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Volume 60 Number 37 | September 14, 2015

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C



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Chicoutimi Commissioned

Formation Imaging Technicians went to great heights Sept. 3 to capture a bird's eye view of HMCS Chicoutimi's commissioning ceremony. The submarine stirred to life following the Commanding Officer's order to "bring the ship to life." Read the full story on page 8 and 9.

Image by Ed Dixon, MARPAC Imaging Services



Sgt Angela Abbey, MARPAC Imaging Services

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Students can “touch” First World War with Discovery Box

**Lynn Capuano and
Steven Fouchard**
Army Public Affairs

What weighs 27 kilograms, contains five genuine and 17 reproduction First World War artifacts, including a gas mask and an example of trench art, and can be borrowed without charge by any school in Canada?

It's the Supply Line First World War Discovery Box created by staff at the Canadian War Museum in Ottawa to give students hands-on experience of what it was like to be First World War soldiers.

Sandra O'Quinn, a learning specialist at the museum, says the idea is to allow students to discover First World War history for themselves. And, unlike those in many museum exhibits, these artifacts are meant to be touched.

“We chose objects that would stand up to hundreds and hundreds of children handling them,” O'Quinn says. “We want them to touch, try on and manipulate them.”

Items that are reproductions include the uniform jacket and cap, and the gas mask. The authentic pieces include the cap badge, shadow boxes with shrapnel and barbed wire, shell casings and an example of trench art. Trench art was created by soldiers during quiet moments; an example is an intricately engraved mortar shell.

Other items in the box include a gas alarm rattle, which British forces used to warn of chemical attacks, and a trench periscope.

The Discovery Box is modelled on another similar project developed by War Museum staff at its previous location on Sussex Drive. It was relocated to its current and much larger home on Ottawa's LeBreton Flats in 2005.

The program was relaunched in September 2014 in recognition of the centenary of the First World

We chose objects that would stand up to hundreds and hundreds of children handling them. We want them to touch, try on and manipulate them.

Sandra O'Quinn
Museum learning specialist



Above: The Canadian War Museum's Supply Line First World War Discovery Box contains both genuine and reproduction artifacts from the war to help students better understand the experiences of soldiers from the time.

Left: Students in Ottawa get a lesson in battlefield first aid using artifacts from the Discovery Box, an educational initiative of the Canadian War Museum.

Below: A service dress cap is one of the many artifacts to be discovered.

Images by M. Holleron,
Canadian War Museum



War. Interest from schools was immediate and, in response to positive word of mouth from museum donors and others, more than 200 had signed on to participate before the official launch.

“We're really happy with it,” says O'Quinn. “We're most happy with the teachers' response.”

She said it was gratifying when teachers reported the tactile approach made it easier to engage students.

She notes the program has proven to be most popular in high schools. Bilingual

lesson plans to go along with the artifacts were developed for students in Grades 4 through 12, although the Discovery Box has also been introduced in classes from Kindergarten to Grade 3. O'Quinn says a formal lesson plan tailored to that group is available for the 2015-16 school year.

Participating schools can keep the Discovery Box for up to two weeks and can book it once per semester. For more information and to view the objects online: www.warmuseum.ca/supplyline/about-supply-line.



Last call for summer fun at Formation Fun Day 2015

Peter Mallett
Staff writer

The final hours of summer 2015 are slipping away, but that doesn't mean summer fun needs to stop any time soon.

CFB Esquimalt senior staff is encouraging DND employees and their families to take part in the annual Formation Fun Day at Naden, Sept. 19 from noon to 4 p.m.

"The event is our way to give thanks and recognition to the CAF members, DND civilian employees, retirees and their families or anyone who works at CFB Esquimalt," says Formation Fun Day event coordinator Christine Farrington. "The day is truly an expression of appreciation to our hard working members and their families."

As always, admission to the event is free.

The annual fun day event truly has that end-of-summer carnival feeling to it. There will be many activities for adults and children

including rides, live music, displays and demonstrations, a marketplace, food vendors, local businesses and community organizations.

