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Volume 59 Number 40 | October 6, 2014

LOOKOUT

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Jersey Raffle



As part of the annual Government of Canada Workplace Charitable Campaign at CFB Esquimalt, tickets for a signed Alex Burrows-Vancouver Canucks jersey will be sold during the month of October with the draw being held Oct. 31. The Canucks jersey has seen some real

sea time this past summer after being worn by HMCS Victoria's crew during the Rim of the Pacific Exercise in Hawaii. Pictured here, a Victoria submariner wears the jersey while working inside a torpedo tube. The jersey can now be seen in the display case at the

Dockyard Main Gate. Cost will be \$2 per ticket or three tickets for \$5. Tickets will be sold by GCWCC base representatives: PO1 Pronovost at MARPAC HQ; 250-363-5809, PO1 Blanchard at Personnel Coordination Center; 250-363-8437, and AB Sheperd at Building D-85; 250-363-4685.

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New patrol ship takes hero's name

DND

Prime Minister Stephen Harper announced Sept. 19 the name of the first Royal Canadian Navy's Arctic/Offshore Patrol Ships (AOPS).

Her Majesty's Canadian Ship (HMCS) Harry DeWolf is named in honour of the wartime Canadian naval hero.

HMCS Harry DeWolf is the first of the AOPS designed to better enable the RCN to exercise sovereignty in Canadian waters, including in the Arctic.

The AOPS will be known as the Harry DeWolf Class, with HMCS Harry DeWolf as the lead ship. Subsequent ships in the class will be named to honour other prominent Canadian naval heroes who served their country with the highest distinction.

This is the first time in its 104-year history that the RCN is naming a class of ships after a prominent Canadian naval figure. A native of Bedford, Nova Scotia, Vice-Admiral Harry DeWolf (RCN) was decorated for outstanding service throughout his naval career, which included wartime command of HMCS St. Laurent from 1939-40, and later, his 1943-44 command of HMCS Haida, known as the "Fightingest Ship in the RCN."

Canada defends more coastline than any other country, as it is bounded by three oceans. The



The first of the Royal Canadian Navy's Arctic/Offshore Patrol Ships is named after Vice-Admiral Harry DeWolf, who was decorated for outstanding service throughout his naval career.

AOPS will conduct sovereignty and surveillance operations in Canadian waters on all three coasts, including in the Arctic.

The AOPS will also be used to support other units of the Canadian Armed Forces in the conduct of

maritime-related operations and to support other government departments in carrying out their mandates, as required.

The AOPS will be built by Irving Shipbuilding Inc. in Halifax, Nova Scotia.

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AB Mike Muraca reads the Lookout Newspaper, CFB Esquimalt's award winning community paper.

Your community, your newspaper, your life

Ryan Cane
CFMWS

This year marks the 74th year of National Newspaper Week, which takes place Oct. 5-11.

The theme - *Newspapers: The Foundation of Vibrant Communities* - reinforces the integral role newspapers play in communities across the country, large and small.

Canadian Forces newspapers (CFN) are part of the larger Canadian community newspaper body, but unlike other community newspapers they have two essential roles – they serve as internal communications for the base they serve, and as an external public relations product.

“One of my proudest accomplishments when I was the Base Commander at Canadian Forces Support Unit Ottawa was establishing the Guard of Honour,” says Commodore Mark

Watson, Director General Morale and Welfare Services. “Newspapers build a sense of community, allowing us to share our stories of success and capture our history. CFNs are an important moral and

and welfare programs, and the military community at large.

The goal of the CF newspaper has remained the same over time: to provide relevant and interesting information about

from Canadian Community Newspapers Association shows community newspaper readership remains strong. Three quarters of Canadians (73%) in non-urban centres read a community newspaper, according to a 2013 study.

The steady readership suggests community newspapers continue to have strong readership in today's new media landscape.

Community newspapers, like our CFNs, continue to remain relevant to the population they serve.

Whatever your reason for reading your local CFN, we want to celebrate your readership.

Capture yourself, your family, and friends reading your CFN for your chance to win a HP ENVY 120 e-All-in-One Printer. Once you have the perfect photo, upload the picture to www.facebook.com/CF.REC.FC with the hashtag#CFNEWSPAPERS

Did you know that Canadians say:

- 95% said their reason for reading community newspapers was for local news or local events
- 60% read for the editorial
- 76% are reading for the advertising or the flyers/inserts
- 72% are still looking for classified ads, real estate or employment ads
- CF Newspapers are part of the CFMWS, coming under the PSP umbrella

welfare program.”

There are 17 bases newspapers, with a total distribution of 81,000; however, their combined readership is far greater – one million strong across Canada.

CF newspapers report on military operations, morale

the DND community to the Defence Team, followed by the secondary goals to promote esprit de corps, and serve as a link between the local business community and the base/wing they serve.

The most recent research

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- Thurs, Oct 9: The proper use of Term life insurance. 12:15-12:45
- Thurs, Sep 16: The proper use of Term life insurance. 11:45-12:15
- Wed, Oct 22: What you need to know about credit. 11:45-12:15
- Tues, Oct 28: How to successfully deal with debt. 12:15-12:45



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When: Thurs., Oct. 2, 9, 16, 23, 30 and Nov. 6, 13, 20 (1300 - 1540hrs)
Saturday, Oct. 18 and Nov. 15 (0900 - 1500hrs)

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WHAT SAY YOU

People Talk

Lookout asked this question:

Why do you support United Way and Healthpartners?



As a donor, I know my dollars are being invested wisely by the United Way.

Brittany Decker



They do amazing things in our community, things that are absolutely necessary.

Damon Forster-Stone



I believe you should do what you can to help those less fortunate, and anyone that needs help should get it.

John Hestnes



The United Way supports so many different projects, including seniors programs, which are huge in Victoria. They really care about the community.

Katrina Johnston



It's important to give back to your community in any way that you can.

Stephanie Morane

THE ITINERANT CHEF

Pumpkins in the garden? What to do with them?

Many of us, me included, get overzealous when planting veggies during the summer.

By harvest season, we're left to wonder what to do with the enormous, but lovely, pumpkin we grew.

Here are a few ideas, to ensure your hard efforts don't go to waste.

