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LOOKOUT

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UPLIFTING EXERCISE

Photos by Pte Dan Moore, 19 Wing Imaging

Members of the Royal Canadian Navy and Royal Canadian Air Force joined members of the Canadian Coast Guard (CCG), United States Coast Guard (USCG) and United States Air Force (USAF) for a Search and Rescue Exercise from April 29 to May 1 near Prince Rupert, B.C.

Above: A United States Coast Guard Jayhawk helicopter hovers over the deck of HMCS Edmonton as a USCG Rescue Swimmer and RCAF Search and Rescue Technician are hoisted on board.

Far left: Pararescuers from a Hercules aircraft with the 176th Wing, Alaska Air National Guard, prepare to enter the water near HMCS Edmonton.

Left: Search and Rescue Technician Sgt Robert Hardie is hoisted into a Cormorant helicopter as it hovers over the deck of United States Coast Guard Cutter Chanteleur.



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Creating a new career in the new economy

Brian Holmes
Contributor

Each year, hundreds of people who have called the military their primary occupation consider transitioning or retiring into a new life. This transition period can be exciting or it can be scary, stressful and overwhelming.

Some people consider going back to school to upgrade their credentials, while others look for work that taps into their existing skills.

Both options present challenges. Going back to school is costly with no guarantee of meaningful employment. Tuition continues to grow in one of the softest job markets since 1976.

Succeeding in this new economy cannot be accomplished by thinking the same way we did before the global economic collapse.

It's time to consider another option.

The Starting Point, an innovative learning organization, is offering free seminars to the CFB Esquimalt community to introduce people to their programs. They provide face-to-face mentoring for individuals who want to throw off the shackles of corporate life and create greater freedom by doing what they love. Starting in May, The

Starting Point is offering free seminars to both military and civilians interested in pursuing a mission-driven life.

Myself and my wife Tanya Holmes are the founders of The Starting Point and we feel military personnel are at a unique advantage to the rest of the population. Many have seen hardships, have suffered, have overcome fear and are willing to take risks – all characteristics required for life as an entrepreneur.

We created The Starting Point to empower people to take passion and purpose and create profit. It's about mentors, not teachers; life-long learning, not institutional learning with textbooks and exams. It's about inspiring people to do what they love and make a living. It's about discovering your genius and turning it into sustainable profit.

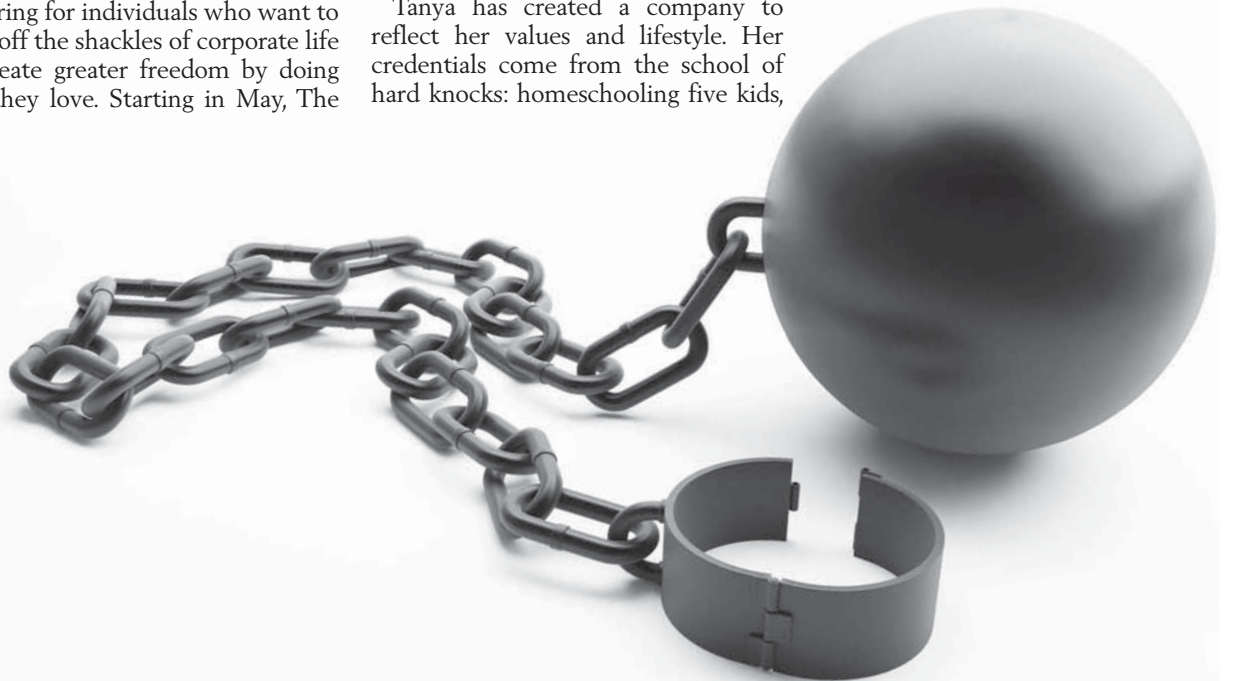
I have taught at the School of Entrepreneurial Management at Royal Roads University since 1999. During this time, I have helped launch several companies in both Canada and the U.S.

Tanya has created a company to reflect her values and lifestyle. Her credentials come from the school of hard knocks: homeschooling five kids,

mentoring them to be self-reliant, and preparing them to be the leaders of the next generation. When not mentoring youth and adults to discover their genius and turn it into profit, we empower widows and orphans in the developing world to start income-generating projects.

If you are interested in attending our free seminars, they will be held on May 29 at 8-9 a.m. and 10-11 a.m. in Bldg N30 (across from Nelles Block) room 315. Registration is limited to 30 people. To register, contact us at info@thestartingpoint.ca.

The Starting Point also offers the Youth Marketplace, which are week-long workshops during the summer for youth ages 12-18 where they practice launching their own company as a budding entrepreneur. If you would like to see your kids spend a week learning how to launch a small start up business (and possibly earn some money) you can visit our website for more information www.thestartingpoint.ca



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Battle of Atlantic gallery opens at Naval and Military Museum

Shawn O'Hara
Staff Writer

After two years of planning, artefact acquisition and construction, CFB Esquimalt's Naval and Military Museum now features a special exhibit to honour Canada's longest sea battle of the Second World War.

The Battle of the Atlantic exhibit was unveiled in time for this year's memorial, which took place on Sunday.

The gallery includes a documentary on the conflict, artefacts from that period of Canadian military history and displays including educational and informative articles and stories.

"This is a project that has

been over two years in the making," said Clare Sharpe, Museum Administrative Assistant and project lead on the gallery. "To finally be able to open it to the public, and all of you, is a very unique joy," she told the military members, veterans and civilians gathered for the opening.

Speaking to the impor-

tance the battle holds in Canada's history, RAdm Bill Truelove, Commander Maritime Forces Pacific, Joint Task Force Pacific said, "This gallery is about remembering, remembering the people who go to sea on ships and submarines to serve their country. It's important for us to take the time to reflect on these brave men and women who fight and lose their lives for all of us so we may remain connected to this very important part of our heritage." The Battle of Atlantic lasted from September 1939 until the defeat of Germany in 1945, and was the war's longest continuous military campaign. During six years of naval warfare, German U-boats and warships were pitted against allied convoys transporting military equipment and supplies across the Atlantic to Great Britain and the Soviet Union. This battle to control the Atlantic shipping lanes involved thousands of ships and stretched across thousands of square miles of ocean.

More than 100 convoy battles took place during the war costing the Merchant Navy more than 30,000



RAdm Bill Truelove, Clare Sharpe, and Joe Buczkowski cut the ribbon on the Battle of Atlantic Gallery.

men and 3,000 ships. The equally terrible cost for the Germans was 783 U-boats, and 28,000 sailors. For Canada, 70 Merchant Navy

ships were sunk along with 24 Canadian warships - equating to more than 4,600 Canadians killed during the six-year battle.



Photos by Shawn O'Hara, Lookout

Harold Gollmer and Betty Ringseth look at the authentic depth charge thrower display.

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WHAT SAY YOU

People Talk

Lookout asked this question:

With the closure of the Craigflower Bridge how has your commute to and from CFB Esquimalt been affected?



It's not bad, I just leave for work a bit earlier now.

MS Michel Query



Not too bad for me. I've found that the traffic almost flows better now because there are only two lanes of traffic merging instead of three at the Admirals intersection.

PO1 Kirk Mellor



My traffic flow has gotten a lot better. I think people are avoiding the area because they are worried it will be worse, but it's actually not bad at all.

Joe Szauer



It hasn't affected me at all. It's moving pretty smooth, and I can get home just as fast if not faster.