"There really is something for everyone – we are trying to make it a fun event for both young and old to enjoy," said Farrington. "Last year there were so many kids and parents with smiling faces who stopped by to thank staff for the event and tell us they look forward to this every year."

Last year, Formation Fun Day was attended by close to 2,000 people. Farrington says popular

There really is something for everyone – we are trying to make it a fun event for both young and old to enjoy...

Christine Farrington
Event Organizer

exhibits such as RHIB rides around the harbour, mini train rides, pony rides, paint ball, and inflatables will return to this year's lineup. New at the venue will be Victoria Bug Zoo – interactive and educational bug display, Chameleons Galore-interactive chameleons display, Storm Troopers from the 501st Legion, with their wandering Star Wars figures and a booth for picture taking.

What would saying farewell to summer be without enjoying a few licks of ice cream? Island Farms will once again be providing free ice cream for all and have upped their contribution to this year's event by 30 per cent.

Those interested in attending this year's event are encouraged to check out the Formation Fun Day webpage www.esquimalt-formationfunday.com for a complete list of activities, events, maps, parking and transportation information.

Please note ID is required for those over 13 years of age.



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People Talk

While on assignment at the Colwood Pacific Activity Centre, Lookout posed this question to staff members:

If you joined the circus, what act or job would you most like to do?



It would be the trapeze because I think it would be so much fun to try swinging and jumping in the air.

Gillian Larsen,
Manager of Community
Recreation



I would say amusement ride attendant – just because it would allow me to see the joy and terror on people's faces embarking on rides.

Rick Dwyer,
MFRC Operations



Tight rope walker because it would definitely be the most thrilling.

LS Kevin Matthews,
Recreation Clerk



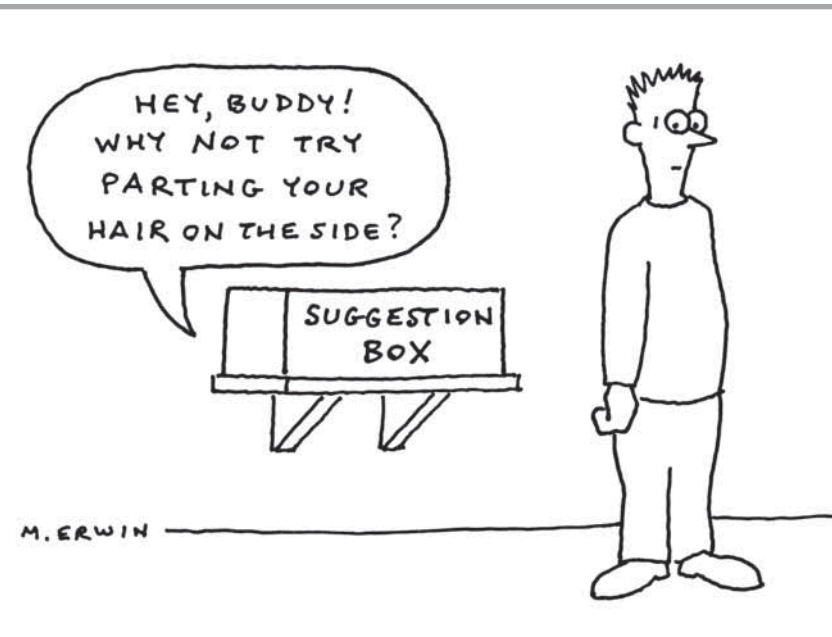
I would probably be an animal trainer because I grew up on a farm and love horses.

Sandra Pinard,
Development
Coordinator for the
MFRC



If I was working in a circus, I would be a fortune teller because I'd love to check out the future of different people's lives.

Mandi Whitman,
Information and Referral
Assistant, MFRC



CORRECTION: Incorrect photos and captions for OS Elgin Penner and Bob Cosman, MPU appeared in our Sept. 8, 2015 Issue 37, People Talk segment. Lookout Newspaper regrets the error.