You may notice when using fresh pumpkin the results don't have the intense flavor that you're used to. That is because commercial pumpkin is reduced before it is packaged. To get a strong flavor from your pumpkin, slice into wedges and roast in the oven with a pinch of salt and your favorite spices, peel and all. Once it bakes, peel and purée.

Pumpkin Filling (for just about anything)

450 g of your Pumpkin purée
2 Eggs
115g Brown sugar
120ml Heavy cream
20 ml Plain yogurt or cream cheese
10 ml Honey
3g Black ground cardamom (optional)
7-10g Ground cinnamon
3g Ground nutmeg



3g Ground ginger
3-5g Hot cayenne pepper (for those who like it spicy)

Simply place all the ingredients in your mixer and combine them until they are uniform in texture. Reserve 225-250g for your crème brûlée, and the rest for your pie.

Crust

275g Flour
115g Icing sugar
60g Butter
40ml Milk
Pinch of Salt
Pinch of Nutmeg and cinnamon (optional)

The key to making this crust is to sift the dry ingredients together. Then using the paddle on your mixer, add the butter once it hits room temperature, and mix until your ingredients take on a sandy texture. Now slowly add the milk; depending on the humidity, your dough could need more than what is called for. Beat the dough just until it comes together and is smooth. Then remove it, and cover it with plastic wrap, and chill it in the fridge so that it becomes a firm disk.

When you are ready to make your tarte, roll out the cooled dough and place it in an 8 inch

tarte shell; (the kind with the removable bottom). Blind bake it at 370F° until it is lightly golden. Then, place your raw filling in and drop the heat to 325F° until the purée firms and darkens. This can take between 45-60 minutes. Simply remove the sides of the pan after, the tarte has cooled, and serve with your favorite topping. I like it with whipped cream and my spicy pumpkin seed crunch.

**Your Itinerant Chef,
A/SLt Melissa Kia**

About Melissa: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B.Sc. in Kinesiology. Afterwards, I worked in many high end bistros and restaurants before opening my own business in 2010. I ran a French pastry (Pâtisserie la Petite France) for two years before I joined the Forces.

GCWCC INCENTIVE PRIZES!	Laurel Point Inn	SEATTLE CLIPPER	PRINCE OF WHALES	CHATEAU VICTORIA	VEHICLE GIFT BAG
<p><i>Note: Please submit your Unit's qualifying names directly to Vicki Laidlaw by the day after EACH deadline (Nov. 6, 13, 20, 27) – draws will happen at noon each Friday following the deadline.</i></p> <p>More Info: Vicki Laidlaw, Campaign Coordinator (250) 363-2595.</p>	<p>Sunday brunch for four at Laurel Point Inn and a tea basket from Murchies (value \$200)</p> <p>The daily change left in your pocket can win you this awesome prize. Anyone who submits a gift form of \$150 or more to their 2014 GCWCC campaign unit representative by Nov. 26 will be automatically entered.</p>	<p>Round trip for two from Victoria (value \$300)</p> <p>Those who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign representative by Nov. 5 will be automatically entered into a draw for a round trip for two to Seattle, WA, on the Clipper.</p>	<p>Whale watching trip for two (value \$230)</p> <p>Those who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign representative by Nov. 12 will be automatically entered into this draw. Entries from Nov. 5 will remain in the draw as well.</p>	<p>One night accommodation for two (value \$200)</p> <p>Those who submit - or have already submitted - their GCWCC gift form (any amount) to their unit campaign coordinator by Nov. 19 will be automatically entered into this draw. Entries from Nov. 5 and 12 will remain in the draw as well.</p>	<p>Leather shifter, sunglasses, automatic battery charger, roadside emergency kit, fleece jacket (value \$330)</p> <p>Become a Leader! Anyone who submits a gift form at the Leadership level (\$500 or more) to their 2014 GCWCC campaign unit representative by Nov. 26 will be automatically entered in this draw.</p>

Smugglers in Mexico caught with \$1M in pot

Two suspected drug smugglers in a small boat were caught off the coast of Mexico with more than \$1 million worth of marijuana, a United States Coast Guard official said Friday.

The suspects, both Mexican citizens, the boat, and 50 bales of pot weighing 1,200 pounds were brought to the San Diego Coast Guard station Thursday night and turned over to immigration and customs officials.

A Coast Guard crew

aboard a patrol plane spotted the 35-foot panga about 100 miles southwest of San Diego on Wednesday afternoon, said Coast Guard Chief Petty Officer Henry Dunphy.

A Canadian Navy frigate with a U.S. Coast Guard law enforcement crew on board joined two U.S. Coast Guard cutters in intercepting the panga. They saw the two men start throwing bales and fuel cans overboard, but they were caught after a brief pursuit, Dunphy said.

Crews pulled 22 bales of plastic-wrapped marijuana out of the ocean and found another 28 bales on the panga, Dunphy said. He estimated the value of the marijuana at \$900 a pound, or more than \$1 million total. The panga was towed to San Diego on Thursday.


Dunphy said the Canadian Navy commonly patrols off the coast of Mexico and Central America, working with the U.S. Coast Guard to stop smuggling.



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Ceremony of Remembrance celebrated in the Italian Gardens at Royal Roads University every 11th of November at 1040.

A special Christmas luncheon will be held in the Castle at RRU on 4 Dec at 1130.

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Lessons learned at Slow Pitch Nationals

Shawn O'Hara
Staff Writer

An ill-fated trip to CFB Borden may have cost the CFB Esquimalt Women's Slow Pitch Team the nationals, but it gained them perspective.

The team—called the Tritons—headed to Borden, Sept. 5-10 for the Canadian Armed Forces Women's Slow Pitch Nationals, following their qualifying match earlier this year against CFB Comox.

"We were very excited to go," says Switch Rousseau, who coaches the Tritons. "We had been working hard since April, and at this point we had a very good team. We were pumped to compete on the national level."

The day they left for Borden things began going wrong. Flight cancellations and re-bookings split the team between two separate flights, before rough weather conditions re-routed half of them to Montreal, where they sat

on the runway for four hours.

"It was a nightmare. We were stuck on the plane without any food or anything," says Rousseau. "We were tired, and hungry, and generally in a bad

something as small as having to use someone else's bat can throw you off. It's just one more thing on your mind. If you have anything other than the game on your mind it can effect your performance."

game itself.

