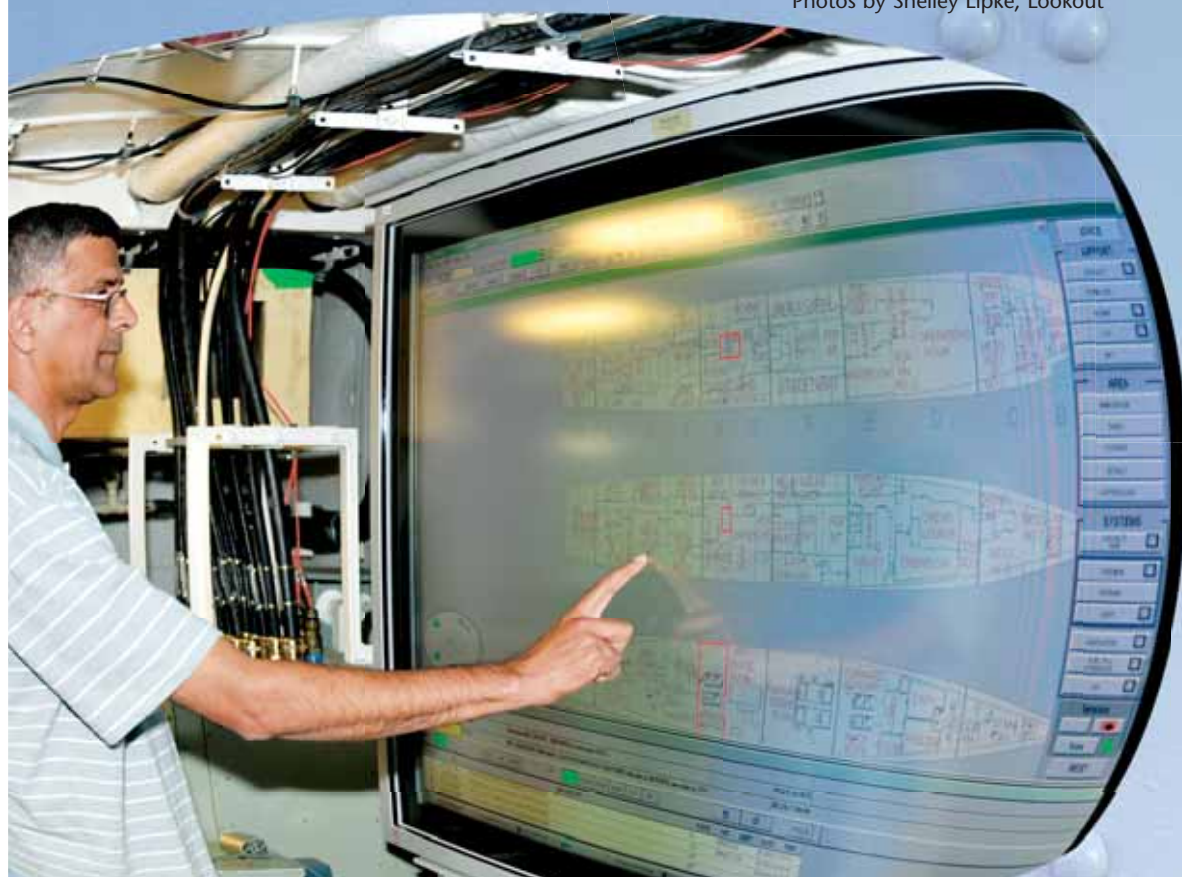
Since the Halifax Class Frigates were commissioned between 1992 and 1996, the mission spectrum has continued to evolve. The contemporary threat environment demands that warships be ready for complex joint and combined operations, and counter littoral threats from coastal artillery, low-flying aircraft and small surface vessels.

"The ships were originally designed for the Cold War blue water anti-submarine era, but now our missions include maritime interdiction, security and counter-drug operations with international agencies, and humanitarian assistance and disaster relief efforts, in addition to our core combat capabilities," says Capt(N) Costello.