Dwayne Boyd



I've started riding my bike a lot more. We knew about the closure long before it happened and the traffic is manageable. I think people just need to be more tolerant of it.

Rick Gudz

WHAT SAY WE

Thank you for your support!

Healthpartners wants to formally recognize and thank Government of Canada Workplace Charitable Campaign (GCWCC) donors for their generosity and in many cases, their valuable services of time and expertise to change the lives of so many in our community.

GCWCC donors make an incredible difference in supporting critical health and social services by supporting Healthpartners, United Way and other registered charities. For Healthpartners, your leadership and contribution in the campaign enables us to share information about the importance of supporting health charities and the work we do to prevent, treat and cure chronic illness such as heart disease, cancer, Alzheimer's, and diabetes. Your support gives hope to colleagues, friends, family and loved ones as they are able to receive the support and assistance they need.

As a champion for health, you have made an impact on the lives of Canadians. Your enthusiasm and dedication to the GCWCC and Healthpartners is greatly appreciated.

This year marks Healthpartners 25th anniversary. Over these twenty-five years federal government employees and retirees have contributed more than \$100 million to Healthpartners. It is through your commitment that we were able to achieve this and to raise awareness and money for our sixteen national health charities so that they can provide the much-needed research, services and programs to families in our local communities.

On behalf of Healthpartners National Board and staff, thank you for your support of the GCWCC.

Sincerely,
Eileen Dooley
National Executive Director
Healthpartners

SPORTS trivia

by PO1 Bill Sheridan
Contributor

QUESTIONS?

1. Who had the best record of all the expansion teams in 1967-68?
2. What did the Wrigley and Air Canada Cup become?
3. What is Bob Swirskys favorite team?
4. Whose parents were forced to make repeated telephone calls to entice his son to return to Czechoslovakia?
5. Who served five years in the U.S. Army before becoming a four time NCAA basketball championship coach?
6. What race happens five weeks after the Kentucky Derby, and three weeks after the Preakness Stakes on a Saturday, but never before June 5, nor after the 11th?
7. Built in 1909, it's the highest-capacity stadium-type facility in the world with over 250,000 permanent seats?
8. Who created the CFL Shreveport Pirates and then tried to move them to Norfolk?
9. What game is nicknamed the midsummer classic?
10. Who reached 163 assists in a season to set the record?



- ANSWERS
1. Philadelphia Flyers
 2. Telus Cup
 3. The Bears
 4. Peter Nedved
 5. Mike Krzyzewski
 6. Belmont Stakes
 7. Indianapolis Speedway
 8. The Gilleberman's
 9. Major league All star game
 10. Wayne Gretzky

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MAY 2013 GENERAL ELECTION

Get ready to vote.


In the 40th Provincial General Election, British Columbia's voters will vote for their Member of the Legislative Assembly of British Columbia.

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All voters can:

Vote in any district electoral office from now until 4 p.m. (Pacific time) on General Voting Day, Tuesday, May 14, 2013.

Vote by Mail You can ask for a Vote by Mail package from your district electoral office or through the Elections BC website at elections.bc.ca

Vote at advance voting Voters can attend any advance voting location in the province from 8 a.m. to 8 p.m. (local time), Wednesday, May 8 through Saturday, May 11. All advance voting locations are wheelchair accessible. 

Vote on General Voting Day Voters can attend any general voting location in the province from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 14, 2013.

Identification Rules for Voting

Voters must prove their identity and current residential address to get a ballot or register to vote at the time of voting. Any one of the following pieces of identification is acceptable:

- BC drivers licence
- BC identification card
- BC Services Card
- Certificate of Indian Status

If you don't have any of the above, bring two documents that together prove your identity and current residential address. A complete list of acceptable identification is available from Elections BC.

Voters without identification can be vouched for by a voter in their electoral district who has identification, or by a direct family member, or by someone who has legal authority to make personal care decisions for the voter.

Get our **VOTEBC** App for iPhones and iPads to find the closest voting place and for information you need to vote.



Any Questions?

For further information visit Elections BC's website at elections.bc.ca or call toll-free **1-800-661-8683**.

Or, contact your district electoral office.
Hours of operation
Monday - Friday 9 a.m. to 5 p.m.
Saturday 10 a.m. to 4 p.m.

The following persons have been nominated as candidates for Esquimalt-Royal Roads for the 40th Provincial General Election.

Esquimalt-Royal Roads Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Maurine Karagianis BC NDP	Barbara Riggs 478 Nelson St, Victoria, BC, V9A 6P4	Jared Butcher 1253C Esquimalt Rd, Victoria, BC, V9A 3P4
Susan Christina Low Green Party of BC	Linda-Mary Bluma 791 Martin Rd, Victoria, BC, V8X 4E8	
Chris Ricketts BC Liberal Party	Larry Baryshnik 3-3240 Holgate Lane, Victoria, BC, V9C 0A6	
Joshua Steffler Independent	Joshua Steffler 102-1360 Esquimalt Rd, Victoria, BC, V9A 3R2	
General Voting Places:	Advance Voting Places:	District Electoral Offices:
Colwood Pentecostal Church 2250 Sooke Rd, Colwood, BC DaVinci Centre 195 Bay St, Victoria, BC Eagle View Elem School 97 Talcott Rd, View Royal, BC Esquimalt Rec Centre 527 Fraser St, Esquimalt, BC	Esquimalt Sr Comm School 847 Colville Rd, Esquimalt, BC Esquimalt United Church 500 Admirals Rd, Esquimalt, BC Sangster Elem School 3325 Metchosin Rd, Colwood, BC Shoreline Middle Comm School 2750 Shoreline Dr, View Royal, BC	View Royal Elem School 218 Helmcken Rd, View Royal, BC West Shore Parks & Rec 1767 Island Hwy, Colwood, BC Wishart Elem School 3310 Wishart Rd, Colwood, BC
	Colwood Pentecostal Church 2250 Sooke Rd, Colwood, BC Esquimalt Rec Centre 527 Fraser St, Esquimalt, BC	1195 Esquimalt Rd Esquimalt, BC (250) 952-7833

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MAY 2013 GENERAL ELECTION

The following persons have been nominated as candidates for Juan de Fuca for the 40th Provincial General Election.

Juan de Fuca Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
John Horgan BC NDP	Kathy Palmer 3696 Wild Berry Bend, Victoria, BC, V9C 4M7	
Kerrie Reay BC Liberal Party	Jeremy Kimm 101-866 Goldstream Ave, Victoria, BC, V9B 0J3	Jeremy Kimm 101-866 Goldstream Ave, Victoria, BC, V9B 0J3
Carlos Serra Green Party of BC	Miyako Saito 3462 Bethune Ave, Victoria, BC, V8X 1W2	

General Voting Places:	Advance Voting Places:	District Electoral Offices:		
Crystal View Elem School 2662 Silverstone Way, Langford, BC District of Highlands W. Fire Hall 1564 Millstream Rd, Highlands, BC East Sooke Fire Hall 1397 Copper Mine Rd, Sooke, BC Forge Church 2612 Sooke Rd, Langford, BC Gordon United Church 935 Goldstream Ave, Langford, BC Lakewood Elem School 2363 Setchfield Ave, Langford, BC	Luxton Comm Hall 1040 Marwood Ave, Langford, BC Metchosin Comm Hall 4401 William Head Rd, Metchosin, BC Millstream Elem School 626 Hoylake Ave, Langford, BC Otter Point Fire Hall 3727 Otter Point Rd, Sooke, BC Port Renfrew Elem School 6633 Deering Rd, Port Renfrew, BC Royal Canadian Legion 91 761 Station Ave, Langford, BC	SEAPARC Leisure Centre 2168 Phillips Rd, Sooke, BC Shirley Comm Hall 2795 Sheringham Point Rd, Sooke, BC Sooke Comm Hall 2037 Shields Rd, Sooke, BC Willway Elem School 2939 Mt Wells Dr, Langford, BC	Four Point Sheraton 829 McCallum Rd, Langford, BC Gordon United Church 935 Goldstream Ave, Langford, BC Metchosin Comm Hall 4401 William Head Rd, Metchosin, BC SEAPARC Leisure Centre 2168 Phillips Rd, Sooke, BC Sooke Comm Hall 2037 Shields Rd, Sooke, BC	108-1016 McCallum Rd Langford, BC (250) 391-2820

The following persons have been nominated as candidates for Oak Bay-Gordon Head for the 40th Provincial General Election.

