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Volume 60 Number 33 | August 17, 2015

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C



Movie night at the CPAC Aug. 21. See page 14 for details.

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# WINNIPEG AT WORK

Image by Cpl Stuart MacNeil, HMCS Winnipeg  
Commander Pascal Belhumeur, Commanding Officer of HMCS Winnipeg, and the bridge team oversee a Replenishment at Sea with Spanish Ship Santa Maria during Operation Active Endeavour in the Mediterranean Sea.

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# CADET ON TARGET AT BISLEY

**WO Philippe Asselin has strong showing at England's famed international shooting competition**

**Peter Mallett**  
Staff Writer

He traded in his trumpet for a Fullbore riffle and now WO Philippe Asselin is making beautiful sounds on the shooting range.

"There are so many similarities; playing trumpet and shooting are both about breathing control and concentration," says WO Asselin, a member of the Royal Canadian Army Cadets National Rifle Team (RCAC NRT). "While it's super important to hit the right notes in a wind instrument, for shooting you need to get your breathing right to get your site perfectly centered."

That insight has helped the International Baccalaureate Grade

12 student at Esquimalt's École Victor-Brodeur flourish as a competitive marksman. WO Asselin returned from England's prestigious Bisley Imperial Meeting (July 9 to 18) with a 7th place finish in the Chairman's Final portion of the competition, competing against a pool of 500 shooters from around the world.

"I didn't get too excited because you can't get distracted with how well you are doing in this sport or it will throw you off entirely, and I still had more events to compete in," says the cadet with the 2483 Princess Patricia's Canadian Light Infantry (PPCLI).

Before his success on the shooting range, there was always music.

He had been a band member since joining the cadets in 2012 and was awarded Most Proficient Musician in the 2483 PPCLI in both 2013 and 2014. But the life-long fan of Dizzy Gillespie who describes his trumpet as an "old friend" decided to give up music before heading to Bisley.

"It was kind of heart breaking for me, but the music just took up too much of my time and I was no longer able to participate," he said.

The decision to take a temporary break from music came last year after he made the RCAC NRT. It took three years to build his qualifications for the national team. WO Asselin competed against a pool of 80 shooters from across the

country in August 2014, eventually earning a spot on this year's team.

"When I realized how far I had come to make the team, I broke down in tears," said WO Asselin.

He quickly realized the importance of his accomplishment, and the historical significance of the Imperial Meeting.

Bisley has hosted the Imperial Meeting since 1890 and also acts as the National Shooting Centre for the National Rifle Association (NRA) of the UK. The NRA was granted Royal Charter in 1894 with Queen Victoria firing the first shot at its first shooting competition. That moment set the pattern for the annual shooting

competition at Bisley, with the Queen's Prize remaining the top honour at the Imperial Meeting held every July.

Even though he was named the Most Proficient Non-Commissioned Officer at 2483 PPCLI in 2014, WO Asselin concluded his next target in life will likely not be the military.

He is now setting his sights on attending UBC's Okanagan Campus to study international economics and political philosophy, and also says he has desire to teach in the post-secondary education further down the road.

Given his track record, few could doubt WO Asselin will make his mark.



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# Warm welcome

Image by MCpl Chris Ward, MARPAC Imaging Services

Following the inspection of the Guard of Honour, Adm Tomohisa Takei, Chief of Staff of the Japan Maritime Self Defense Force, presents Lt(N) Riley Monsour, parade commander, with a coin. Adm Takei visited CFB Esquimalt and toured various Maritime Forces Pacific assets.

## Soldier dies during training in Gagetown

DND

A Canadian Armed Forces Reserve soldier died at 5th Canadian Division Support Base (5 CDSB) Gagetown, on Monday,

Aug.10. The soldier was attending training in the 5 CDSB Gagetown Range and Training Area when he died. The incident is currently under investigation by the Canadian Forces National

Investigation Service. No foul play is suspected.

Private Samuel Nadeau joined the CAF as a Reservist with the 8th Canadian Hussars (Princess Louise's) in January 2015.

## SISIP offers travel insurance product

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# matters of OPINION

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## People Talk

Onboard HMCS Brandon with Raven program participants, Lookout asked: *What did you enjoy learning most about the program so far?*



I think probably how to work well in a team – it made us get so close with everybody.

Driton Brooks Chartrand



For me, it would be learning about discipline and how to work hard. We have had to wake up at 4 a.m!

Liam Morris



Definitely shooting the rifles. That was something I'd never done before!

Jarod Nettagog



I've enjoyed learning about the equipment we've been using, and the ranks and structure of the navy.

Logan Bood



I liked getting to know about all the different parts of the Canadian Forces and the Code of Service of Discipline.