Once all 12 warships complete their upgrades, a reinvigorated fleet of frigates will stand ready to serve the Royal Canadian Navy to the end of their service life.

Alkarim Nathoo, an engineer with L3 Mapps, tests the new equipment in the Machinery Control Room. The touch screen monitors will be used throughout the ship.

Photos by Shelley Lipke, Lookout



Significant upgrades to *HMCS Calgary* include:

Operations Room (Ops Room)

In *Calgary*, and the three warships to follow, the operations room has been gutted, bulkheads have been pushed out, and the SPS 49 cooling room has been removed to allow more space.

Three new command chairs allow a place for the Commanding Officer and Task Group Commander to oversee the battle from within the Ops Room. They control communications from their seat and also control the large screen display in front of them.

Multi-function work stations with tri-screens have been installed throughout the room to allow operators multitasking on different monitors.

Machinery Control Room

Damage Control has taken a giant leap into the future. The Plexiglas board and coloured grease pencils used for Damage Control plotting have been replaced with LCD touch screens, installed throughout the ship to allow sailors to update their section information in real time.

The new Integrated Platform Management System (IPMS) combines three separate systems into one management system with touch screen capability. Managing on board power generators and stopping and starting auxiliary system is now more centralized with the new IPMS.

Bridge

New consoles for navigational radars have been added, and the bridge has been reorganized to house a multi-function workstation similar to those installed in the Operations Room.

A new feature allows the Commanding Officer to look at command and control information from his chair on the bridge and in his cabin via a Station Commanding Officer Remote (SCOR).

Morale and Welfare improvements

To make more bunk space for task group staff, part of the deck in 2 Mess was raised 16 inches near the ship's side to create room to fit three bunks. The Main Cave, or junior ranks mess, received a facelift with a larger bar that allows more bar surface and eating space.

A conference room has been added in the Aft SIS for command task force staff with a 10-person table, computer access and a large screen display for briefing. This space could potentially be used as an Internet café where sailors can access email.

The gym, which is in the reserve space in the after section of the ship, now has a TV and permanent exercise equipment. Heads and wash places were also reorganized to add more showers.

Combat improvements

The 57mm gun has been upgraded to the Mark 3, as well as the gun's electronics. These changes include a new shape to the cupola, or housing.

The new sailors will never know the old frigates. I'm jealous. I want to go back to sea.

-Capt(N) Brian Costello

Smart 3P ammunition will be used in the gun against small fast-maneuvring surface targets and concealed shore targets.

All radars on board have been changed. The two dimensional surface radar has been upgraded and the long range air search radar has been replaced with three-dimensional radar, which provides altitude, bearing and range.

A military satellite connects to the Internet and other networks, enhancing communication systems and ensuring information security.

The new Boeing Harpoon Block II anti-ship missile provides an improved near-shore capability and land-attack options.

The Raytheon Phalanx close-in weapon system (CIWS) has advanced from the 1A to 1B configuration to provide the capability to engage anti-ship missiles, low flying aircraft, helicopters, and small fast-attack surface vessels.

A Sirius long-range infrared search-and-track system provides continuous passive horizon searches for sea skimming anti-ship missiles, surface target tracking, observation of coastlines and floating mine detection.

What's next for *Calgary* and HCM/FELEX?

Now that *Calgary* is back in navy hands, the upgrade project continues for the next six months as systems are tested. Then an extended trials period will follow, integrated with the legacy tiered readiness program that will result in the ship returning to operational status in 2014.



LCdr Rob Waller sits in one of the new chairs in the Operations Room. From this chair, the Commanding Officer or Commodore can access the shipboard communication system, as well as control their management.

HMCS Winnipeg will follow in *Calgary's* wake; it is currently in Victoria Shipyards Ltd. approaching the half way mark of its 12-month work period.

"I think people are very enthused and excited to be provided with top-of-the-line equipment to support their work," says Capt(N) Costello. "People can't wait to get out at sea and start trialling and employing the ship to its full potential. We have sailors who love their jobs and are dedicated, but it adds another dimension when we have the best equipment possible."