Oak Bay-Gordon Head Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Ida Chong BC Liberal Party	Bernard Beck 514-737 Yates St, Victoria, BC, V8W 1L6	Bernard Beck 514-737 Yates St, Victoria, BC, V8W 1L6
Greg Kazakoff BC Conservative Party	Gregory Kazakoff 2947 Tillicum Rd PO Box 44133 Rpo Gorge, Victoria, BC, V9A 7K1	
Jessica Van der Veen BC NDP	James Dopp 1850 Allenby St, Victoria, BC, V8R 3B7	
Andrew Weaver Green Party of BC	Patrick von Aderkas 2696 MacDonald Dr, Victoria, BC, V8N 1X9	

General Voting Places:	Advance Voting Places:	District Electoral Offices:		
Arbutus Middle School 2306 Edgelow St, Saanich, BC Cadboro Bay United Church 2625 Arbutus Rd, Saanich, BC Church of St. Aidan's 3703 St Aidans St, Saanich, BC Emmanuel Baptist Church 2121 Cedar Hill Cross Rd, Oak Bay, BC Glenlyon Norfolk School 1701 Beach Dr, Oak Bay, BC	Gordon Head Middle School 1671 Kenmore Rd, Saanich, BC Hillcrest Elem School 4421 Greentree Terr, Saanich, BC Knox Presbyterian Church 2964 Richmond Rd, Saanich, BC Maria Montessori Academy 1841 Fairburn Dr, Saanich, BC Monterey Middle School 851 Monterey Ave, Oak Bay, BC	Oak Bay Sec School 2151 Cranmore Rd, Oak Bay, BC Torquay Elem School 4413 Torquay Dr, Saanich, BC Victoria Pacific Rim Alliance Church 1792 Townley St, Saanich, BC	Cadboro Bay United Church 2625 Arbutus Rd, Saanich, BC Emmanuel Baptist Church 2121 Cedar Hill Cross Rd, Oak Bay, BC Glenlyon Norfolk School 1701 Beach Dr, Oak Bay, BC	2780 Richmond Rd Saanich, BC (250) 952-7819



MAY 2013 GENERAL ELECTION

The following persons have been nominated as candidates for Saanich North and the Islands for the 40th Provincial General Election.

Saanich North and the Islands Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Gary Holman BC NDP	Janis Gauthier 2161 Fulford-Ganges Rd, Salt Spring Island, BC, V8K 1Z7	
Scott McEachern Independent	Joseph McEachern 1756 McTavish Rd, North Saanich, BC, V8L 5T9	
Adam Olsen Green Party of BC	Kenneth Johnston 10373 Patricia Pl, Sidney, BC, V8L 3J7	
Stephen P. Roberts BC Liberal Party	John Vowles 2-2379 Bevan Ave, Sidney, BC, V8L 4M9	

General Voting Places:	Advance Voting Places:	District Electoral Offices:	
Bayside Middle School 1101 Newton Pl, Central Saanich, BC Brentwood Bay Elem School 7085 Wallace Dr, Central Saanich, BC Capital City Yacht Club 10630 Blue Heron Rd, North Saanich, BC Community Gospel Chapel 147 Vesuvius Bay Rd, Salt Spring Island, BC Deep Cove Elem School 10975 West Saanich Rd, North Saanich, BC Fernwood Elem School 150 Fernwood Rd, Salt Spring Island, BC Friendship Comm Church 7820 Central Saanich Rd, Central Saanich, BC Fulford Elem School 203 South Ridge Dr, Salt Spring Island, BC	Galiano Lions Hall 992 Burrill Rd, Galiano Island, BC Gathering Strength Facilities 7728 Tetayut Rd, Central Saanich, BC Gulf Island Sec School 232 Rainbow Rd, Salt Spring Island, BC Highway Christian Fellowship Church 10364 McDonald Park Rd, North Saanich, BC Holy Trinity Church 1319 Mills Rd, North Saanich, BC Keating Elem School 6843 Central Saanich Rd, Central Saanich, BC Mary Winspear Centre 2243 Beacon Ave, Sidney, BC Mayne Island Agricultural Hall 430 Fernhill Rd, Mayne Island, BC	Panorama Rec Centre 1885 Forest Park Dr, North Saanich, BC Pender Island Comm School 5714 Canal Rd, North Pender Island, BC Saanich Fairgrounds - Main Hall 1528 Stellys Cross Rd, Central Saanich, BC Saanich Peninsula Presbyterian Church 9296 East Saanich Rd, North Saanich, BC Saanichton Bible Fellowship 2159 Mt Newton Cross Rd, Central Saanich, BC Saturna Island Rec Centre 104 Harris Rd, Saturna Island, BC Shoal Centre 10030 Resthaven Dr, Sidney, BC	ArtSpring Art Centre 100 Jackson Ave, Salt Spring Island, BC Saanich Fairgrounds - Poplar Room 1528 Stellys Cross Rd, Central Saanich, BC Shoal Centre 10030 Resthaven Dr, Sidney, BC 1528 Stellys Cross Rd Central Saanich, BC (250) 952-4100

The following persons have been nominated as candidates for Saanich South for the 40th Provincial General Election.

Saanich South Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Joshua Galbraith BC Conservative Party	Joshua Galbraith 4841 Sea Ridge Dr, Saanich, BC, V8Y 2R7	
Peter Kappel Independent	Peter Kappel 646 Vanalman Ave, Victoria, BC, V8Z 3A9	
Branko Mustafovic Green Party of BC	David Helland 4125 Cedar Hill Rd, Victoria, BC, V8N 3C2	
Lana Popham BC NDP	Forrest Nelson 180 Homer Rd, Victoria, BC, V8Z 1V6	Samuel Godfrey 670 Wilson St, Victoria, BC, V9A 3H2
Rishi Sharma BC Liberal Party	Harinder Jawl 4084 Hatfield Rd, Victoria, BC, V8Z 7J4	

General Voting Places:	Advance Voting Places:	District Electoral Offices:	
Church of the Nazarene 4277 Quadra St, Saanich, BC Claremont Sec School 4980 Wesley Rd, Saanich, BC Cordova Bay Elem School 5238 Cordova Bay Rd, Saanich, BC Gateway Baptist Church 898 Royal Oak Ave, Saanich, BC Glanford Middle School 4140 Glanford Ave, Saanich, BC	Lake Hill Elem School 1031 Lucas Ave, Saanich, BC Lochside Elem School 1145 Royal Oak Dr, Saanich, BC McKenzie Elem School 4005 Raymond St N, Saanich, BC Northridge Elem School 4190 Carey Rd, Saanich, BC Prospect Lake Elem School 321 Prospect Lake Rd, Saanich, BC	Royal Oak Middle School 751 Travino Lane, Saanich, BC Salvation Army Citadel 4030 Douglas St, Saanich, BC Spectrum Comm School 957 Burnside Rd W, Saanich, BC Strawberry Vale Elem School 4109 Rosedale Ave, Saanich, BC Willis Point Comm Centre 6933 Willis Point Rd, Central Saanich, BC	Salvation Army Citadel 4030 Douglas St, Saanich, BC 220-4460 Chatterton Way Saanich, BC (250) 952-7826



MAY 2013 GENERAL ELECTION

The following persons have been nominated as candidates for Victoria-Beacon Hill for the 40th Provincial General Election.

Victoria-Beacon Hill Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Karen Bill BC Liberal Party	Derrold Norgaard 100-848 Courtney St, Victoria, BC, V8W 1C4	
Carole James BC NDP	Paul Ramsey 1684 Chandler Ave, Victoria, BC, V8S 1N6	
John Shaw Communist Party of BC	John Shaw 733 Claudette Crt, Victoria, BC, V9C 0A1	
Jane Sterk Green Party of BC	Arian Acker 20-915 Glenvale Rd, Victoria, BC, V9A 6N1	John Sterk 919 Garthland Pl W, Victoria, BC, V9A 4J5
General Voting Places:		Advance Voting Places: District Electoral Offices:
Central Middle School 1280 Fort St, Victoria, BC George Jay Elem School 1118 Princess Ave, Victoria, BC James Bay Comm School 140 Oswego St, Victoria, BC	James Bay New Horizons 234 Menzies St, Victoria, BC Marriott Inner Harbour 728 Humboldt St, Victoria, BC North Park Manor 875 North Park St, Victoria, BC	Sir James Douglas Elem School 401 Moss St, Victoria, BC Sundance Elem School 1625 Bank St, Victoria, BC James Bay New Horizons 234 Menzies St, Victoria, BC North Park Manor 875 North Park St, Victoria, BC 103-1803 Douglas St Victoria, BC (250) 952-4201

The following persons have been nominated as candidates for Victoria-Swan Lake for the 40th Provincial General Election.