Charles Blondin

## Admiral Bennett's statement on cadet's death

Rear-Admiral Jennifer Bennett, Chief Reserves and Cadets, issued the following statement on behalf of the Canadian Armed Forces regarding the death of Cadet Gabriel Comeau who died suddenly on Tuesday, Aug. 4, after falling ill while attending the Greenwood Cadet Training Centre at 14 Wing Greenwood, N.S.:

"I was deeply saddened to hear of the death of 13-year-old Saint John Air Cadet Gabriel Comeau who was attending a three week course at the Greenwood Cadet Training Centre. I have been told by those

**This tragic loss is being felt across our entire institution.**

-RAdm Jennifer Bennett  
Chief Reserves and Cadets



Cadet Gabriel Comeau

close to him that Gabriel loved being a part of Air Cadets and he was so happy when he finally reached the age of 12 that he could sign up and be with his two older brothers to share the experience of Air Cadets together.

"Our summer training program involves thousands of Canadian youth ages 12 - 18 who are offered a very wide range of experiences and opportunities and we take the

responsibility to protect the young people in our care very seriously. As is our practice in the event of any serious incident an investigation is underway.

"The Cadet organization is a national network and this tragic loss is being felt across our entire institution. We can only imagine the tremendous sadness of his family and close friends and our focus is on supporting

and caring for Cadet Comeau's family, fellow cadets and instructors at this time.

"On behalf of the Canadian Armed Forces, I offer my deepest sympathies to the family and friends of Cadet Comeau as well as his extended cadet family that includes the cadets and staff of the Greenwood Cadet Training Centre and 161 Royal Canadian Air Cadet Squadron in Saint John."

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# Ambassadors at sea, port visit success

**SLt Sean Catterall**  
HMCS Vancouver

HMC Ships *Vancouver*, *Whitehorse* and *Brandon* formed the rear guard in a parade of ships that conducted a sail-past for the annual Seattle Sea Fair July 29.

Leading the parade was USS Boxer, a WASP Class amphibious assault ship, followed by USS Dewey and USS Gridley, both Arleigh Burke-class destroyers, and astern of her USCGC Midgett, a coast guard cutter.

Falling in astern, *Vancouver*, *Whitehorse* and *Brandon* hoisted their battle ensigns while sailors manned the rails dressed in their tropical white uniforms. With the temperature soaring to a high of 30 degrees Celsius, all conditions were set for an exciting port visit in sunny Seattle.

After a few days ashore, sailors of *Vancouver* turned-to on Saturday in order to prepare the ship for a high-profile reception to host significant dignitaries, politicians and high-ranking navy officers from the USN. Among those present were Vice-Admiral Charles Ray, the Commander of USCG Pacific Area, and Vice-Admiral Nora Tyson, Commander of U.S. Third Fleet.

Following the reception, many Canadian sailors were invited to the follow-on reception in USS Boxer where the socializing continued.

Perhaps the greatest achievement of the port visit was the positive exposure for the Royal Canadian Navy. Our sailors and officers cleaned and made ready the ships for daily tours and the receptions that followed.

In a message released by the USN, VAdm Tyson recognized the hard work and professionalism of *Vancouver*, *Whitehorse* and *Brandon* while passing on her reflections of the Sea Fair:

"Please accept my sincerest 'well done' to the officers, crews, and marines of Carrier Strike Group Eleven, Navy Region Northwest, Expeditionary Strike Group Three, USS Boxer, USS Dewey, USS Gridley, and our partners in the U.S. Coast Guard and Royal Canadian Navy for the outstanding execution of Seattle Sea Fair 2015.

"The net result of the hard work that underpinned every facet of this important event is an increase in the confidence that our neighbours in Seattle, the Pacific Northwest, and beyond have in our collective defense. Thank you for your hard work. Bravo Zulu."



**Above:** Sailors from HMCS Vancouver man the side for the parade of ships during the Seattle Fair.

**Below:** Cdr Clive Butler, Commanding Officer of HMCS Vancouver, addresses the guests of the reception hosted by the ship on Aug. 1.



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# Naden Band joins forces with prolific composer

**Staff Writer**  
Rachel Lallouz

Seated far back in the crowd at the bustling Ladner Band Festival last June, Bob Buckley was entranced by the perfectly played music of the Naden Band of the Royal Canadian Navy.

"They were unbelievable that day," says Buckley. "They are probably one of the best wind ensembles I've ever heard in the world."

Buckley, a Canadian composer who has written hundreds of scores for television shows and movies, approached Director of Music for the Naden Band, Lieutenant (Navy) Matthew Clark after the show, proposing the two collaborate on a musical project.

"When Bob came up to me, I told him, 'we have played your music before,'" says Lt(N) Clark. "From there we started a conversation about working together."

Lt(N) Clark wound up commissioning Buckley to write a piece for their 2014 Christmas concert. From there, the two agreed to pair their individual experience to record and produce a CD.