As new sailors join the Royal Canadian Navy, a good number of them will first serve aboard a modernized Halifax Class frigate.

"The new sailors will never know the old frigates," says Capt(N) Costello. "I'm jealous. I want to go back to sea."



The Junior Rank's mess received an upgrade.



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CF divers dip into Denmark water

Shawn O'Hara
Staff Writer

Clearance divers from CFB Esquimalt took a dip in the temperate waters off Denmark last month as part of ongoing global relationship development.

Six clearance divers took part in Danish Exercise Northern Coast 2012 (DANEX/NOCO), a multinational exercise that focused on international operational cooperation.

"From an operational stand point, it gave us a chance to see how the other teams work," says Lt(N) Demetris Mousoulitis, team leader for the CFB Esquimalt clearance divers. "They're used to very different environments than we are. They have adapted, and we can learn from those adaptations."

Dive teams arrived in Frederikshavn on Denmark's northern coast before heading to the harbour town of Hevring for the first phase of the exercise, and then on to Slipskoven for the

operational phase.

"For both exercises we were tasked with clearing a pier of IEDs [Improvised Explosive Device] and a harbour of underwater mines," says Lt(N) Mousoulitis. "We used Vanguard Robotic Assessment equipment to inspect potential IEDs and secure the pier. A lot of our equipment, like the hook and line kits, are to ensure we can keep personnel as far from the explosive as possible."

After securing the pier, the team took to the water. Clad in Canadian Clearance Diving Apparatus re-breathers, they first skimmed the surface before diving for underwater mines.

During the exercise, Canadian dive teams were able to observe the Danish, American, and Latvian teams.

"I learned that our procedures are more or less the same, especially when it comes to diving," says Lt(N) Mousoulitis. "The details are where we dif-

fer. Every team has little tips and tricks that come from working in different environments. The Danish are masters of that environment so they're used to it. The Latvians don't use a lot of equipment but their basic procedures are rock solid. I'd never seen the Americans work, but they're almost like you see them in the movies. It's a lot of gung ho enthusiasm and skill."

In the end DANEX/NOCO brought together teams from different countries, and gave them a chance to learn what it's like to work on the world stage.

"There are a lot of things that you can't get when you're working in your home port," says Lt(N) Mousoulitis. "You don't get the challenge you do when it's international. You have to work with the language barrier, or difference in protocol or equipment. To have those challenges and be able to overcome them is an invaluable experience to the members of our team."



Diver supervisor PO2 Scott Ensor, boat driver LS Tom Amos, and divers PO1 Donald Morris, MS Nick LePage and LS Steve Musgrave depart Lyngsbaek Pier in Ebeltoft, Denmark, to conduct harbour clearance operations. All members are from Fleet Diving Unit (Pacific) except LS Tom Amos who is from FDU (Atlantic).

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Judging will take place Oct. 31 between 10 a.m. and noon.

Portraits for charity

Imaging Services are volunteering their photographic talents again this year with all proceeds going to 2012 GCWCC.

When: Dec. 3 to 21

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To make an appointment email: gcwcc.portrait.booking@gmail.com

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Raffle draw date: Monday, Nov. 26.

Contact Nancy Heisel @ 250-363-5609 or Nancy.Heisel@forces.gc.ca to purchase tickets.

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Movember madness

Start date: Nov. 1

Cost: \$5 per person

On Nov. 1, present your-

self to your GCWCC representative properly shaven, at which point you will be issued a card stating that you are taking part in Movember and have the permission to grow a moustache for the month of November.

Mo Sistas will have to stick on supporting their peers this time.

Beards are not included. Only moustaches will be judged for the contest. Military appearance needs to be followed.

Furthermore, participating members who do not have an acceptable moustache before Remembrance Day will be required to shave it off for the ceremony.