"We realized we have a very strong team, but if you can't perform on the field of play it doesn't mean anything," she says. "We're already taking those lessons, and preparing to train for next year."

Rousseau has plans for an off-season training program to strengthen the skills the team has learned over this past season.

With team members Capt Amanda Lauder and AB Josee Cholette both nabbing spots on the National All-Star Team, Rousseau is convinced her team has the right stuff.

"I think we had a great group of ladies, and next year I'm confident we'll have more of the same," she says. "Hopefully we'll get some new players out, and by April next year we'll have another killer team."

Anyone interested in joining the CFB Esquimalt Women's Slow Pitch Team can contact Switch Rousseau at 250-686-0409 or Les Alexander at 250-363-4068.

Even something as small as having to use someone else's bat can throw you off. It's just one more thing on your mind. If you have anything other than the game on your mind it can effect your performance.

-Switch Rousseau
Tritons Coach

mood. By the time we made it to our accommodations it was 0600, so we were pretty frazzled."

Upon arrival, the realization was made their bats, which they had been training with all season, were lost in transit.

"It's no excuse, but your psyche accounts for a lot in any competitive sport," says Rousseau. "Even

Unfortunately, the team came away from the Nationals without winning a single game. The tournament winner was the CFB Halifax team. Rousseau says, though they are disappointed at the way things turned out, the team has gained some perspective on how the wellbeing of the players means just as much as the

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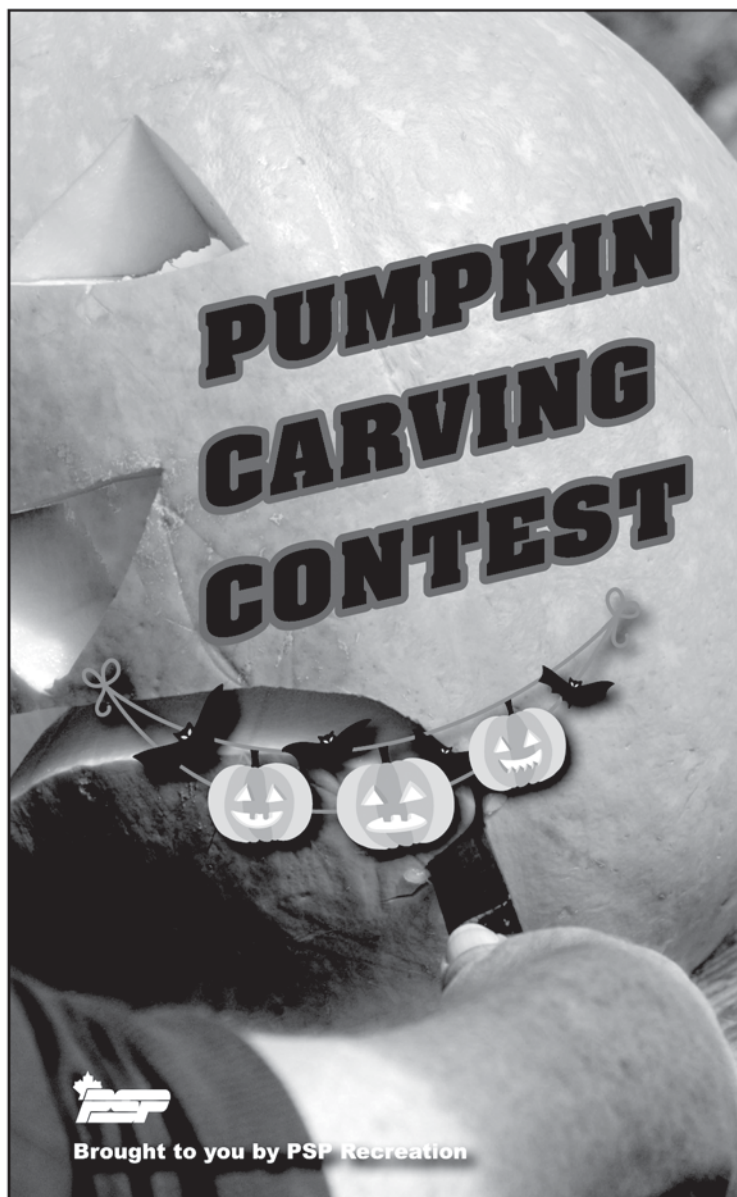
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Speakers wanted for Veterans Week

Each year, Canadians join together in November to celebrate our veterans. During Veterans' Week, hundreds of commemorative ceremonies and events take place across the country and around the world to recognize their achievements and honour those who made the ultimate sacrifice.

2014 National Veterans' Week Speakers Program

CAF personnel who would like to volunteer as a speaker during Veterans' Week should visit

the Speaker's Application and Resources for guidance in preparing their Remembrance Day speech. <http://defenceteam-equipedeladefense.mil.ca/histo-milestones-evenements/events-commemo/veterans-ancienscombattants/index-eng.asp>

Already have a scheduled speaking engagement?

If you have been contacted directly by a community organization or a school, you must obtain the approval of your supervisor

and submit a return by Nov. 5 regarding your speaking event (Organization Name, City, Average Age of Audience, Audience Number and Environmental Command) to DECPR@forces.gc.ca.

If you have any questions, contact Melanie Primeau, National VW Speakers Program coordinator, at 819-994-8953 or melanie.primeau@forces.gc.ca.

Locally you can contact Capt Jenn Jackson @ 250-363-4006 or Jennifer.Jackson@forces.gc.ca.

From the Ombudsman: Improvements in Reserve pension and pay

Over the past several years, the delays in the processing of Reserve Force pension benefits and severance pay have been a concern for my office. Our intake team has received a significant number of complaints from Reserve Force members who are concerned about the impact these delays will have on their families. As a result, I directed our investigative team to examine the matter in greater detail.

There is no question that these types of delays can represent significant financial hardship for Reserve Force members and their families. However, despite ongoing complaints relat-

ed to the processing of Reserve Pensions, our investigators noted a decrease in complaints since 2007. More importantly, the organizations responsible for administering both the pension and severance systems have recognized, and are taking steps to address these issues.

Specifically, the Chief Military Personnel (CMP) has taken several measures to reduce processing times; including an increase in staffing and the implementation of new, more efficient systems. It currently takes an average of four months to process a Reservist Pension from the date of release. This means

that the processing times have been reduced by 50% since March 2013. In light of further efforts made by CMP it is anticipated that the average processing time for Reserve pensions will be further reduced to 2 months by the end of 2015.