Victoria-Swan Lake Electoral District

Candidate's Name:	Financial Agent:	Official Agent:
Christina Bates BC Liberal Party	Derrold Norgaard 1173 May St, Victoria, BC, V8V 2S7	
Rob Fleming BC NDP	James Dopp 1850 Allenby St, Victoria, BC, V8R 3B7	
Spencer Alexander Malthouse Green Party of BC	Genya Agathoklis 305-955 Cook St, Victoria, BC, V8V 3Z4	
General Voting Places:		Advance Voting Places: District Electoral Offices:
Braefoot Elem School 1440 Harrop Rd, Saanich, BC Burnside Gorge Comm Centre 471 Cecelia Rd, Victoria, BC CDI College 950 Kings Rd, Victoria, BC Cedar Hill Rec Centre 3220 Cedar Hill Rd, Saanich, BC Centennial United Church 612 David St, Victoria, BC	Church of Latter-Day Saints 2990 Quadra St, Victoria, BC Cloverdale Elem School 3427 Quadra St, Saanich, BC Craigflower Elem School 2766 Admirals Rd, Saanich, BC Doncaster Elem School 1525 Rowan St, Saanich, BC Garth Homer Centre 813 Darwin Ave, Saanich, BC	Les Passmore Seniors Centre 286 Hampton Rd, Saanich, BC Oaklands Elem School 2827 Belmont Ave, Victoria, BC Reynolds Sec School 3963 Borden St, Saanich, BC S.J. Willis Education Centre 923 Topaz Ave, Victoria, BC Tillicum Elem School 3155 Albina St, Saanich, BC Church of Latter-Day Saints 2990 Quadra St, Victoria, BC Les Passmore Seniors Centre 286 Hampton Rd, Saanich, BC 201-415 Gorge Rd E Victoria, BC (250) 952-4509



Algonquin Change of Command

MCpl Chris Ward, MARPAC Imaging Services

Left to right: HMCS Algonquin's incoming Commanding Officer (CO) Cdr Ryan Tettament, Cmdre Scott Bishop, Commander of Canadian Fleet Pacific, and outgoing CO Cdr Lorne Hartell sign change of command certificates.

40th provincial election underway

The election period for British Columbia's 40th Provincial General Election began April 16 with the dissolution of the Legislature and the issuance of a writ of election to each of the 85 District Electoral Officers throughout the province.

"British Columbia has the most accessible voting system in Canada," says Chief Electoral Officer Keith Archer. "Voting starts now and we're encouraging voters to take advantage of their opportunities to cast a ballot."

Approximately 94 percent of eligible B.C. voters are registered to vote.

General voter registration is now closed. Those who missed the Enumeration earlier in the spring must now register when they go

to vote. B.C.'s accessible electoral process allows eligible voters to vote at any district electoral office in the province from now until 4 p.m. on General Voting Day, Tuesday, May 14, 2013. District electoral offices are open 9 a.m. to 5 p.m. Monday to Friday and 10 a.m. to 4 p.m. on Saturdays.

For those voters who prefer to vote on General Voting Day, voting places will be open from 8 a.m. to 8 p.m. on Tuesday, May 14, 2013. Again, voting can take place at any general voting place in the province.

Voters must prove their identity and residential address to get a ballot. Should a Canadian Forces member choose to show their Canadian Forces Identification Card, they

will require another form of identification that shows their residential address. Digital or electronic documents (e.g. e-bills) are acceptable. Hand-written information on a document, photocopies or electronic scans/photos of a paper document are not acceptable.

A list of acceptable identification forms, how to find the closest electoral office near you, and other information regarding the 40th Provincial General Election is available on Elections B.C.'s website, elections.bc.ca. Voters with questions are encouraged to call Elections B.C. toll-free at 1-800-661-8683, join them on Facebook, follow them on Twitter, or watch them on YouTube.



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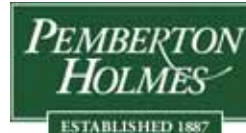
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Open House



Photos by Shawn O'Hara, Lookout

Don Scott of Oak Bay Bicycles stands with RAdm Bill Truelove after donating a \$1,000 Oak Bay Bicycles voucher for one lucky DND member to win during the Health Promotion "Rise to the Challenge" campaign.

The entrance to the Naden Athletic Centre (NAC) played host to Personnel Support Programs (PSP) staff and services during the PSP Open House last Wednesday. The event brought attention to the services and events PSP provides to Department of National Defence personnel.

Right: Sylvian Verrier (left) and Heather Bishop of PSP Fitness pass out free popcorn outside the Naden Athletic Centre's front doors.

Below: Linda Sullivan (left) and Maj Doug Friesen talk to Natalie Vincent of PSP Sports and Fitness about the upcoming Navy Run.



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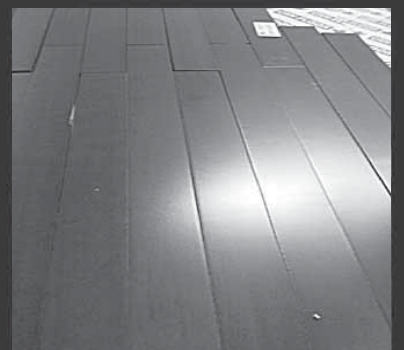
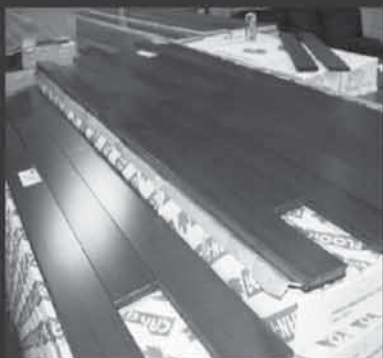
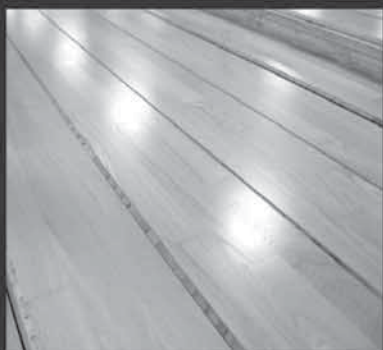
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Join the Navy Run clinics Take your running to the next level

Shelley Lipke
Staff Writer

Are you ready to take your personal running goals to the next level?

Whether you would like to run stronger and faster, or focus on injury prevention and running form, two new lunchtime running clinics have been set up to help members of all levels achieve their targets and run their best in the upcoming June 23 Navy Run.

Every Monday and Wednesday on base, from 11:30 a.m. to 12:30 p.m., PO1 Chris Fraser leads the Learn to Run clinic, while Fitness and Sports Instructor Matt Carlson leads Run to Succeed.

"This is a way for people to prepare to meet their goals and try to improve on what they have already accomplished," says PO1 Fraser.

Both groups meet outside the Dockyard Gym for a warm up and hour long run clinic.

"For participants just beginning to run it's important to run in a safe and progressive manner, and also be in a relaxed educational environment," said PO1 Fraser. "Some people find running five or 10 kilo-

metres is challenging, and this clinic will help them prepare so they can have a positive experience. Learn to Run is focused on participation and completion rather than speed. It's about learning in a safe proactive manner and finishing the distance."

Run to Succeed is for those who wish to run their best Navy Run ever.

"This is a group designed for the runner who is looking to run their fastest and we are focusing more on speed," said Carlson.

Topics include intervals, learning how to pace properly, running up hill and nutrition.

"We set this running clinic up as a way to promote the Navy Run and a way to get people ready for the run. Injury reduction is also a big part of it. An adequate warm up and cool down is a core component included in this class. Because of the impact that running gives you it's important to stretch properly and gear up for the next run," he said. "Anyone is welcome to start the clinic and the sooner the better. We still have six more weeks to prepare before the run."

Members of the Defence Team are encouraged to join either free clinic or drop in by 11:30 at Dockyard Gym.



Shelley Lipke, Lookout

Fitness and Sports Instructor Matt Carlson (green shirt) leads the Run to Succeed group through Dockyard.