With their "Mo's" you will raise vital funds and awareness for men's health, specifically prostate cancer and male mental health initiatives. Mo Bros effectively become walking, talking billboards for the 30 days of November. Through their actions and words, they raise awareness by prompting private and public conversation around the often ignored issue of men's health.

If you have questions contact your GCWCC rep or PO1 Hales 363-4294.

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SAR Tech of the Year

MCpl Maxime Lahaye-Lemay named SAR Tech of the Year

Lt Andrea McKinley
19 Wing PAO

Master Corporal Maxime Lahaye-Lemay was awarded the Search and Rescue Technician of the Year Award on Sept. 21 at the 2012 National SAREX in Val d'Or, Que.

"I feel honoured to receive this award," he said.

Presented on behalf of the ParaRescue Association of Canada, MCpl Lahaye-Lemay was selected from among his search and rescue technician (SAR tech) peers, and recognized for "outstanding service to the SAR community."

The award stemmed from the Oct. 27, 2011, rescue of Inuit hunters who were stranded in an open boat in icy waters of the Arctic Ocean near Igloolik, Nunavut.

"I was a new member on the team. I wasn't qualified on the aircraft yet," said MCpl Lahaye-Lemay, who comes from an infantry background.

Already an avid diver, climber and skydiver, MCpl Lahaye-Lemay had decided it was time for a change after serving two tours in Afghanistan with the Royal 22e Régiment. He looked into the SAR tech trade and it seemed like a good fit.

Fresh from the Canadian Forces School of Search and Rescue, he had just arrived at 8 Wing Trenton, Ont., in mid-2011 and was working to become a qualified team member.

"I had had a few small missions, searching for missing people, flares, boats and aircraft," he says.

The week before the daring night rescue in Nunavut, MCpl Lahaye-Lemay had done a water entry near Cleveland, Ohio, in a sea state of about two or three, which was nothing compared to the frigid waters of the Arctic, the 20-foot swells crashing down on the SAR team, and the 40-knot wind blowing on the night of Oct. 27.

The SAR team arrived in the area onboard a CC-130 Hercules aircraft.

"We could see that the weather was bad [...] and we] could tell from the aircraft that it was going to be a challenging swim," he said. "It was my first [parachute] jump that far up north. We needed a way to be extracted from the water, but the Cormorant [helicopter] was at least six hours away."

The call was made and they decided to jump because it was getting dark and below them two people were fighting for their lives in the tempestuous ocean.

Of the three SAR techs who jumped, MCpl Lahaye-Lemay landed closest to the life raft and was the only one able to reach it. He swam for about 20 minutes before he finally reached the father and son, who were barely responsive in their life raft.

"They weren't in good shape," said MCpl Lahaye-Lemay. "I was warm for about an hour and then the sun went down and it started to get cold and the wind really started to pick up."

He had to continuously bail the raft because the waves kept crashing into it. Then the father was swept from the boat.

"I had just enough time to get him, because he couldn't swim, and I brought him back into the boat. ... I went into the water a bit later. It was pretty rough."

MCpl Lahaye-Lemay bailed for six hours until the Cormorant arrived and hoisted them to safety.

"It's part of the job," he said of the rescue. "We all take risks, it just happened to be me there at the time."

Unfortunately, Oct. 27 will be remembered by many as a tragic day because Sergeant Janick Gilbert perished during the rescue.

"It's incredibly sad for the family ... but we can honour Janick's memory by continuing to do our jobs so that others may live," said MCpl Lahaye-Lemay.

**MCpl Maxime Lahaye-Lemay**

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GAME ON! HMCS Regina challenges HMS Quorn to soccer

PO2 Gioachhino Di Martino
HMCS Regina

Since leaving home July 3 for Operation Artemis, the crew of HMCS Regina have formed a ship's soccer team in order to be physically active and maintain morale during the long deployment.

But that led to another question: as the frigate makes stops in different ports for a few days and then heads back to sea for another patrol, who would the team play?

Opportunity knocked when Regina stopped in Manama, Bahrain, July 25 and docked across the jetty from a flotilla of Royal Navy minesweepers.