The Office has continued to receive complaints related to delays in the processing of Reserve Severance Pay. Currently, it takes an average of 9 to 18 months to process Reserve Severance Pay from the date of release. However, we have been informed that the Released Personnel Pay Office (RPPO) Reserve (Res) intends to significantly increase its staff by

mid-September 2014. We anticipate that this injection of resources will begin to reduce the backlog and wait times in the near future. RPPO (Res) hopes to eliminate its backlog within the next two years.

Overall, I am pleased to see that CMP has recognized these problems and has taken concrete steps to resolve them. My office will continue to monitor this issue closely and will follow-up with CMP on a regular basis, in order to assess its progress in delivering timely services to Canada's Reserve Force members.

Gary Walbourne
Ombudsman



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Photo by MARPAC Imaging Services

Military Chaplains gather at CFB Esquimalt's Chief and Petty Officer's Mess for a group photo during the annual RCN Chaplain Conference from Sept. 29 to Oct. 1.

RCN Chaplains gather for annual conference

Jamie Cook
MARPAC Public Affairs

"Called to Serve" is the motto of the Canadian Armed Forces Chaplaincy, and 33 Chaplains from across the country answered the call to attend the annual Royal Canadian Navy Chaplain Conference from Sept. 29 to Oct. 1 at CFB Esquimalt.

Attendees discussed a number of topics, such as trends impacting spiritual health, and resilience within the RCN, and provided a forum for Chaplains to connect with one another to share experiences, developments and insights.

Over the course of the conference, the group also had the opportunity to visit the Halifax-class frigate *HMCS Vancouver*, and partake in a field trip to *HMCS Malahat*, Victoria's Naval Reserve Division.

List of attendees included BGen John Fletcher, CAF Chaplain General;

Col Nigel Shaw, Deputy Chaplain Operations; and LCol Michelle Staples, RCN Command Chaplain, as well as a representative from the Inter-Faith Committee on Canadian Military Chaplaincy, Rev Alan Hall.

The Chaplain Branch supports the moral and spiritual well-being of military personnel and their families in all aspects of their lives, during conflict and peacetime.

"We aim to apply and integrate spirituality into overall health and wellness," said Maj Doug Friesen, MARPAC/JTFP Formation Chaplain.

The role of the Chaplaincy in Canada's military has continuously evolved over the decades along with transformations in the CAF, and Canadian society as a whole. When Maj Friesen joined the Chaplaincy 28 years ago, there were two distinct branches: Protestant and Catholic. Today, the CAF Chaplaincy is a multi-faith, tri-element organization that addresses the spiritual and religious

well-being of members from many religious denominations, including Christian, Jewish, and Muslim.

Asked what differentiates the Chaplaincy from other aspects of the CAF's health services, Maj Friesen said: "Many other health workers have office hours, but Chaplains deploy alongside our military members and 'live the life', so to speak."

Unlike their ecclesiastical counterparts in the civilian world, the CAF's Chaplains serve side-by-side with Regular and Reserve Force members, often deploying into active operational environments alongside them. Maj Friesen noted that one Chaplain deployed in *HMCS Protecteur* assisted the crew's company in fighting the fire that broke out on board the vessel while at sea.

He is optimistic the Chaplaincy will continue to "assist crew and commanders in strengthening the spiritual resiliency of military members, whether in a religious or other capacity."

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Universal advice

Cdr Ian Wood
Centre for Foreign Policy Studies
Dalhousie University

I began my duties as the RCN Defence Fellow at Dalhousie University's Centre for Foreign Policy Studies (CFPS) one year ago, and thought it might be of interest to readers to know about the long-standing collaboration that exists between the navy and the university.

As the Defence Fellow, I assist the faculty by advising the Coordinator of the Maritime Security Programme at the university on areas of relevant research.

I also stimulate collaboration between the RCN and peer navies, national and international organizations, and academia to allow for greater sharing of knowledge about the maritime domain.

This research meets both the academic needs of the university and assists those developing strategy in our navy.

The Royal Canadian Navy has had a seconded Defence Fellow at Dalhousie for over 15 years, and for nearly a decade the CFPS has produced a high-quality maritime defence and security journal entitled *Canadian Naval Review* (CNR) www.navalreview.ca.

The CNR has benefited from the subscription support of the RCN along with other private and public sponsors, allowing the Journal to reach those interested in maritime policy at home and away. The journal welcomes written material from those in the navy and the larger defence team.

The CNR is a professional journal examining a wide range of maritime security issues from a Canadian perspective. It focuses on modern strategic concepts, policies, historical perspectives and the operations of the Royal Canadian Navy, plus oceans policy, marine affairs and national secu-



ity in general.

Dalhousie University is one of Canada's leading oceans research institutions and by having a Fellow at the university, the navy (and more broadly the Canadian Armed Forces), has been able to participate in some of the exciting strategic and policy relevant research that is being undertaken.

By way of example, the Centre for Foreign Policy Studies has begun a series of expert workshops to examine the challenges and opportunities associated with the National Shipbuilding and Procurement Strategy that was announced in June 2010.

After a very successful and well-attended first NSPS workshop entitled Charting the Course on June 6, which included an update on the progress of the NSPS and a look forward at the future classes of Royal Canadian Navy ships, the Centre will undertake a second workshop on the personnel considerations behind the shipbuilding strategy.

The workshop is titled Human Capital and the NSPS and will take place in the Dalhousie Campus - University Hall on Friday, Nov. 14. The one-day workshop will tackle the issues along three main topics: building, crewing and sustaining our NSPS fleets.

By breaking out the discussion into three themes, we will be better equipped

to understand the various human demands of the new classes of government ships. The panels will explore the following items:

- Skills and labour regeneration in the shipbuilding sector in Canada
- Exploration of new trends in the crewing of modern warships
- Building and retaining the 30+ year shipbuilding workforce

It is the intention of the CFPS to be a venue of excellence in the coming years to sustain these types of workshops and conferences on the NSPS.

By identifying and proposing solutions to the risks associated with the delivery of the navy's next classes of modern warships, Dalhousie University CFPS is assisting in the development of the future RCN. Members of the navy and the larger defence team are welcome to attend these workshops.