"It was always my dream to be a serious composer," says Buckley, who studied composition at the University of Washington and the University of British Columbia. "But then I got seduced by rock and roll for

20 years."

He has conducted and arranged for major artists such as Michael Bublé, Bryan Adams, Celine Dion, Our Lady Peace, Simple Plan and Aerosmith, to name a few.

His musical genius has led him to play in more than a few rock bands, and even a wind ensemble in Holland. Buckley has published at least 60 different wind band compositions with North American and Dutch music publishers.

For the CD, he agreed to compose a number of original pieces, and Lt(N) Clark worked with the band to rehearse and polish Buckley's music.

The CD, "Undercurrents", is comprised of 15 tracks of contemporary wind music. It features a range of tones and styles, from jazz and classical to songs with more upbeat, funky tempos.

One suite of music, "Portraits of the North", was inspired by paintings of the Group of Seven.

"It's expansive," says Buckley. "I wanted to capture the idea of how, being up North, the sound echoes outwards and never seems to come back to you. I tried for that effect."

"Free Running" was composed entirely of short staccato eighth notes, giving the song high energy and a quick pace, and making it an especially tricky piece to play. Buckley says that the piece was influenced by pointillistic painting, a style requiring artists to use tiny



Bob Buckley

dots of paint on the canvas to create large images.

But both Buckley and Lt(N) Clark agree that "Undercurrents", a piece written by Buckley especially for the Band and bearing the CD's title, is their favourite piece.

"Bob came and visited us and had a serious listen to the sound of the Band before he wrote it," says Lt(N) Clark. "He composed it specifically with certain musicians and sections in mind. Because he is such a master of his art, he was able to capture the com-

plete character of the Band."

"We don't have to work to make it sound like us," he adds. "It is us."

For Buckley, the piece represents his image of Victoria. He says the wild-life and surrounding natural landscape of the island are translated directly into the undercurrents of music played by soloists throughout the piece.

The composer started work on the CD months ago, taking walks outside in Vancouver or down by the ocean to seek inspiration for the music. His work-

ing knowledge of all wind instruments allowed him to write for every instrument from the xylophone and bass drums to the piccolo.

The Naden Band recorded the CD over four intense days during the last week of July. They worked in the Royal Theatre in downtown Victoria, with Lt(N) Clark conducting and Dr. Gerald King from the University of Victoria helping to produce. The renowned sound engineer, Rob Vermeulen, brought his remote recording gear into the theatre to digitally capture the music. Buckley says he sat close to the Band with his musical scores in hand, listening for anything out of tune.

"As we were recording, I listened for overall performance and to make sure it had the emotional impact we wanted," he says. "I had to listen from the point of view of being in a recording session, where time is tight. But every once in a while I sat back, let go of that role and just enjoyed the music."

Lt(N) Clark says his role when recording was to channel Buckley's voice through the music of his Band.

"Without the musicians, notes are simply dots on a page," he says. "It's up to the players to take that secret language and turn it into the music we know."

For up to eight hours a day, the Band brought Buckley's notes to life, giving them musicality, shape, and form. But performing at a top-notch quality for extended

periods of time is challenging for any musician.

"That's why being in the recording studio is incumbent on leadership," says Lt(N) Clark. "The conductor, producer, and engineer all have the responsibility to make the musicians feel as comfortable as possible."

With the music recorded, Buckley will take the digital files back to his studio in Vancouver to build the CD. He says he'll be focusing on developing an arc of undercurrents that make the listener feel as though they are literally sitting in a concert.

Lookout graphic designer Carmel Ecker is currently designing the CD cover art.

Both Lt(N) Clark and Buckley are aiming to produce between 3,000 and 5,000 copies for both military members and civilians at no cost. Buckley anticipates the CD will be ready for dissemination by October of this year.

"This is unprecedented work," says Buckley. "I don't think that any military band in Canada or North America has taken on playing the music of one composer to release a CD."

For Lt(N) Clark, the project is an example of how his Band can do anything they set their minds to.

"I wanted to firmly support activities that break new ground and result in shining a positive light on the Navy," he says. "This project is allowing the Naden Band of the Royal Canadian Navy to be reintroduced to the world."



Image courtesy of the Naden Band  
The Naden Band rehearses in their practice room in Naden.

# Paying tribute to those who stood for peace



Representatives from CFB Esquimalt stand at attention during the 23rd annual Peacekeepers' Memorial Parade at the B.C. Legislature on Aug. 9. The Peacekeepers' Memorial Parade recognizes the sacrifice of men and women who lost their lives in the service of peace while serving in support of the United Nations or other international peace operations. Inset: Representing the Canadian Peacekeeping Veteran's Association, James MacMillan-Murphy pays respect to fallen peacekeepers.