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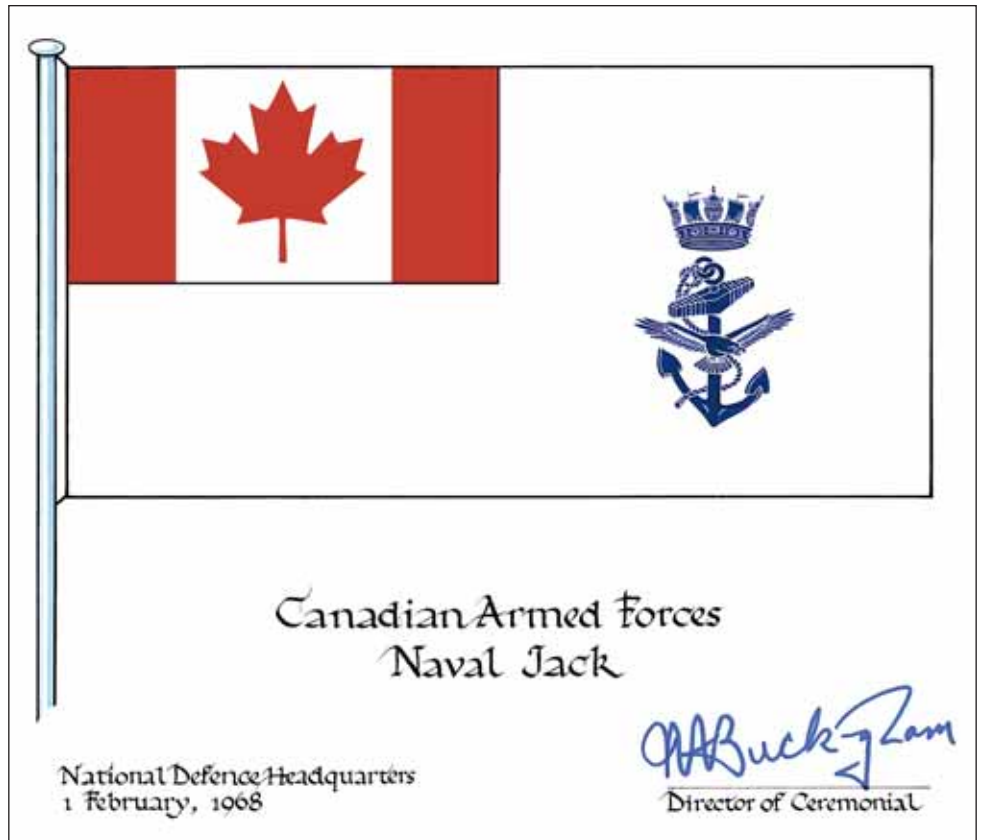
New Canadian Naval Ensign unveiled

Peter MacKay, Minister of National Defence, announced last week the adoption of a new Canadian Naval Ensign to be worn by Her Majesty's Canadian Ships, naval vessels, Naval Reserve Divisions and other designated units starting on Sunday, May 5, 2013.

"Canadian warships have unique roles, responsibilities and powers compared to other Canadian flagged vessels," said Minister MacKay. "The adoption of a new Canadian Naval Ensign demonstrates our deep attachment to a widespread tradition among navies of the world, including the Royal Canadian Navy, which fought so valiantly under the White Ensign during both World Wars and the Korean War. The new Canadian Naval Ensign will become the flag under which our Navy will defend Canada's interests at home and abroad."

This is an historic moment for the Royal Canadian Navy (RCN) who flew the White Ensign from 1911 until the adoption of the National Flag in 1965. From that point onward, the National Flag was adopted as both the ensign and the jack.

In 1968, as part of efforts to emphasize the importance of military ensigns and flags, while reflecting the new National Flag, a



The new Canadian Naval Ensign.

distinctive Naval Jack was adopted by the Canadian Armed Forces. The Naval Jack incorporated the Maple Leaf in the canton with a badge in the fly of the flag.

Today, the flag previously known as the Naval Jack is adopted as the new Canadian Naval Ensign, and the National Flag becomes the new Naval Jack, which mirrors a standard practice amongst Commonwealth nations. The change will

most importantly distinguish Canadian warships from other Canadian flagged vessels. It also promotes and strengthens the Canadian naval identity while underscoring the unique commitment of our men and women at sea who serve as members of the Canadian Armed Forces in RCN ships and vessels. The new Canadian Naval Ensign will now take rightful prominence as a significant national symbol

for years to come. "The men and women of the Royal Canadian Navy can be proud to serve their country under this new Canadian Naval Ensign," said VAdm Paul Maddison, Commander Royal Canadian Navy. "We are restoring the use of a standard Commonwealth practice and an important symbol recognizing our rich naval heritage and the historical roots of the modern Royal Canadian Navy."

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Canada's Naval Ensign History

1910 – 1911



The Naval Service of Canada, later known as the Royal Canadian Navy, flew the Canadian Government Blue Ensign and the Union Jack. The Royal Navy (RN) Commissioning Pennant (cross of St. George) was also adopted.

1911 – 1922



In December 1911, the RCN adopted the RN White Ensign as the Canadian Naval Ensign and the Canadian Government Blue Ensign as the Canadian Naval Jack.

1922 – 1957



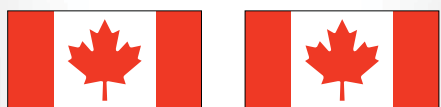
A new Blue Ensign with a shield of the new coat of Arms was introduced by the Government of Canada, and adopted by the RCN as the Canadian Naval Jack.

1957 – 1965



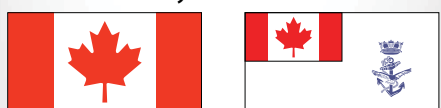
A new Blue Ensign with red maple leaves at the base of the shield was adopted by the Government of Canada, and adopted by the RCN as the Canadian Naval Jack.

1965 – 1968



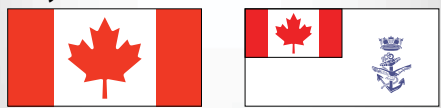
With the adoption of the Maple Leaf Flag as the Canadian National Flag in 1965, the RCN adopted the new National Flag as an Ensign and a Jack.

1968 until early 1990s



In 1968, a new distinctive Canadian Naval Jack was adopted, which incorporated the Maple Leaf flag in its canton.

Early 1990s to 2013



In the early 1990s, the RN style Commissioning Pennant was phased out in favour of a new Canadian designed Commissioning Pennant (Maple Leaf).

2013



On May 5, 2013, the RCN restored a standard Commonwealth naval practice and adopted a distinctive Canadian Naval Ensign. The National Flag was also adopted as the Naval Jack.

The evolution of Canada's Naval Suit of Colours

A naval ensign is a flag worn by a warship to indicate its nationality. Most Commonwealth nations wear a distinctive naval ensign on their warships that include elements of their National Flag. This is an internationally accepted practice that is also observed by many non-Commonwealth nations throughout the world such as Japan, China and Russia.

That said, not all nations have a distinctive naval ensign and some nations, such as the United States and France, choose instead to wear their National Flag as the naval ensign on their warships.

Wearing a distinctive naval ensign, which incorporates the National Flag, distinguishes Canadian warships from other Canadian flagged vessels or foreign navies. It also recognizes the special status of Canadian warships under international maritime law, which stipulates that warships on the high seas have complete immunity from the jurisdiction of any other state other than their flag state. Because Canadian warships are units of the Canadian Armed Forces and are crewed by military personnel who deploy throughout the world in furtherance of Canadian national policy, they are deemed to have special status under international maritime law.

Additionally, the Canadian Naval Ensign promotes and strengthens our Canadian naval identity and underscores the unique roles, responsibilities, liabilities and powers of the crews who serve in Her Majesty's Canadian Ships and other naval vessels. As serving members of the Canadian Armed Forces, military personnel deployed in Canadian warships have accepted to be subject to an unlimited liability for service. This means that they are accountable to the Government and people of Canada for the successful execution of their primary

duty and are sworn to defend Canada and Canadian interests. As a result, Canadian Armed Forces members are obliged to obey all lawful commands, including those which might take them in harm's way and lead to death or serious injury. This is unique to the military profession and no other organizations in Canada share the same level of responsibility towards service.

There are now two distinct symbols that signal Canadian nationality on board Canadian warships and other naval vessels. The first is the Canadian Naval Ensign, which is worn at the masthead while at sea, or at the stern when alongside, moored or at anchor. The second is the National Flag (also known as the Maple Leaf flag) which is worn as the Naval Jack at the bow when the ship is alongside, moored or at anchor. Additionally, while not specifically required by law or maritime custom, Canadian warships have historically displayed a Maple Leaf badge on or near the main ship's funnel.

With regard to Canadian practices since Confederation in 1867, the Canadian Marine Service had used a Blue Ensign since 1870 to designate the special government status of its vessels, and when the Naval Service of Canada was established on May 4, 1910, it continued this practice.

At the Imperial Conference of 1911, there was a naval agreement whereby Canadian warships would fly the Royal Navy White (naval) Ensign at the stern and the flag of the Dominion (the Canadian Blue Ensign) at the jack-staff located at the bow. Canadian merchant vessels flew the familiar Red Ensign, indicating their non-governmental status. Following the conference, on Aug. 16, 1911, King George V authorized that Canadian naval forces be designated the Royal Canadian Navy (RCN). On

Dec. 16, 1911, the Canadian Government ordered the following:

"All ships and vessels of the Royal Canadian Navy shall fly at the stern the White Ensign as the symbol of the authority of the Crown, and at the Jack Staff the distinctive flag of the Dominion of Canada, such distinctive flag being the Blue Ensign with the arms of the Dominion inset in the fly. The White Pendant will be flown at the Masthead." (Canadian Order-in-Council PC 2843 of December 16, 1911. Published in the Canadian Gazette on December 30, 1911.)