The CFPS is a good example of effective academic-military cooperation, due to its efforts to bring academics, government, and industry together to provide a more complete view of maritime affairs.

Arguably, this collaboration could be very valuable to the RCN as it enters one of its most intense periods of recapitalization and transformation.

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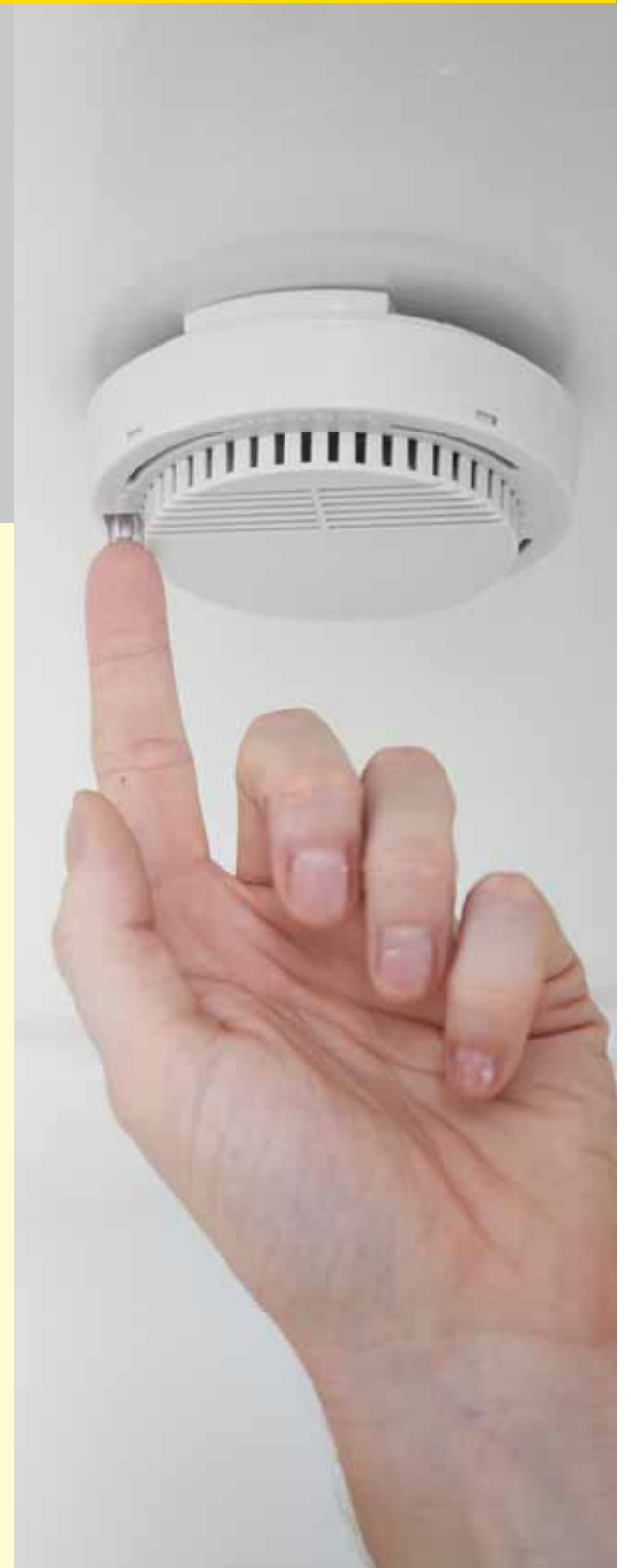
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When there is a fire, smoke spreads fast. You need working smoke alarms to give you time to get out. Test yours every month!



Take the quiz!

1) When a smoke alarm fails to operate, it is usually because:

- The fire is too far away
- The smoke alarm is too old
- Batteries are missing, disconnected, or dead
- Batteries are inserted incorrectly

2) _____ fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

- One of every five
- Two of every five
- Three of every five
- Four of every five

3) NFPA's 2014 Fire Prevention Week theme is what?

- Smoke Alarms, A Sound You Can Live With!
- Working Smoke Alarms Save Lives. Test Yours Every Month!
- Test Your Smoke Alarms Today!
- Does Your Smoke Alarm Beep Where You Sleep?

4) How should you test a smoke alarm?

- Push the test button using your finger.
- Use a stick or broom to push the test button
- Light a fire in the fireplace
- Burn toast in the toaster

5) How often should you test all of your smoke alarms?

- Smoke alarms don't need to be tested
- Test smoke alarms when you change your clocks each fall
- Test smoke alarms at least once a month
- Test smoke alarms every holiday

6) A smoke alarm should be installed where?

- Inside each bedroom room and on every level of the home
- Inside each bedroom, in the kitchen and on every level of the home
- Inside each bedroom, in the kitchen, in the attic and on every level of the home
- Inside each bedroom, outside each sleeping area and on every level of the home

7) Smoke alarms should be replaced every...?

- 5 years from installation
- 5 years from manufacture
- 10 years from installation
- 10 years from manufacture

8) If your smoke alarms sounds whenever you cook, you should:

- Replace the smoke alarm with a photoelectric type alarm and be sure the alarm is at least 10 feet from the stove.
- Remove the battery and place it at least 10 feet away from the alarm
- Remove the smoke alarm so it does not sound when you cook
- Cook with low heat

9) If your smoke alarm makes a chirping sound you should

- Replace the smoke alarm
- Replace the battery
- Test the alarm
- Move the alarm to another location

10) With today's modern furnishings and construction, you may have as little as ___ to escape a home fire.

- 15 minutes
- 10 minutes
- 5 minutes
- 3 minutes

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- JULY
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- OCTOBER
- NOVEMBER
- DECEMBER



ANSWERS

- 1) Batteries are missing, disconnected, or dead
2) Three of every five
3) Working Smoke Alarms Save Lives. Test Yours Every Month!

- 4) Push the test button using your finger.
5) Test smoke alarms at least once a month
6) Inside each bedroom, outside each sleeping area and on every level of the home
7) 10 years from manufacture

- 8) Replace the smoke alarm with a photoelectric type alarm and be sure the alarm is at least 10 feet from the stove.
9) Replace the battery
10) 3 minutes



Wally's Saddle: honouring a fallen comrade

2Lt Mason Gary
443 Maritime Helicopter Squadron

Five members of 443 Maritime Helicopter Squadron paid tribute to one of their own in August - a fellow aviator who died in an accident two decades ago.