Images by Cpl Blaine Sewell MARPAC Imaging Services

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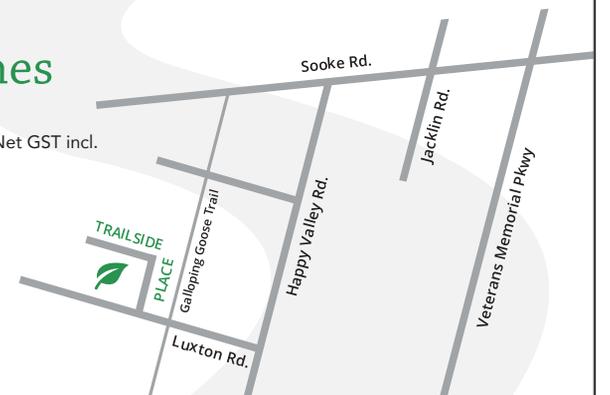


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# RAVENS SOAR

Aboriginal youth explore career options with the military



LS Jessica Spence (left), Base Foods; Katerina Stewart, Canadian Forces Fleet School Esquimalt; and Sgt Moogly Tetrault Hamel, 39 Service Battalion, pose with the Raven statue as the troops fall in during the Raven program's career day at Work Point Aug. 14.

Image by Peter Mallett, Lookout

## Ravens spread their wings on career day

Peter Mallett  
Staff writer

As recruits in this year's Raven program prepare to soar into adulthood, they are learning why a career in the Canadian Armed Forces may be the right flight-path for them.

On the morning of Aug. 7, participants in this year's Aboriginal youth employment program received words of inspiration and encouragement from CPO2 Gus Greer and six other guest speakers during a career day at Work Point's Nixon building.

"Nothing but good can come from being part of the Raven program," said CPO2 Greer of HMCS Calgary. "You got out of your comfort zone, got off the 'res' or your small town and saw how the rest of the world operates. When you get back to your community you have more tools in your tool kit to deal with life."

CPO2 Greer grew up in

**Nothing but good can come from being part of the Raven program...When you get back to your community you have more tools in your tool kit to deal with life.**

-CPO2 Greer  
HMCS Calgary

Creighton Mine, a small mining town southwest of Sudbury, Ont. Many of his days were spent with his grandparents and other family members on a nearby reserve. He told the group he understands why leaving their tightly knit communities is both a "challenging" and "completely new experience" for most of them.

A former Raven recruit also spoke to the youth. LS Jessica Spence, Galley Manager for Base Foods, grew up on the Peguis First Nation reserve, 140 kilometres north of Winnipeg. She was a member of the Raven program in 2006, before

joining the military in March 2009 as a cook. She encouraged this year's class to appreciate the significance of their Raven experience.

"Ravens this is your family right now," said LS Spence. "You spent the summer with them but you remember them and these weeks for the rest of your lives."

LS Spence also emphasized how the "opportunity to see the world" and sailing the South Pacific, Panama Canal and Mediterranean aboard HMCS Vancouver have been the most rewarding moments of her Royal Canadian Navy (RCN) career.

Raven recruit OS Coral Fenner was leaning towards a career in the RCMP, but now the RCN is on her radar after hearing speakers CPO2 Greer and LS Spence share their stories.

"It was empowering after hearing the speakers explain who they are, what they had gone through and where they are now," said OS Fenner. "I looked back at the rest of the students and could immediately tell it hit them and they too were saying 'I could do this!'"

Others guest speakers included MCpl Stephanie Henry, 11 Field Ambulance; Sgt Moogly Tetrault-Hamel, 39 Service Battalion HQ; PO2 Michael Ironstand, CF Fleet School; MS Katerina Stewart, Fleet Maintenance Facility; and LS David Eaglestick, HMCS Calgary.

The afternoon portion of career day offered participants the opportunity to speak with recruiting officers about the possibility of a career in the Canadian Armed Forces.

## Raven program participants set sail in HMCS Brandon

Rachel Lallouz  
Staff Writer

Thirty-seven young recruits in full navy uniform jostled in front of each other to step foot on HMCS Brandon for their first ever day sail Aug. 6.

The youth were participants of the annual summer Raven program, a six-week program offering youth of First Nations, Metis, or Inuit decent an opportunity to experience military life.

"What's special about the Raven program is that it gives exposure to indigenous cultural identity and to military traditions," says Raven Platoon Commander Lt(N) Alicia Morris. "It emphasizes holding on to the values of your own distinct culture while being fully integrated into the military as a member."

Accompanying the recruits on the day sail was Indigenous counsellor Peggy Formsima, and ex-marine and Elder Joe Thorne, ready to facilitate the day's events alongside the crew.

As the ship passed out of Esquimalt Harbour, recruits were quick to stand at attention on deck as it cruised past docked frigates. Because they are Ordinary Seamen in the Reserves they are treated like a new military recruit – they bunk in standard military barracks, rise early in the morning, undergo inspections, and are subject to the Code of Service of Discipline and all other orders and directives.