The authorization of the White Ensign and Blue Jack in 1911 included the statement that "The White Pendant will be flown at the Masthead." The ship's pennant (to use the modern spelling) is the mark of a commissioned ship and also symbolizes the Captain's authority to command the ship. This pennant, also known as the captain's pennant, the mast-head pennant or the commissioning pennant, is really the distinguishing flag of the Captain. If the Sovereign or a more senior officer in the chain of command were aboard, their distinguishing flag would displace the captain's pennant at the masthead. Together, the ensign at the stern, the jack at the bow, and a distinguishing flag at the masthead form a part of the ship's suit of colours.

While the White Ensign was unchanged until its use was discontinued in 1965, the Blue Jack underwent a series of changes: the four-province badge was used on the fly until 1922; thereafter the shield of the Canadian arms was used. The maple leaves on that shield changed from green to red soon after 1957.

The RCN continued using the White Ensign and the Canadian Blue Jack up until the adoption of the Maple

Leaf Flag as the new National Flag on February 15, 1965. The Maple Leaf Flag was also adopted as both the ensign and the jack, as it is a common Commonwealth practice to wear the National Flag as a jack. As part of post-1965 efforts to develop military ensigns and flags, a distinctive naval jack that incorporated the Maple Leaf Flag was created in 1968 and flown by commissioned warships when alongside or at anchor. Coincidentally, in 1968 the Canadian Armed Forces were re-organized into one service and the RCN ceased to exist as a separate service, with all naval forces being assigned to the Canadian Armed Forces Maritime Command. In 1985, an Order-in-Council authorized the Canadian Armed Forces Naval Jack to be flown ashore as the Maritime Command flag, in addition to flying it on board commissioned warships. The National Flag remained as the Ensign and was flown by all Canadian naval vessels.

In the early 1990s, the British Royal Navy style Commissioning Pennant was phased out in favour of a new Canadian designed Commissioning Pennant, which featured a Maple Leaf instead of the Cross of St. George. Only commissioned warships fly the Commissioning Pennant.

On Aug. 16, 2011, the historic name of the RCN was restored and Maritime Command became known as the "Royal Canadian Navy."

On May 5, 2013, the Government of Canada restored a standard Commonwealth naval practice by authorizing RCN vessels to fly a distinctive Canadian Naval Ensign and fly the National Flag as the Naval Jack. Essentially, the flag previously known as the Canadian Naval Jack became the Canadian Naval Ensign whereas the National Flag became the Canadian Naval Jack.



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Disclosure: righting a wrong

The term “whistle blowing” refers to the act of calling attention to a questionable or illicit activity in an attempt to have it brought to an end.

Within DND, the term whistle blowing is referred to as a “disclosure of wrongdoing.”

Since April 15, 2007, employees of the Public Service have relied on the Disclosure Protection Act (PSDPA) to guide them through the reporting of wrongdoings and to protect themselves from reprisal.

The purpose of this article is to announce the interim guidance specific to Canadian Armed Forces (CAF) members that is now in place and the new DAOD 7024-2 that is forthcoming.

A serious wrongdoing can consist of:

- a. any serious breach of the Code of Service Discipline (CSD);
- b. any other contravention of an act of Parliament or of the Legislature of a Province, or of any regulations made under any such act;
- c. a misuse of public property or non-public property;
- d. a gross mismanagement;
- e. an act or omission that creates a substantial and specific danger to the life, health or safety of persons, or to the environment, other than a danger that is inherent in the performance of the duties or functions of a person; or
- f. knowingly directing or counselling a person to commit a wrongdoing set out in any of subparagraphs (a) to (e)

As a CAF member, what

is my responsibility to report wrongdoings?

Under QR&O articles 4.02 and 5.01, members have an obligation to report any infringement of the pertinent statutes, regulations, rules, orders and instructions governing the conduct of any person subject to the CSD. Normally, a member will report a suspected wrongdoing to his or her immediate supervisor within the chain of command.

I am a CAF member and have concerns about making a disclosure of wrongdoing through my supervisor. What should I do?

If a member has concerns about making a disclosure of wrongdoing with his or her immediate supervisor or chain of command, and believes that an independent investigation is required, the member should contact the Principal Internal Disclosure Office (PIDO) directly, without any fear of reprisal for going outside the chain of command. Contact information and guidance on how to submit a disclosure can be found on the Chief Review Services (CRS) website at the following link www.crs-csex.forces.gc.ca.

As a supervisor, how should I respond to a disclosure of wrongdoing?

Supervisors who receive a disclosure from a CAF member may resolve the issue at the unit level or refer the disclosure to the PIDO. Before submitting a formal disclosure, supervisors should consider whether the allegation meets the definition of a serious wrongdoing and if there is an existing recourse mechanism such as a grievance, harassment investigation or

alternate dispute resolution that may be better suited to resolve the concern.

Supervisors should be aware of the procedures established by the PIDO and the requisite form that must be completed for any formal disclosure. CRS Guidelines for CAF Supervisors, DND Managers and Employees can be found at the following link www.crs-csex.forces.gc.ca.

What are the key elements of the CF disclosure process?

- a. CRS is the designated authority to receive CAF disclosures of wrongdoing;
- b. QR&O 19.15 dealing with prohibition of reprisals has been amended to include the requirement for CAF members to contact the PIDO immediately should they feel they have been subjected to reprisal for having made a disclosure of wrongdoing;
- c. when there is an allegation of a breach of the CSD, the appropriate JAG representative will be consulted for legal advice as appropriate;
- d. serious wrongdoing reported to a supervisor must be reported to CRS through the PIDO; and
- e. where appropriate, CAF members may also report wrongdoing to other, more specialized, authorities such as the military police, CFNIS, civilian police, or DND/CF Ombudsman.

Any queries with respect to CAF procedures for the reporting of wrongdoing may be directed to the PIDO at 613-992-0356 or +ido-bdi@crs.dsei@ottawa-hull.

Reference: CANFORGEN 056/13 CDS 024/13 051659Z APR 13 Interim Guidance Canadian Forces Disclosure Process.

An unforgettable night of music with the Naden Band and friends

Shelley Lipke
Staff Writer

The Naden Band of Maritime Forces Pacific is teaming up with local talent on May 16 for an unforgettable evening of music at the Royal Theatre.

"We are bringing the Naden Band on stage with special guests, soloists and choirs with the concept of mutual collaboration in a spring concert," said the Naden Band's Commanding Officer Lt(N) Matthew Clark.

This concert celebrates the May 5, Battle of Atlantic 68th anniversary.

"Canada's contribution to this war effort was significant and deserves to be remembered. We will honour this through multimedia, participation of the Philharmonic Choir and through

a special Battle of Atlantic memorial piece," said Lt(N) Clark.

The program includes traditional military music and dramatic music from film and stage including highlights from the 1992 film production Henry V with local actor Ian Case delivering excerpts from the drama. There will also be selections from composers William Walton and John Williams.

Trumpet player LS Miguel Valdes de la Hoz, originally from Cuba, will perform a piece called "Cuban Interlude." The song "Not Quite 75 Trombones" will feature the four members of the trombone section.

The Naden Band will also perform a piece composed by former Naden Band Commanding Officer Lt(N) Bernard Bogisch (Ret'd) called "Bravo

Zulu." This medley of famous military and nautical melodies will feature four boatswains from Canadian Forces Fleet School Esquimalt who will insert pipe calls into the piece to take the audience through a typical day at sea.

"I am excited to be collaborating with the Victoria Philharmonic Choir under the direction of Peter Butterfield," said Lt(N) Clark. "They are wonderful musical ambassadors and it will be great to perform with them for the first time. I think this concert is a great way to welcome spring and look forward to summer."

Tickets are \$19 and are available at the Royal and McPherson Theatre box offices or online at rmts.bc.ca. All proceeds will support the Royal and McPherson Theatres Society.

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UPSTAIRS

CELEBRATING A NEW SEASON

65TH SAILING SEASON OPENS FOR CANADIAN FORCES SAILING ASSOCIATION

Shawn O'Hara
Staff Writer

Despite rough winds and grey skies, dozens of sailors gathered on the lawn of the Canadian Forces Sailing Association (CFSA) for their annual opening ceremony.

Recreational sailors, both civilian and military, met April 28 for the opening of CFSA's 65th sailing season.

The Naden Band of the Royal Canadian Navy was on hand, playing both the Canadian and U.S. national anthems to acknowledge American sailors present at the event.

Following the recitation of the Prayer of the Sea, CPO2 John Haggis, Commodore of CFSA, gave a short presentation.

He presented CFSA's past commodores with specially made ball caps to acknowledge their service to the specialty club.

"These are the people that made this association what it is today," said CPO2 Haggis. "It's not much, but it's a small token of appreciation for all they've done and what their work has meant to us."

Base Commander, Capt(N) Bob Auchterlonie was also present to give a short speech, which he started with a humorous admission.