While performing a mountain flying training exercise, the group flew their CH-124 Sea King helicopter to a mountain saddle southwest of Keremeos, B.C., that is perched at an altitude of 7,400 feet.

The destination is a place known as "Wally's Saddle", named after Major Wally Sweetman, a Sea King pilot and former 443 (MH) Squadron member, whose sacrifice and heroism 20 years ago will not be forgotten.

During the morning of April 28, 1994, a transfer of Sea King

helicopters was taking place from 12 Wing in Shearwater, Nova Scotia, to 443 (MH) Squadron in Patricia Bay, British Columbia. Major Sweetman was the aircraft commander and Major Bob Henderson was the co-pilot.

En-route over the Bay of Fundy near Saint John, New Brunswick, the crew experienced an aircraft emergency. A fuel line broke, causing complete engine failure and a fire on board the aircraft at 6,000 feet.

As the aircrew were preparing for a forced landing, burning fuel was entering the cabin from above causing blinding smoke to rapidly fill the cockpit. In spite of the chaos, the pilot performed an autorotation and managed to execute a survivable landing. The Navigator and Flight Engineer escaped, albeit with severe burns.

Unfortunately, both Wally

Sweetman and Bob Henderson were killed in the ensuing inferno. Their actions, however, live on as an example of bravery, courage, and outstanding airmanship.

In 1999, a memorial plaque was commissioned in Wally Sweetman's honour. His friends and relatives thought there would be no better place to remember him than in the area he loved so much, located in what is now the Snowy Protected Area. While attending mountain flying school through Canadian Helicopters in Penticton in 1991, Wally came to love the spot that now bears his name.

After the accident, the first expedition to visit Wally's Saddle was called Exercise Cathedral Remembrance - a multi-day adventure training hike by a group of Canadian Forces mem-



Above: MWO Mike Tuohy (left) and LCol Patrick MacNamara kneel by the Wally Sweetman memorial plaque.

bers close to Wally. As part of the exercise, the Canadian Helicopters Mountain Flying School delivered the bronze and concrete plaque to the location. Working together, the CF members built a cairn from the surrounding rocks.

Most recently, the journey to Wally's Saddle by members of 443 (MH) Squadron was performed via helicopter. The crew consisted of Lieutenant-Colonel Patrick MacNamara, Major Don Leblanc, Captain Rob McMullen, Master Warrant Officer Michael Tuohy, and Second Lieutenant Mason Gary. It seemed quite fitting that the same type of aircraft that Wally used to fly would be used to visit his memorial

during a mountain flying training exercise.

The intention of this recent visit to Wally's Saddle was that of a force generation trip - where one of the most experienced pilots in the squadron trains a younger co-pilot on the art and skill of mountain flying.

The story of Major Wally Sweetman and Major Bob Henderson has a similar purpose - inspiring the younger generation of aviators as shining examples of strength and courage.

Their legacy lives on as a part of 443 (MH) Squadron's heritage. Its members continue to visit the site and are dedicated to the remembrance of Major Wally Sweetman.

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MCpl Chris Ward, MARPAC Imaging Services
 HMCS Chicoutimi departed from Canadian Forces Base Esquimalt for a month of trials and evaluations on Sept. 28. Pictured here, it sails out of Esquimalt harbour, past Duntze Head.