The challenge was accepted by the crew of Her Majesty's Ship Quorn, a Royal Navy Hunt-class Mine Counter Measures vessel, who kindly offered to host the friendly match at the Bahrain Rugby and Football club.

Under the hot afternoon sun, only a few miles from the Arabian desert and with a temperature of 38 degree Celsius, the two teams squared off.

With 10 players on each side and no

substitutes, it shaped up to be a test of endurance and physical stamina. The Canadians were surprised early in the match by four quick goals from the British team. Regina players then settled in their routine and generated their share of chances under the blazing sun before the end of the first half.

"We had more chances in the first half than they did, we controlled the ball longer than they did, we had the speed and we felt comfortable on the ball, we just couldn't get past Quorn's goalkeeper," said LS Jeff Snook, a Marine Systems Engineer playing right midfield for Regina's team.

Within the first minutes of play in the second half, LS Jory Brown, a Weapon Engineering Technician, burst up the left side, left their fullback standing still, faked out their goalkeeper and scored Regina's first goal.

Evenly matched in the second half, each team alternated to score three goals before the end of regulation. Both teams were exhausted with the final score of 7 -3; Quorn defeating Regina.

HMS Quorn is one of four Royal

Navy mine hunters deployed for training purposes, as the testing environmental conditions of the Arabian Gulf make it an ideal location to maintain warm water capabilities and develop the expertise necessary to deliver the full range of activities that make up an expeditionary MCM force.

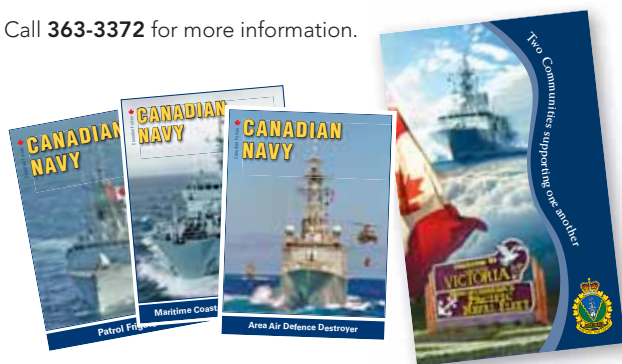
Regina is currently assigned to Combined Task Force 150, and conducts maritime security and counter-terrorism operations as part of Combined Maritime Forces (CMF). CMF is a 26 nation naval partnership, which exists to promote security, stability and prosperity across approximately 2.5 million square miles of international waters covering the Arabian Gulf, the Gulf of Oman and the Indian Ocean; an area which encompasses some of the world's most important shipping lanes.

But, operating in the Arabian Gulf is not all that these two ships have in common. It appears that both warships will be in the same port and at the same time later this fall, and the challenge of a re-match has been made. Game on.

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Local sailors receive honours & awards

Commander Canadian Fleet Pacific, Cmdre Scott Bishop, recently presented several medals and awards to CF members.

Cpl Charles A. Stephen, MARPAC Imaging Services



Cdr Geoffrey Everts receives the Canadian Forces Decoration first clasp.



Cdr Richard Dowker receives the Queen's Diamond Jubilee Medal.



CPO1 Dexter Goulding with the Queen's Diamond Jubilee Medal.



CPO1 Guy Ledrew receives the Queen's Diamond Jubilee Medal. He also received a certificate of appreciation for his time as Coxswain of HMCS Algonquin.



CPO2 Bruce Stauffer receives the Queen's Diamond Jubilee Medal.



CPO2 David Morse receives the Queen's Diamond Jubilee Medal.



CPO2 Guy Brisebois receives the Queen's Diamond Jubilee Medal.



LCdr Anthony Lefrense receives the Operational Service Medal.



Lt(N) Andrew Berry (centre) receives the Queen's Diamond Jubilee Medal from Cmdre Bishop and CPO1 David Bliss.



LCdr Rob Waller receives the Operational Service Medal.