"I own a power boat," he admitted to the crowd of sailing enthusiast. "I hope you won't hold it against me."

Capt(N) Auchterlonie spoke about the appreciation the Canadian Armed Forces has for the CFSA and the work they do in the community.

"The sailing programs available for youth are exceptional, as is all of the work the CFSA does in the community," he said. "This is an exceptionally well run organization, and the work John and his folks are doing is tremendous."

The CFSA's traditional sail past, in which members sail their boats past the association's Commodore for inspection, was put on hold this year due to winds that reached up to 30 knots.

Choppy waters made the often delicate and synchronized nature of the sail past an unnecessary hazard, said CPO2 Haggis. "Plus, we'd hate to spill that much gin,"

he added jokingly.

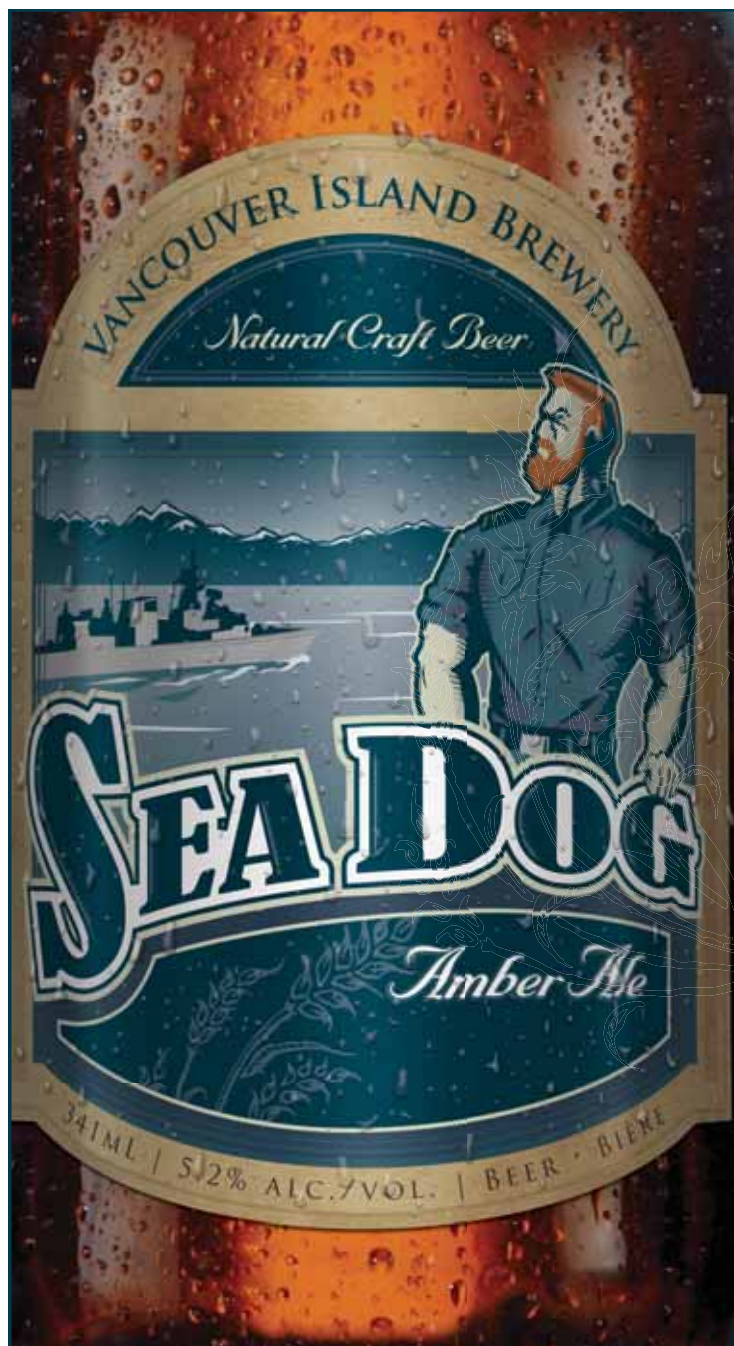
Instead, CPO2 Haggis and Capt(N) Auchterlonie made the rounds to where each ship was docked, making the traditional salute and staying for a quick chat.

Haggis said that while the weather had put a damper on the day's proceedings CFSA's members wouldn't be deterred from the thing they love to do.

"Our members are sailors through and through," he said. "We know they're going to do what they can to make this sailing season a great one."

Top: The Naden Band of the Royal Canadian Navy was on hand to play the American and Canadian national anthems for attendees from both countries.
Right: Base Commander Capt(N) Bob Auchterlonie (foreground) and CFSA Commodore CPO2 John Haggis greet Dick Mills, owner of Jetstream.

Photos by Shawn O'Hara, Lookout



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Nursing officers integral to CAF medical community

Shawn O'Hara
Staff Writer

National Nursing Week, May 6 to 12, is a time when nurses across the country are recognized for the hard work and dedication they show in the pursuit of their patients' health.

As an integral part of the medical community they are found in all corners of society, including the Canadian Armed Forces (CAF).

Lt(N) Shelly Maynard is a Critical Care Nursing Officer (CCNO), and was initially drawn to the profession out of a need to help people.

"I like helping people, and being forced to make big decisions quickly can show you what you're really made of," she says. "When you work this closely with patients in such delicate conditions you're forced to think on your feet, and as a nurse you have the autonomy to make the decisions you think are necessary."

There are approximately 250 Nursing Officers in the CAF responsible for providing primary care to sick and injured CAF patients. They do their work in Canadian Forces Health Care Centres in Canada, or in acute care hospitals around the world, often choosing specialties in fields such as Critical Care, Mental Health, or Emergency Room Nursing.

"There are so many roles that Nursing Officers fill, that they really are integral to the CAF's medical community," says Lt(N) Maynard. "Without Nursing Officers patients wouldn't get the personalized care they need."

As one of approximately 50 CCNOs in the CAF, Lt(N) Maynard provides care to patients requiring comprehensive medical attention, such as those suffering from life threatening illness or recovering from invasive surgery.

She is currently in her

first year on the job and is getting on-the-job-experience at Victoria General Hospital's Intensive Care Unit (ICU).

"Base Hospitals don't really have ICUs like civilian hospitals, so this is experience I'd be hard-pressed to get elsewhere," she says. "Working alongside civilian nurses and taking on the same workload as them has been great."

Becoming a Nursing Officer requires extensive schooling on top of military training.

Lt(N) Maynard completed a four year Nursing Degree program at Dalhousie University in Nova Scotia through a program called Regular Officer Training Program (ROTP).

ROTP is much like the training offered through the Royal Military College (RMC), but since nursing isn't offered at RMC, Nursing Officers go through civilian universities.

"Studying at Dalhousie was an amazing experience," says Lt(N) Maynard. "Everyone there was very encouraging. When you're all there for the same reason you help each other out."

Following university Lt(N) Maynard completed a General Nursing Officer Program before being selected for specialist training. Once selected for specialization, Lt(N) Maynard completed an intensive 5 month Critical Care program at the Registered Nurse Professional Development Centre in Halifax.

While getting the hands-on experience, Lt(N) Maynard was reminded of her reasons becoming a CCNO.

"The work itself can become routine, since it's mostly caring for unconscious patients night after night," she says. "It's when you run into their family or loved ones, and see the appreciation in their eyes, that you understand what your work means to them."

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Former WREN visits CFB Esquimalt

Shawn O'Hara
Staff Writer

April 26 was a very special birthday for 95-year-old Joan Gee.

Gee, a former member of the Women's Royal Naval Service (WRNS, commonly known as Wrens) during the Second World War, came to CFB Esquimalt to get back in touch with a culture she loves very much.

"My father was a Canadian Naval Officer during the First World War, and I joined the Navy because of him," she says. "I was born into the navy, you might say."

Gee joined the WRNS in 1943, serving as a Coder with the navy, intercepting and triangulating transmissions from enemy fleets to determine ship locations.

Following the war Gee moved to British Columbia and now lives in Duncan.

As a gift to Gee on her 95th birthday, daughter Robin Knox and son-in-law Ian Knox brought Gee to visit CFB Esquimalt.

Her day included a tour of the CFB Esquimalt Naval and Military Museum, and lunch at the Wardroom.


Gee previously volunteered at the Museum and Library while living in Victoria, and the visit marked a return to a base she very dearly loves.


"The base is such a wonderful place and the scenery and architecture are beautiful," she says. "It's a bit harder for me to get out here now since I moved, but it's always such a joy to come back."



Photo by Shawn O'Hara, Lookout

Joan Gee served as a member of the Women's Royal Naval Service (WRNS) during the Second World War. She visited CFB Esquimalt on her 95th birthday.