OS Charles Blondin, a Grade 11 student from Fort Simpson, Northwest Territories, says he signed up for the program to learn skills he can bring back to his cadet corps.

"I've been a cadet for five years now," says OS Blondin. "But I want to learn more self-discipline, and how to correctly shoot so I can teach these things to the other cadets. Basically, I want a real taste of the Forces."

Part of the reason we

**Just watching the students over the course of the past couple of weeks has showed me how much self-esteem they are gaining. They are truly getting an opportunity to challenge themselves.**

-Lt(N) Alicia Morris  
Raven Platoon Commander

OS Blondin and the rest of the students got that taste when, less than two hours out on the open water, Brandon received a distress signal from a small ship signaling a man overboard. The planned man overboard demonstration was put on hold as Brandon entered search and rescue mode for the next two hours. As search and rescue helicopters buzzed overhead, the crew, in typical navy fashion, pushed on undaunted with the day's events.

Recruits were divided into three different groups that rotated throughout the day.

The first group was led by the ship's engineers to sharpen teamwork skills by having recruits practice firefighting methods together. They were divided into two teams, and participated in a timed competition in which one member of each team was assisted in dressing in full firefighting gear. Once dressed, the team had to work together to fill up an empty bucket with water from a firefighting hose.

Recruits scrambled to help their teammate don the heavy breathing apparatus, coat, pants, and boots, forming a line to haul their hose across the deck towards the little red bucket.

"Part of the reason we

were able to work together was because of the time we've spent so far," says OS Blondin, who notes that so far they worked together to learn how to shoot C7 rifles, have practiced first aid on each other, and have donned chemical suits to be bombarded with tear gas – realistic practice for surviving a biochemical attack.

"Just watching the students over the course of the past couple of weeks has showed me how much self-esteem they are gaining," says Lt(N) Morris. "They are truly getting an opportunity to challenge themselves."

After firefighting, the first group rotated up to the bridge, where they were given step-by-step instruction and practice on flag hoisting, and were filled in on the phonetic alphabet and the symbolism of specific flag colours and symbols. But it was in the final group, the weapons demonstration, that the recruits jumped to try shooting C-8 rifles, and practice holding and aiming unloaded weapons.

As the day drew to a close, Brandon was notified that they were no longer needed to continue the search and rescue efforts. Recruits were called to the bridge, where the ship's Commanding Officer, Lieutenant-Commander Landon Creasy, had the students hold tight to the rails as he increased the ship's speed to its full 15 knots and demonstrated figure eights and other steering maneuvers.

Afterwards, OS Blondin was among one of the students who got a chance to steer and navigate the ship.

"I wanted to be in the army before this experience," he said, listing the ship to its side and grinning. "But I'm undecided now."

After their graduation ceremony Aug. 20, recruits will be given the opportunity to continue on with a primary reserve unit with the army or navy.



Images by Rachel Lallouz, Lookout

**Above:** A Raven participant tries on a breathing mask during the firefighting gear demonstration.

**Below:** A Raven student eagerly explores how the ocean looks through HMCS Brandon's binoculars.

**Bottom:** One Raven participant helps another don fire fighting gear with assistance from one of Brandon's crew members.