People Talk

Lookout asked this question: *If you had to be trapped in a TV show for a month, which show would you choose and why?*



It would be Airplane Repo [Discovery Channel]. I am a pilot and being able to 'steal' different aircraft from debtors and fly them back to the owners would be amazing.

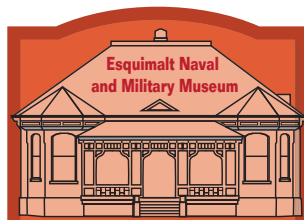
OS Elgin Penner,
BADM ACCN



The show I would most like to be in is Person of Interest [CTV/CBS], because of the level of surveillance and cameras in the show, and the fact that all of us on the base live in that world, it's not make believe.

Bob Cosman,
Esquimalt Military Police

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Freedom
from smoking
IS possible

One-stop-shop to quit tobacco use

Alli Jones
Health Promotion
Specialist

A comprehensive tobacco cessation clinic is now open to support military members in their journey to becoming tobacco free.

In one visit to the Tobacco-Free: Butt Out Clinic, an individual can discuss nicotine replacement therapy and medication options with a doctor, receive a prescription, fill the prescription at the pharmacy, and meet with a Butt Out Coordinator to discuss their nicotine addiction.

The Clinic's hours of operation are the first and third Wednesday of each month from 1-4 p.m. (13:00-15:00) at the base hospital room 131.

To book an appointment call CDU 1: 250-363-4120.

The clinic is a supportive and non-judgmental environment that tackles the cognitive and behavioural steps needed to quit.

The clinic is a collaboration between Health Service and Health Promotion under the MARPAC Health

and Wellness Strategy, and is founded on an evidence-based approach to give Forces members the best chance of quitting.

During the quitting process people may experience varying degrees of physical withdrawal symptoms that can be eased with effective therapeutic treatments offered through the clinic.

A person may also need help overcoming the cognitive behavioural aspects of smoking, and that's where the Butt Out Coordinator comes in: to support users in understanding their smoking patterns and triggers, and establishing healthy replacements for their tobacco use.

We've streamlined the process thus reducing unnecessary barriers for members embarking on a huge lifestyle change.

Claire Grant,
Health Promotion Specialist

Butt Out Coordinators can also assist members in managing their thoughts and developing positive coping mechanisms to deal with the process of quitting tobacco.

In the past, the Butt Out program required Forces members to bare the administrative burden of booking doctor's appointment, and meeting with the Butt Out Coordinator in order to have their prescription released from pharmacy.

"Members would often express their frustrations," says Claire Grant, Health Promotion Specialist. "We've streamlined the process thus reducing unnecessary barriers for members embarking on a huge lifestyle change. We're hoping that easier access to tobacco cessation resources will encourage members to try and quit their tobacco use."

It takes on average seven quitting attempts before maintaining a tobacco free lifestyle.

For more information or to obtain brochures for your unit please contact Health Promotion at 250-363-5532.

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Stealthy, sleek Chicoutimi officially joins the fleet

Peter Mallett
Staff writer

On Sept 3, *HMCS Chicoutimi*, a Victoria-class submarine currently stationed at CFB Esquimalt, was officially commissioned into the Royal Canadian Navy (RCN).

Commissioning is the formal and ceremonial act of placing a ship or submarine in active service.

In this case, the ceremony has a significant ceremonial aspect: *Chicoutimi* was finally able to fly the Naval Ensign at all times. While it was previously able to fly the ensign at sea, it was restricted from doing so at ceremonial

events, such as sunrise and sunset ceremonies, until being officially commissioned.

With the bright red and white pennant unfurled and the powerful diesel-electric engines brought to life, Commander Timothy Markusson, Commanding Officer of *Chicoutimi*, declared the submarine commissioned, as dignitaries and guests looked on.

"It is truly unique work we do and it is fortunate that we have a platform as great as the *Chicoutimi* on which to do it," said Cdr Markusson to the crowd. "This event is certainly the highlight of my career, and I believe is one for

the Royal Canadian Navy as well."