LCdr Timothy Doherty receives the Canadian Forces Decoration second clasp.



LS Chris Blunden, accompanied by friend Manon Valcourt, receives the Canadian Forces Decoration first clasp.



LCdr Michele Tessier receives the Queen's Diamond Jubilee Medal.



Lt(N) Robert Freistadt, accompanied by his wife, receives the Queen's Diamond Jubilee Medal.



Lt(N) Sebastien Fleury receives the Queen's Diamond Jubilee Medal.



MS Lesley Ireland receives the Queen's Diamond Jubilee Medal.



MS Michael Berube receives the Queen's Diamond Jubilee Medal.



MS Michele McKinnon, accompanied by her husband MS Stephen McKinnon, receives the Queen's Diamond Jubilee Medal.



MS Michael Pope receives the Queen's Diamond Jubilee Medal.



LS Michael Simard receives the Queen's Diamond Jubilee Medal.



MS Ryan Adam receives the Queen's Diamond Jubilee Medal.



MS Stephen Wood receives the Queen's Diamond Jubilee Medal.



PO1 Jeffrey McCartney receives the Queen's Diamond Jubilee Medal.



PO1 Marc Boudreau receives the Queen's Diamond Jubilee Medal.



PO1 Mario Maisonneuve receives the Queen's Diamond Jubilee Medal.



PO1 Neil Yalden receives the Queen's Diamond Jubilee Medal.



PO1 Vaughn Holland receives the Queen's Diamond Jubilee Medal.



PO2 Erin Bonnar, accompanied by her husband Cdr Todd Bonnar, receives the Queen's Diamond Jubilee Medal.



PO2 Matthew Goodwin receives the Queen's Diamond Jubilee Medal.



Recently promoted, LS Vincent receives his new shoulder slippers from HMCS Protecteur's commanding officer Cdr Todd Bonnar and Hull Technician PO1 Kirk Mellor.

Fruit and vegetable count nets prizes for five healthy eaters

The first week of October was one of fruit and veggie munching, as Health Promotion encouraged healthy choices with a contest.

For one week, participants logged their intake, with the

daily goal being four vegetable and three fruit servings.

Of the 139 people who returned their ballots, five participants won a prize in a random draw. Prizes were supplied by PSP Sponsorship and

Donation program.

Winners:

- Jodi Sigsworth - \$100 gift certificate for The Keg Restaurant
- Leona Mercer - BCAA gift basket/membership for a year

- Greg Evans - \$35 gift certificate for Art Knapp Garden Centre
- Maj Paul Faganello - Electric Skillet
- Kevin Hind - \$25 gift certificate for Sears

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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.

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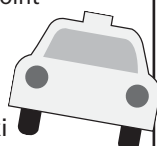
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MENTAL HEALTH CONTINUUM

HEALTHY

Normal mood fluctuations
Calm & takes things in stride

Good sense of humour
Performing well
In control mentally

Normal sleep patterns
Few sleep difficulties

Physically well
Good energy level

Physically and socially active

No/limited alcohol use/gambling

REACTING

Irritable/Impatient
Nervous
Sadness/Overwhelmed

Displaced sarcasm
Procrastination
Forgetfulness

Trouble sleeping
Intrusive thoughts
Nightmares

Muscle tension/Headaches
Low energy

Decreased activity/socializing

Regular but controlled alcohol
use/gambling to cope

INJURED

Anger
Anxiety
Pervasively sad/Hopeless

Negative attitude
Poor performance/Workaholic
Poor concentration/decisions

Restless disturbed sleep
Recurrent images/
nightmares

Increased aches and pains
Increased fatigue

Avoidance
Withdrawal

Increased alcohol use/ gambling —
hard to control with negative
consequences

ILL

Angry outbursts/aggression
Excessive anxiety/panic attacks
Depressed/Suicidal thoughts

Overt insubordination
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* The MHCM provides a guideline to identify signs that may indicate further assessment from a qualified medical/mental health professional is required.

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