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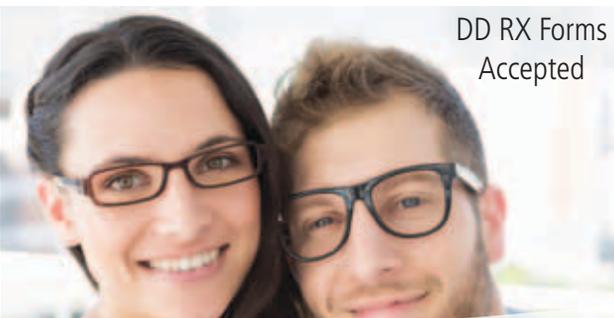
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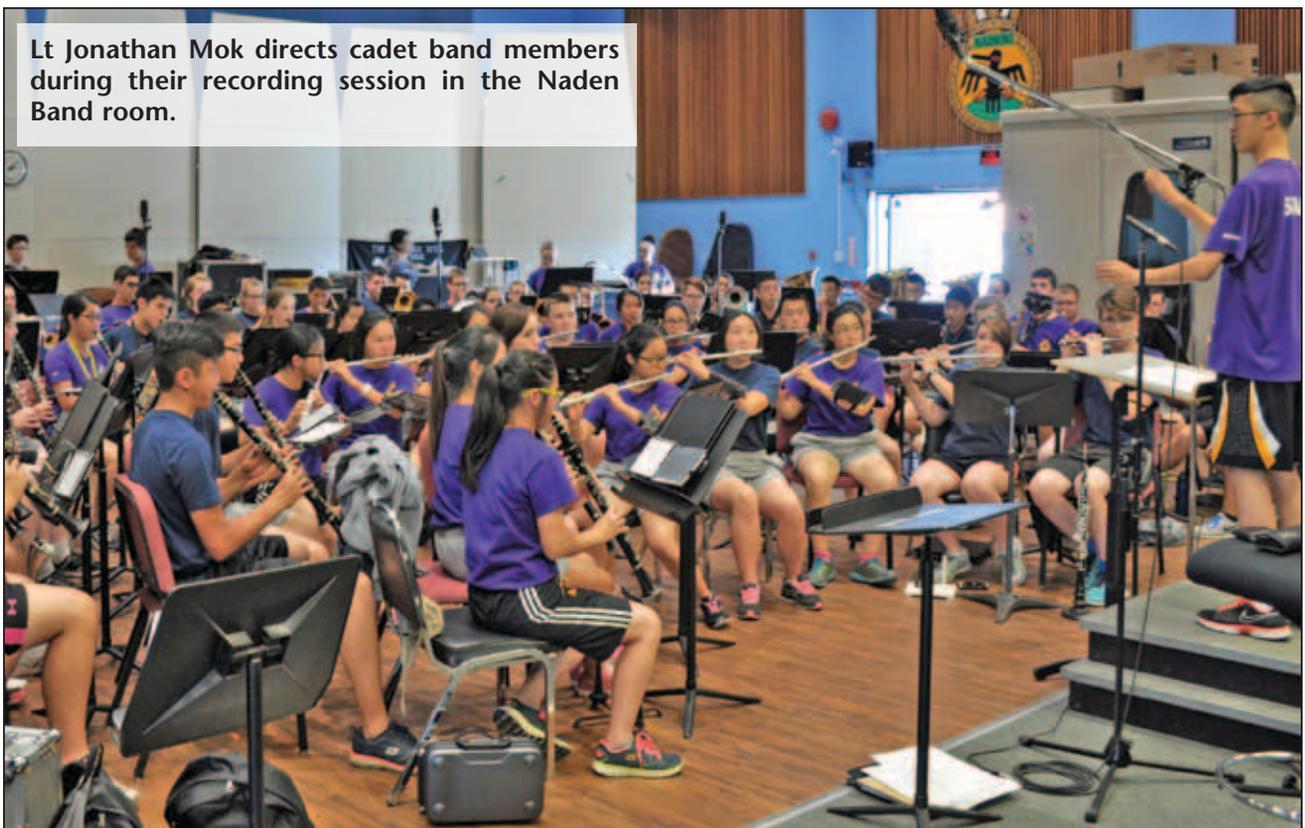


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Lt Jonathan Mok directs cadet band members during their recording session in the Naden Band room.

## Cadets record music with military band

**Capt Jacqueline Zweng**  
AHCTC

Cadets are selected from across Western Canada to attend intermediate and advanced musician courses at the Albert Head Cadet Training Centre. This year, in their final week of the six-week course, they met, and recorded with the Naden Band of the Royal Canadian Navy.

With the Naden Band's 35 members, and the combined bands of the Air Cadets topping 75 cadets, the band room was wall-to-wall full.

Cadet Thomas Kong beamed about his experience on recording day.

"This is such a great experience; it is extraordinary to perform in a professional band room."

One aim of the Cadet Program is to stimulate an interest in the activities of the Canadian Armed Forces, and playing alongside a professional military band hit that mark with the young musicians.

PO2 David P. Gagnon, Naden Band Drum Major and saxophone player, spent the day as the recording engineer for the cadet bands. Through his expertise, the cadets recorded 19 pieces.

"When we play and see that some pieces resonate with the young musicians, even if it's just one of them, we know that we have achieved our goal," he says of the opportunity to work



Images by Capt Jacqueline Zweng, Contributor

PO2 David Gagnon records the Air Cadet combined bands.

with the cadets. "We try to give the cadets information that will help them grow and they are always very receptive because of their ties to the military band format."

Cadet instructor Lt(N) Jos Vanderlinden, former Chief for the Naden Band, accompanied the cadets on their recording day.

"It brings back a lot of memories of when I started as a young person," he said. "I didn't have the opportunity to record at such a young age and see what I could do. This is a great start for the cadets' musical careers and I'm proud to be a part of it."

Beyond the day spent with the band this summer, cadets marched and played during Duncan Days and the Peacekeeper's Parade at the Legislature, observed the Victoria Symphony Orchestra at Butchart Gardens, performed in the band shell at Beacon Hill Park and the opening ceremony for the Victoria Harbourcats baseball team, and volunteered at Symphony Splash.

Band cadets are just a portion of the more than 3,400 sea, army and air cadets that completed summer training across B.C. this year. All of those cadets had a chance to interact with Canadian Armed Forces personnel in some way.