Following his address, he then gave the order for *Chicoutimi's* executive officer, Lt(N) Devin Matthews and crew "to man the boat" while the Naden Band of the Royal Canadian Navy played "Heart of Oak."

Once on board, the submariners removed their peak caps and hollered "hip-hip-hurray", the customary cheer. Their crew's ceremonial celebration was followed by applause and cheers from those in attendance as the historic moment drew to a close.

Those overseeing this historic moment included

B.C. Lieutenant Governor, the Honourable Judith Guichon; Deputy

Commander of the Royal Canadian Navy, Rear-Admiral (RAdm) Ron Lloyd; Commander of Maritime Force Pacific, RAdm Gilles Couturier; the Mayor of Saguenay, Quebec, Jean Tremblay, and *Chicoutimi* Sponsor Marina Larouche.

"These are among the most complex machines on the planet and operate in an environment which allows very little room for error or tactical defect," said RAdm Lloyd. "I know *Chicoutimi* is 'ready-aye-ready' and is now in capable hands. *Chicoutimi*, welcome to the fleet."



LGov Speech - Official Commissioning of HMCS Chicoutimi

Rear Admiral Lloyd, Deputy Commander, Royal Canadian Navy; Rear-Admiral Couturier, Commander, Maritime Forces Pacific; Your Worship, Mayor Tremblay of the City of Saguenay; Commodore Cassivi, Director General of Naval Strategic Readiness; and Captain Clarke, Commander Canadian Submarine Force; Commander Markusson, Commanding Officer *HMCS Chicoutimi*; serving and retired members of Maritime Forces Pacific, families and friends;

Il me fait un très grand honneur d'être ici ce matin pour le commission officiel du NCSM *Chicoutimi*.

(It is a great honour for me to be here this morning for the official commissioning of *HMCS Chicoutimi*).

As a Canadian, I am extremely tired of always being humble and apologetic especially when it comes to our Victoria-class submarine fleet. I realize it is not something that we publically shout about, but buying these stealthy creatures was not tantamount to sinking the fleet.

Nobody questions my sanity when I boast of having flown upside down in a Chinese Yak aeroplane. They do however look at me questionably when I tell them that I was privileged to do angles and dangles in *HMCS Victoria*, and that I am now an Honorary Submariner. I then go on to explain that it was one of the highlights of my incredible journey to date, and that watching the crew on board

that day perform their various specific and demanding tasks in the confines of the craft was like watching a ballet, so professionally performed, everyone aware of the movements of others but all attuned to their specific task. And all so silent and green and beautiful down there.

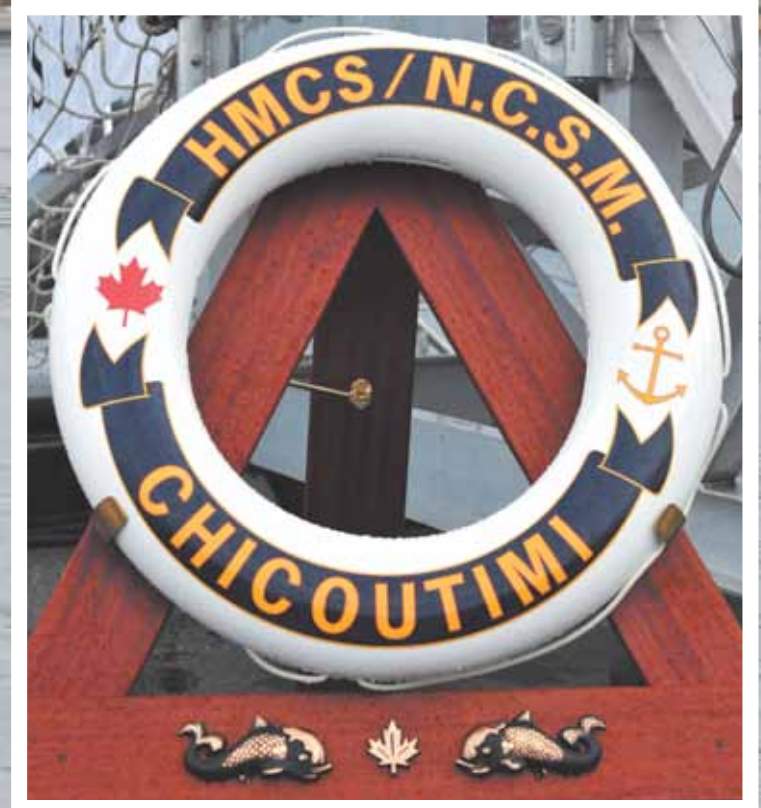
In the present environment and with three extensive coasts to patrol, we in Canada are so fortunate to have this fleet involved in marine law enforcement and more than capable of participating in multinational exercises. Whether it is standing on guard against smugglers, polluters or extremists, the unrivalled stealth and deadliness of these sleek creatures is a force to behold. They may not be a thing of