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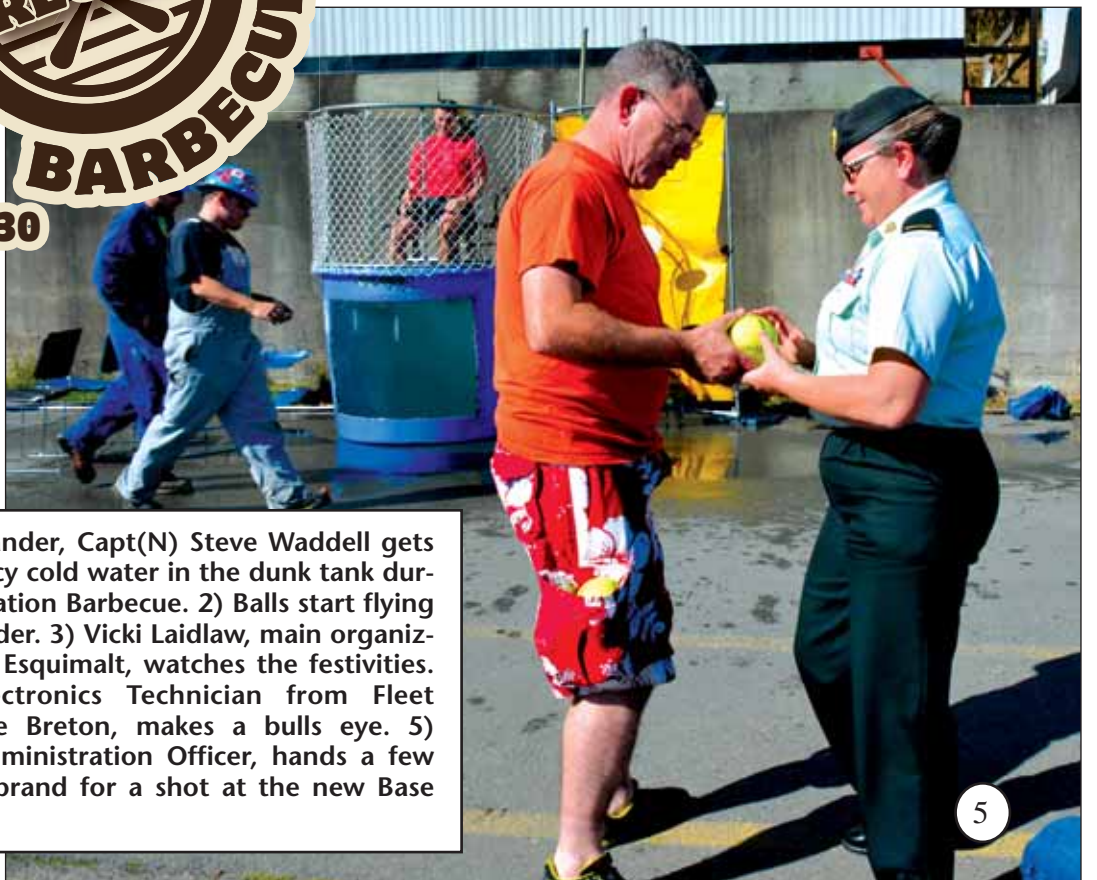
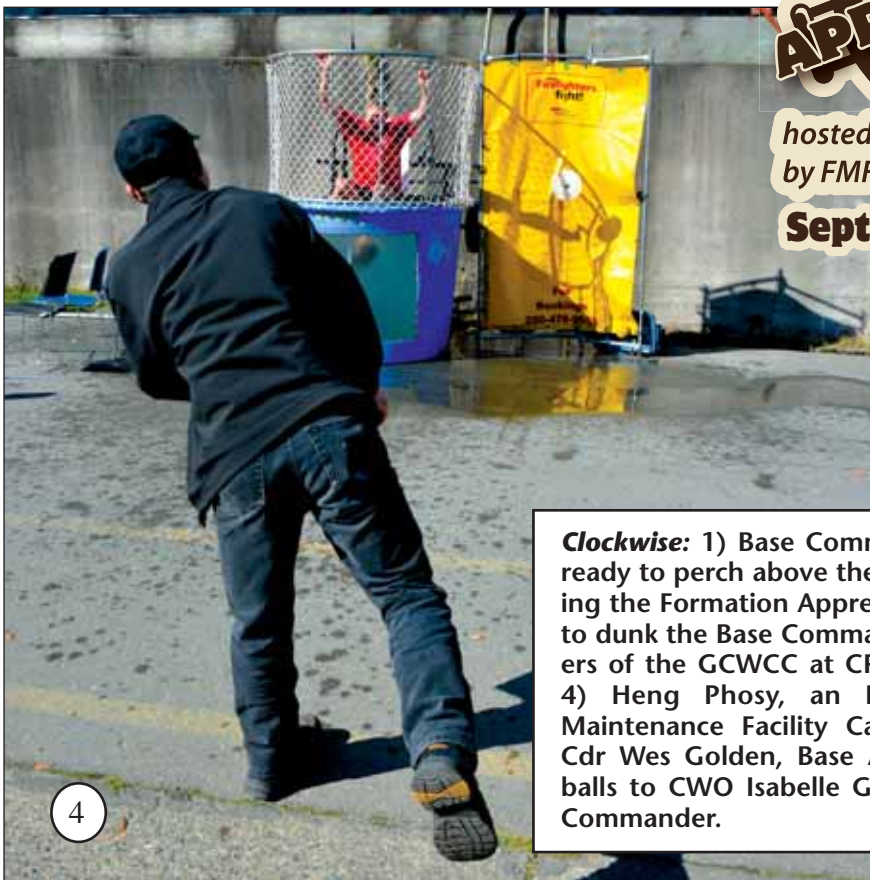
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Clockwise: 1) Base Commander, Capt(N) Steve Waddell gets ready to perch above the icy cold water in the dunk tank during the Formation Appreciation Barbecue. 2) Balls start flying to dunk the Base Commander. 3) Vicki Laidlaw, main organizers of the GCWCC at CFB Esquimalt, watches the festivities. 4) Heng Phosy, an Electronics Technician from Fleet Maintenance Facility Cape Breton, makes a bulls eye. 5) Cdr Wes Golden, Base Administration Officer, hands a few balls to CWO Isabelle Galbrand for a shot at the new Base Commander.

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National Sports Awards honours local dedication

Shawn O'Hara
Staff Writer

When it comes to sports, it's always nice when a little glory makes its way to the sidelines. That's just what happened when two dedicated and passionate people from CFB Esquimalt got a tip of the hat on a national scale.

CPO2 (Ret'd) Dan Fogarty and MS (Ret'd) Jeffrey Green have both been recognized with a nomination for a Canadian Armed Forces (CAF) Sports Award. Fogarty netted a nomination as Male Coach of the Year, while Green is in the running for Official of the Year.

"It's thrilling to be recognized on a national level," says Fogarty, who retired this year and now works for Fleet Maintenance Facility as a civilian contractor. "You know, you just do what you do, not for the recognition but for the love of it. To get acknowledged for what you love it pretty awesome."

Fogarty has coached the CFB Esquimalt ball hockey team since 2005; this year is the first year he did not coach in almost a decade. The team and its accomplishments saw significant

growth under his leadership.

"When I started there were players that could barely hold a stick," he says. "They practiced, and I gave them a helping hand here and there, but over time they grew, and through word of mouth got more people out, and before long we had a real team on our hands."

I've loved doing this for a long time and to have the recognition to back it up feels really good.

-MS (Ret'd) Jeffrey Green

That team took home the CAF Regional's in 2013, and had a fourth place showing at the CAF Nationals.

For Green, he began officiating hockey games following a life-long love of the sport. A player for many years, he made the transition to the lines to try something new.

"It seemed interesting to see it from the other side,

so I thought I'd give it a shot," he says. "The interactions with the players and coaches really gave me a different perspective on the game."

Travelling all across lower Vancouver Island, from CFB Esquimalt to his home rink in Sooke, and everywhere in-between, he has made a name for himself in the hockey community.

He refereed at the Men's Hockey Nationals this year, and has trained at camps for the Western Hockey League. When he heard of his nomination he was overwhelmed.

"I couldn't believe someone would nominate me. It was really flattered and humbling," he says. "I've loved doing this for a long time and to have the recognition to back it up feels really good."

The pair will be heading to Ottawa for the Oct. 24 CAF Sports Awards ceremony. Fogarty says he's ready, win or lose.

"It's pretty excited to be up against people from all over the country," he says. "I know what I've done, and what I'm proud of. It'll be interesting to see where the others are coming from."

BOTTLE AND CAN RECYCLING FOR GCWCC IS BACK!

Good news! We will be collecting your recyclable beverage containers from September until the end of January in support of GCWCC. There will be collection bins placed around the Formation in areas similar to last campaign.



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Maritime Forces Pacific awards

RAdm Bill Truelove, Commander Maritime Forces Pacific, made several presentations during an Honours and Recognition Presentation held at the Rainbow Room of the Chiefs' and Petty Officers' Mess on Sept. 23.