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If running long distances bothers you too much, try competing at shorter distances. You might be surprised how demanding training to run a fast 5 kilometre can be.

If running "any distance" is no longer good for you, try cycling – it's a lot like running but you get to your destination

much faster.

If your shoulders hurt too much when you swim, why not try power walking?

Even if you have suffered a severe injury, there are many exciting parasports that you can take part in to maintain your fitness, have fun, and keep competitive. You currently have an incredible variety of fitness/sporting opportunities to choose from.

It is important that each and every one of us stays active throughout our entire life, and in order to achieve this goal the chances are we are going to have to re-invent ourselves many times. Don't be surprised if you find yourself enjoying your new fitness activities as much as or more than the ones you had to leave behind.

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Image by Rachel Lallouz, Lookout

New outdoor sports equipment is being installed near the outdoor volleyball courts in Naden.

## Gym equipment expands outside

**Rachel Lallouz**  
 Staff Writer

In the next few months, those crossing through the area around the Naden volleyball court can expect to see new outdoor sports equipment being installed.

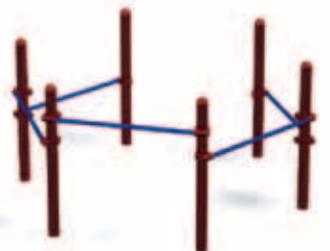
Ten stations ordered from Paris Outdoor Equipment will be built on a combination of cement pad and crushed rock. The stations will include a pull up area, sit-up bench, comb press and pull machine, parallel bars, horizontal ladder and spring loaded balance beam.

“From the point of view of the MARPAC Health and Wellness Strategy, this new equipment will give Forces members more options for viable training opportunities,” says Penny Blanchard, Manager, Sports and Fitness.

The new equipment will provide much needed work-out space for noon-hour fitness classes, Fleet School attendees, and all other patrons of the Naden Athletic Centre.

With the equipment laid out in one concentrated area, fitness instructors can run high-intensity circuit classes where participants will alternate between running on the track and completing strength training.

“Not everyone likes being inside of a weight room, or stuck on a treadmill,” says Blanchard. “Seeing that we live in an environment with decent weather year round, it was identified to give our patrons and military members another option for a different type of workout, and to make the outdoor track area more diverse as an exercise location.”



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**Above:** The horizontal bar strengthens hand grip, biceps, triceps, shoulders and abdominals.

**Below:** Jump bars strengthen calves, quadriceps, and hamstrings (jumping and step-ups), chest, biceps and triceps (push-ups).




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SLt Morris is promoted to Lt(N) by Capt(N) Drews and Lt(N) Kelly.



Lt Neate is promoted to Capt by Capt(N) Drews and LCdr Zubrinich.



CPO2 Lemieux is promoted to CPO1 by Capt(N) Drews and Lt(N) Walsh.



Lt Katelyn Miskulin is presented with her new rank from Cdr A.W. Muir.



WO Steve Marinelli is presented with the Gunmetal Sea Service Insignia from Cdr A.W. Muir.



LS Dompiere is presented with a certificate of service from Cdr Wes Golden.

## Canadian Forces Health Services Centre Pacific awards and promotions



MCpl Richards receives the General Campaign Star – South East Asia medal for her tour with HMCS Regina from Commanding Officer of CF H Svcs C (P), LCol G.J. Peckham.



WO Brocklebank receives the first clasp to her Canadian Forces Decoration from Commanding Officer of CF H Svcs C (P), LCol G.J. Peckham.



Capt Guevremont receives a promotion to her current rank from the Commanding Officer of CF H Svcs C (P), LCol G.J. Peckham.



Lt(N) Drake is promoted to his current rank by the Commanding Officer of CF H Svcs C (P), LCol G.J. Peckham.

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Image by MCpl Chris Ward, MARPAC Imaging Services  
**Cdr Tim Markusson (centre), Commanding Officer of HMCS Chicoutimi, accompanied by his wife Laura-Lee, is promoted to his current rank by Capt(N) James Clarke, Commander of the Canadian Submarine Force. Cdr Markusson also received the first clasp to his Canadian Forces Decoration.**



**Kris Ross is awarded her 15 years of service certificate from Cdr Brigitte Boutin, Base Administration Officer.**



**AB Stephanie Doucet from the BOR Pay and Records Section recently received her first chevron from Executive Officer, LCdr Sean Keoughan, and BOR Supervisor, MWO Mark Dankwerth.**

**BRAVO ZULU**



Image by MCpl Chris Ward, MARPAC Imaging Services  
**Cdr Wes Golden (left), the outgoing Commanding Officer of the Administration Branch for CFB Esquimalt; Capt(N) Steve Waddell, Base Commander; and incoming Commanding Officer Cdr Brigitte Boutin, sign the change of command certificates during a ceremony held Aug. 10.**