beauty like a sleek frigate but they are indeed a force to respect.

So it is with great pride that I am here today to congratulate the multifaceted Canadian team that has performed the Extended Docking Work Period on this submarine.

To the crew of *HMCS Chicoutimi* the very best of luck and good fortune as you and your sleek deadly Victoria class submarine begin this next phase of service. And we who remain behind say thank you to you and your families and all those that support you in this valiant service.

On behalf of Her Majesty, Queen Elizabeth The Second, Queen of Canada, thank you for being "Ready aye Ready."



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Queen's record-breaking reign marked

Peter Mallett
Staff writer

They sipped tea gingerly, ate finger sandwiches discretely, and sang "God Save the Queen".

A crowd of 150 loyal subjects then raised a joyous toast to the longest-serving monarch in modern Canadian history during a ceremony in the upper lounge of the Wardroom on Sept. 9.

"As we gather here today, we gather to acknowledge the happy longevity of Her Majesty," said LCdr Michael Erwin, who presided over the ceremony. "We rejoice not in the bare statistics of her record-breaking reign, but rather we celebrate the long reign of a Queen greatly loved by her subjects who has set an example of dedication throughout her life."

The moment marked the occasion of Queen Elizabeth's reign - 63 years, seven months, and two days, surpassing that of her great-great-grandmother Queen Victoria.

Citizenship judge Gerald W. Pash was the event's keynote speaker. Pash brimmed with pride as he looked out over the large gathering of both young and old.

"It's important to recognize why we are here and what we are doing and that the crown is something greater than all of us," said Pash. "It has to do with service and duty."

Pash then led the gathering in a Reaffirmation of Canadian Citizenship followed by the singing of "O Canada".

Most in attendance felt a personal connection to



Queen Elizabeth such as Miriam Hughes of Victoria.

"I am here to honour the Queen," said Hughes, the widow of former Rear-Admiral William Hughes.

John Rackham was raised in Essex County, England, and had a military career spanning 30 years serving both in Britain's Royal Navy and later for the Department

of National Defence.

"I think this [ceremony] shows how strongly Canadians really think and feel about our Queen," said Rackham. "The majority of Canadians are genuine in their feelings for Her Majesty."

The spirit of the event wasn't lost on the younger generation of sailors,

soldiers, and airmen and women either.

"This is a big deal for me as a serving Canadian Forces member because the Queen is our sovereign," said A/SLt Yuna Hur. "I thought this was all pretty grand, I didn't think it would be so extravagant and thought it would be a much smaller gathering."

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Target shooter retains national titles

Peter Mallett
Staff writer

Retaining three of his titles at the National Pistol Championships was one way to wash away his Pan-Am Games blues says Capt Mark Hynes.

At the 2015 Toronto Pan-Am Games (July 10 to 26) he missed out on a spot in the final by just three points.

However, that turned around in the National Pistol Championships in Camrose, Alta., Aug. 21 to 27. He won three gold medals in 10m pistol, 50m pistol and 25m centre fire

pistol categories, and a silver medal in the 25m standard pistol category.