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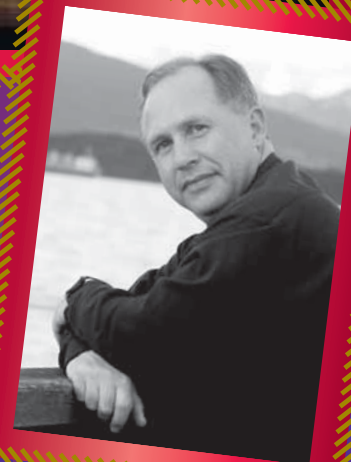


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Cpl Blaine Sewell, MARPAC Imaging Services

LS Wolls (foreground) and MS Ferguson from HMCS Algonquin clean the grounds of Honour House in New Westminster April 26. The crew members, along with four of their counterparts took the day to give back to the community by assisting Honour House volunteers with yard maintenance and clean up duties.

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Sailors pitch-in during port visit

Marie Ormiston
 Community Liaison Officer

Canadian and American Navy sailors teamed up to support six different charities as part of the Vancouver Port Visit April 26-29.

Eighty-two volunteers from USS Lake Champlain, HMC Ships Algonquin, Victoria, Nanaimo and Saskatoon did everything from mowing lawns to motivating new Canadians.

Six sailors spent a day improving the grounds of Honour House, a home away from home for Canadian Armed Forces personnel, first responders and their families while they are receiving medical treatment in Vancouver.

The home was selected to be part of the 2013 New Westminster Heritage Homes Tour. Although the interior of the home was in good shape, the exterior needed a facelift. RAdm Truelove also paid a visit to Honour House. He met residents and thanked volunteers who provide regular support to the facility.

Five female sailors from HMC Ships Nanaimo, Saskatoon and Algonquin spent a day volunteering at the Downtown Eastside Women's Emergency Shelter. They donated clothing and goods, organized the storage rooms and helped with meal preparation and serving.

Meanwhile, three other sailors spoke about their experiences as new Canadians and being in the Navy at S.U.C.C.E.S.S., an immigration settlement and integration agency.

Seventy-five sailors from Patrol Craft Training ships, HMC Ships Nanaimo and Saskatoon, and USS Lake Champlain braved April showers to rehabilitate Heywood and Doran parks in North Vancouver. They removed invasive species, planted natural vegetation and cleaned up litter.

"It was so great to have so many volunteers from the navy show up", said Stephanie Levy, Evergreen Project Manager. "They accomplished in a few hours what would have taken us months to do alone. They really gave a boost of positive energy to

our regular volunteers. Thank you so much."

Habitat for Humanity's Greater Vancouver offices received a fresh coat of paint from members of HMCS Algonquin.

Stephani Samraidis, Director of Fund Development for Habitat for Humanity, was grateful for the facelift. "On behalf of Habitat for Humanity and our volunteers, donors and families, thank you for your incredible generosity of time and experiences this past weekend. Our office is now beautifully painted, 12 volunteers had a ship display of a lifetime and over 20 donors relished in your onboard hospitality," she said.

While the volunteers were busy throughout the lower mainland, HMCS Nanaimo's Casualty Clearing Team assisted RCMP and paramedics with a civilian casualty after a worker fell from the pier onto the rocks below. They then attended a fund raiser at a North Vancouver gymnasium to raise funds for a local woman who is undergoing cancer treatment.

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Imagery Technicians get a new badge

CPO2 Guy Tardif
Imaging Services Officer

In 2000, the military's Photographic Technician (Photo Tech) trade was re-named Imagery Technician (Image Tech); however, one thing did not change. The occupation continued to be managed by the air force, even though it had navy and army photographers.

On March 15, 2013, Image Techs were transferred from the authority of the Commander of the Royal Canadian Air Force (RCAF) to the Assistant Chief Military Personnel (A/CMP). Image Techs are now part of the Public Affairs Branch.

After 13 years, the cap badge and tri-service uniforms finally reflect the present reality.

The April 24th ceremony at Maritime Forces Pacific was presided by Capt(N) Luc Cassivi, N3 Chief of Staff Plans and Operations and Director Canadian Submarine Force. It was held at Duntze Head to recognize the transfer of authority from RCAF to A/CMP, with symbolic presentations of their new cap badge underlining the change of uniform

for some members of MARPAC Imaging Services. Cdr Andrew Muir, N36 DCOS Operations and Intelligence Fusion Centre, was also present.

This was a major turn for an occupation that was solely air force blue for a very long time. Four members of MARPAC Imaging will reflect even more the new tri-service identity as they are changing element affiliations. MWO Guy Tardif is becoming CPO2 and wearing the navy uniform; Cpl Alex Croskery will become a Leading Seaman as he is also going Navy. Cpl Malcolm Byers who is currently deployed on Operation Artemis on board HMCS Toronto, and Cpl Sandy Stephen are both going army.

Image Techs' collective duties consist of a much greater area of expertise besides public affairs. These include intelligence gathering, investigations, engineering, and operational training.

Image Tech photos provide key advice to commanders to successfully execute domestic and international missions, in addition to showing Canadians what is accomplished by their armed forces.



Ed Dixon, MARPAC Imaging Services

MARPAC Imaging Services: (Left to right, back row) Cdr Andrew Muir, Isabelle Seguin, Cpl Sandy Stephen, MWO Guy Tardif, Sgt Craig Fiander, Ed Dixon, Capt(N) Luc Cassivi. (Left to right, front row) MCpl Chris Ward; Cpl Blaine Sewell; Cpl Stuart MacNeil; Cpl Michael Bastien; Cpl Alex Croskery and MCpl Angela Abbey.

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LOOKOUT Classifieds & Real Estate

RATES: MILITARY and DND PERSONNEL: 25 words \$8.40 • ALL OTHERS: 20 words \$9.60 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

Call 363-3014 to book your display or word ad

ANNOUNCEMENTS

CALLING UNDEREMPLOYED WOMEN! Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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.

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.

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

EMPLOYMENT OPP.

BUS DRIVERS ON-CALL School District No. 62 (Sooke) requires bus drivers to work on-call immediately. If you have a Class II B.C. Driver's Licence, with air brake endorsement and a valid First Aid Certificate, we are most interested in hearing from you! For more info about our District, please refer to our website at www.sd62.bc.ca Rate of pay \$21.66/hr Qualified individuals are invited to submit their cover letter and resume on or before May 31, 2013 to: Dawn Coughlin HR Assistant School District No. 62 (Sooke) 3143 Jacklin Road Victoria, BC V9B 5R1

REAL ESTATE • FOR RENT

NEWLY RENOVATED ABOVE ground 1 BDRM suite. Close to shopping, buses, lake & trails. \$850/mo utilities included. No smoking. Pets considered. 250-216-4291

LARGE 2 BDRM CONDO for rent in Langford at La Vie Condo. SS appliances. In-suite laundry. 2 parking spots. Lots of storage. \$1400/mo ready June 1st. Call: 778-356-0141

MOVING TO HALIFAX? 2350 SQ.FT., 3 bdrm home in sought after Tantallon area for rent. Located in a quiet area at the end of a cul de sac, close to schools and shopping, 25 mins to base. \$1600/mo. + utils. Email: scott.vanwill@forces.gc.ca if interested.

WONDERFUL 2 BDRM 2 BATH Townhouse for sale. In suite laundry, in suite storage, private patio which allows BBQs, only 10 minutes from base. \$112,000, call Laura Godbeer 250-532-3272.

SHORT TERM FURNISHED accommodation. 1 bdrm condo in Colwood. HiDef Cable, internet, phone included. Latoria Guest Suite www.homesaway.ca

1239 PARK TERRACE
2 bdrm, \$895, heat, hot water + parking included, quiet adult building, 1/2 month free with one year lease, call resident manager
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Are you a professional woman sailor, either past or present? Would you like to be interviewed or write a short story for a book about Woman Sailors? All submissions receive a free copy of the book upon publications and a chance to get your story and name in the book. For more information please e-mail briannabacon@msn.com

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REAL ESTATE • FOR SALE

TREMENDOUS VALUE, PEACEFUL location on Colville Rd. over-looking Gorge Vale Golf Course, near base hospital, bright floor-plan & open concept living over 1000 sq.ft. Bedroom separated by kitchen & living area, soaker tub in ensuite, two person shower in second bath, sm pets & rentals allowed. Fenced grassy common area with gate access for walks on golf course. Secure undergrnd parking. \$ 319,900 MLS# 321892 778-426-4617

Renovated 3 bdrm home! MLS 315054



Malahat, approx. 20 minutes to Naden. Fully renovated & updated 3 bedroom home with sundeck, jetted tub plus many extras. Family community next to a park - with swimming, fishing and more. This property is so nice we'd like to buy it. (Oh, we already did). Time to sell & retire close to our grandchildren. **Asking \$120,000**
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VOLUNTEER

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit http://www.rivonline.org/Volunteering.htm

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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