Images by Cpl Blaine Sewell, MARPAC Imaging Services



Capt(N) Peskett receives a Chief of the Defence Staff Commendation for his outstanding professionalism and devotion as the senior member of a complex Canadian Armed Forces Board of Inquiry from 2009-2013.



Cdr Barnard receives a Chief of the Defence Staff Commendation for his efforts leading up to RIMPAC 2012 that resulted in Canada being offered several key leadership roles.



LCdr Klassen receives a Chief of the Defence Staff Commendation for his role as Chief Logistics Mentor to the Kosovo Security Force and developing and implementing a Force-wide maintenance plan that was a crucial step toward NATO declaring full operational capability.



Lt(N) Fleury receives a Chief of the Defence Staff Commendation for his exemplary performance as an operations officer at the detachment operational support in Kuwait from April to December 2013.



LCdr Field receives a U.S. Army Commendation Medal for his meritorious service in support of Operation Enduring Freedom. The medal is awarded to a military member from a friendly foreign country who distinguishes himself by an act of heroism, extraordinary achievement, or meritorious service.



Lt(N) Davenport receives a Commander Royal Canadian Navy Commendation for his exceptional leadership and presence of mind following the collision between fishing trawler American Dynasty and HMCS Winnipeg.



Lt(N) Kenward receives a Commander Canadian Joint Operations Centre Commendation for his outstanding leadership as Executive Officer of HMCS Edmonton during Operation Caribbe from October to December 2013.



Lt(N) Schneider receives a Commander Canadian Joint Operations Centre Commendation for his outstanding leadership while deployed to Afghanistan from October 2012 to July 2013.



Capt Sokol receives a Commander Royal Canadian Navy Commendation for demonstrating great poise during a simultaneous aircraft emergency and ship's loss of electrical power while co-piloting during a night medevac.



CPO2 Jeffery receives a Commander RCN Commendation for his exceptional contribution to the 2013 Western Pacific Naval Symposium.



PO1Tin receives a Commander CJOC Commendation for his outstanding leadership, dedication and technical acumen while serving on board HMCS Yellowknife.



PO2 Kobayashi receives a Commander Canadian Joint Operations Centre Commendation for his exceptional performance while deployed to the eastern Pacific Ocean aboard HMCS Ottawa from October to December 2012.



PO2 Goodwin receives a Commander Royal Canadian Navy Commendation for his seamanship skills and professionalism while rescuing the crew from a 38-foot sailboat that was foundering.



LS Bestward receives a Commander Canadian Joint Operations Centre Commendation for his leadership while deployed to the eastern Pacific Ocean and Caribbean Sea from October to December 2013.



LS Nicholson receives a Commander Canadian Joint Operations Centre Commendation for exceptional performance exceeding the expectations of his rank and experience while deployed to the eastern Pacific Ocean and Caribbean Sea.



LS Nicholson receives a Commander CJOC Commendation for remarkable leadership, courage and selflessness when responding to a vehicular accident while on shore leave in Tanzania on March 18, 2014.



CPO1 Gallinger is awarded the Chief Petty Officer Warrant after being appointed to the rank of Chief Petty Officer by the Minister of National Defence.



SLt Forbes is awarded a Maritime Forces Pacific Bravo Zulu for her outstanding leadership and dedication to her duties as a Designated Assistant.



CPO2 Lesperance receives a Maritime Forces Pacific Bravo Zulu for organizing two Boomer's Legacy charity events in Guatemala, bringing happiness to 150 children at an orphanage and to disadvantaged children in a hospital.



PO2 Jordan receives a Maritime Forces Pacific Bravo Zulu for his expertise, ingenuity and courage as he responded decisively to an ammunition incident with HMCS Victoria's submerged signal ejector.



PO2 Sheffield receives a Maritime Forces Pacific Bravo Zulu for his consistent excellent performance as the Boarding Party Alpha 1 during Operation Caribbe onboard HMCS Ottawa.



LS Callin receives a Maritime Forces Pacific Bravo Zulu for his dedication and initiative that provided the crew and families of HMCS Regina with financial stability and comfort during an extended deployment.



LS Rooney receives a Maritime Forces Pacific Bravo Zulu for her professionalism, enthusiasm and desire to excel, ensuring the operational readiness of the Special Operations Rigid Hull Inflatable Boat during Operation Caribbe in HMCS Ottawa.



LS Rudolf receives a Maritime Forces Pacific Bravo Zulu for his dedication and initiative that provided the crew and families of HMCS Regina with financial stability and comfort during an extended deployment.



Jennifer Mcfarlane receives a Maritime Forces Pacific Bravo Zulu for outstanding contributions and volunteer efforts to the God's Acre Cemetery Committee and her tireless support in the conduct of the annual Candlelight Memorial Tribute for the past decade.

Fleet School Awards and Promotions

Cdr Martin Drews, Commandant of Canadian Forces Fleet School Esquimalt CFFS(E), made several presentations during Ceremonial Divisions held at Naden Drill Shed on Sept. 25.

Images by LS Ogle Henry, MARPAC Imaging Services



PO1 Eric Pohoney is awarded the South West Asia Service Medal Rotation Bar.



LS Nadine Beckett is awarded the Canadian Forces Decoration First Clasp.



PO1 Lee Bickerstaffe is promoted to his current rank.



PO2 Mia Lynch is promoted to her current rank.



PO2 Tracy Dickerson is promoted to his current rank.



MS Tristan Smith is promoted to his current rank.



LS Guillaume Lavallee is promoted to his current rank.



LS Bradley Salmon is promoted to his current rank.



PO2 Eric Kenney is awarded a CANEX gift card for having the longest drive in golf from the Fleet School Sports Day.



LS Robbie Loveless is awarded a CANEX gift card. LS Loveless won the Fleet School Sports Day Golf contest for the closest ball to the pin.



PO1 Darren Funston is awarded the South West Asia Service Medal Rotation Bar.



LS Aarron Bernardin is promoted to his current rank by Jill Garnett, HMCS Victoria Sponsor, and Cdr Alex Kooiman, Commanding Officer of HMCS Victoria.

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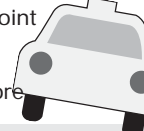
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Shawn O'Hara, Lookout

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