Image by MCpl Chris Ward, MARPAC Imaging Services  
**Incoming Canadian Forces Fleet School Esquimalt (CFFS(E)) Commandant, Cdr Ed Hooper (right); reviewing officer Capt(N) Mike Knippel (centre), Commander of the Canadian Forces Fleet Pacific Naval Personnel and Training Group, and outgoing CFFS(E) Commandant, Capt(N) Martin Drews, sign the Change of Command certificates during a ceremony held on Aug. 11.**



Image by Cpl Blaine Sewell MARPAC Imaging Services  
**LCdr S.P. Denneny, incoming Commanding Officer of HMCS Whitehorse (left); Reviewing Officer Capt(N) Clarke, Commanding Officer of Maritime Operations Group Four (centre); and LCdr C.P. Rochon, outgoing Commanding Officer of Whitehorse (right), sign the change of command certificates during a ceremony held Aug. 7.**

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# LOOKOUT Classifieds & Real Estate

**RATES:** MILITARY and DND PERSONNEL: 25 words \$9.70 • ALL OTHERS: 20 words \$11.09 • Each additional word 19¢ • Tax Included • DEADLINE FOR CLASSIFIED Advertising: Thursday at 11a.m.

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**Reach a market that's always on the move.**

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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](mailto:volunteers@rivonline.org) or visit <http://www.rivonline.org/Volunteering.htm>

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy @ [volunteer@habitatvictoria.com](mailto:volunteer@habitatvictoria.com) or 250-480-7688 ext. 105

**We need MEN for MENToring**

Getting together is a great time for everyone and doesn't require a special occasion or expensive activities.

- Receive tickets to sporting events
- Participate in a variety of activities
- Meet twice a month for 6 months



**Big Brothers Big Sisters**  
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**SERVICES OFFERED**

Register now beginners "Music for Young Children Program" ages 2 - 9. High quality, creative, fun keyboard program w/ parent participation. Classes in English and French. Please call Christine at 778-433-8347, or visit <http://www.myc.com/teacher/Ccarlson> for more info. FREE try-it classes in September! Private lessons also offered.

**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.

**RESUMES & CAREER TRANSITION PREP/ COACHING** with a former SCAN Coord Judy Marston. 10% Military Discount, [www.resumecoach.ca](http://www.resumecoach.ca) or 250-888-7733

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[www.victoriapregnancy.org](http://www.victoriapregnancy.org)

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**Base Taxi Service**

for Naden, Dockyard & WorkPoint

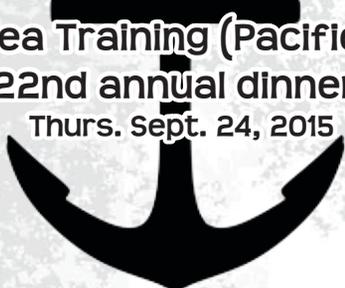
Monday to Friday  
7:30am to 3pm

Available for military-related appointments on base only.

**Taxi Dispatch 250-363-2384**



**Sea Training (Pacific)**  
**22nd annual dinner**  
Thurs. Sept. 24, 2015



**1830-2359hrs with Dinner commencing at 1900hrs**

CFB Esquimalt Wardroom  
1586 Esquimalt Rd  
Victoria BC

All current and former sea trainers are invited to sit down, spin a few dits and share a laugh about things seen in the smoke. Members wishing to attend are requested to *contact PO1 Carlos Esquivel at (250) 363-1264* Or via email: [carlos.Esquivel\(at\)forces.Gc.Ca](mailto:carlos.Esquivel(at)forces.Gc.Ca)

**Dinner is \$50 dollars - payable by cheque or cash to PO1 Esquivel**

**NLT 15 september 2015**  
Dress for the event is business attire



**For women with single-track minds**

Join us on the trails - beginner, intermediate and advanced rides.

**Plus Clinics, getaways and shop discounts**

**Dirty Girlz Bike Club**  
[www.dirtygirlzbikeclub.ca](http://www.dirtygirlzbikeclub.ca)

Lookout Classifieds Work.  
250-363-3127

Rounders will be in service starting at 10 a.m. from Dockyard main gate. Last pick up from the LLC parking lot back to Dockyard will be 1:30 p.m.

# INDUSTRIAL SUPPLIER TRADE SHOW

THURSDAY, SEPTEMBER 17  
10 AM-3 PM  
NADEN DRILL DECK

**GREAT FOOD!  
100+ VENDORS  
DOOR PRIZES**

Free Serious Coffee  
**FREE FOOD** for first 500 to:  
• Double D's Mac & Cheese  
• Puerto Vallarta Amigos

GCWCC CAMPAIGN  
KICK OFF 11:30 AM

## KEEP CALM



## & CAMPAIGN ON COIN MOSAIC

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