Capt Hynes 10m and 50m victories also meant the records he established in last year's championship finals events still stand.

"I had gone into the nationals having won all of my events the previous year, but in order to stay focussed I couldn't dwell on it," said Capt Hynes. "You need to stay focused on the process of what you are trying to achieve at the time and not worry about that last shot or that next shot."

Approximately 100 men and women, a mix of civil-

ian and military, from across Canada gathered for the week-long Olympic-style bullseye shooting competition at the Camrose Gun Club.

Shooters used a variety of firearms in each of the categories, from air guns for the shorter 10 metre distance, to centre fire and rim fire pistols when shooting the longer 25 and 50m distances. Their final scores in each competition are based on consistency and accuracy with each of the 60 shots fired, using match-grade ammunition.

Originally from Bristol's Hope, Newfoundland, Capt Hynes took up com-

petitive target shooting as a youth but eventually walked away from the sport in 1999, shortly after joining the Canadian Armed Forces. He then returned to competition in 2008 with Canada's CISM (Counsel International de Sport Militaire) military shooting team.

His recent success in Camrose will be a good springboard for the upcoming 6th CISM Military World Games, Oct. 2 to 11 in Korea.

"I did well in the events at the nationals and want to be able to build on that and carry that momentum with me to the worlds," he said.

Dive club ready to clean up the Gorge

A/SLT MJ Kia
MARPAK PA Office

For the third year, members of the base Aquarius Dive Club are suiting up to help clean the Gorge Waterway.

The Burnside Gorge Community Center's annual initiative, which works in conjunction with the Great Canadian Shoreline Cleanup to protect Victoria's landmark watercourses, takes place Sept. 19.

Chief Warrant Officer Mario Robillard, who is spearheading Aquarius' efforts in this event, says, "As a diver I am very aware of how sensitive an environment a waterway can be. It is important to me, and the club, to be active in protecting the areas that we all enjoy. They give our city its unique beauty and they are our underwater playgrounds."

Club members will work in tandem with more than 100 volunteers from across Victoria to remove debris and garbage from the water, focusing primarily on the Selkirk Trestle Bridge area of the Galloping Goose.

Suzette Delmage, Community Recreation Coordinator for the Burnside Gorge Community Center, and head of the Gorge Waterway Clean-Up says, "It's incredible what comes out of the Gorge each time. In years past, we had everything from rubber boots and shopping carts to a whole



CWO Mario Robillard of the Aquarius Dive Club.

What astounds me is the effort of the volunteers and divers to remove even the tiniest debris. It shows a real love of community, and it is heartening to know we are making a positive difference."

The Gorge has notoriously poor visibility making the task difficult. Delmage says divers sometimes have to feel out the debris on the bottom. Once items are collected into mesh

bags, divers and volunteers on the trestle will work to haul the refuse onto the thoroughfare and wheelbarrow it to a giant dumpster donated by a local business specifically for the cause.

Anyone wanting to get involved in the clean-up should visit the webpages for both the Great Canadian Shoreline Cleanup or the Burnside Gorge Community Center: www.shoreline-cleanup.ca or www.burnsidegorge.ca/

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Band welcomes musicians

The Chief and Petty Officers' Association Band is embarking on its 28th year of providing music to Esquimalt and the military community.

Originally established as an "alumni" band for retired military musicians, the band now operates as a community concert band, where all who have a minimum of three years playing experience are welcome.

The Chief and Petty

Officers' Association Band continues to provide high quality, entertaining concerts and supports the military community in Esquimalt by providing music for Remembrance Day ceremonies, mess dinners, ships arrivals as well as concerts at local seniors' centers.

The band's current music director, Mike Dominy, is an Associate of the London College of Music and is part of a long line of con-

ductors who have served in the Naden Band of the Royal Canadian Navy and help maintain the link to the band's military heritage and history.

The Chief and Petty Officers' Association Band rehearses every Sunday, from 7-9 p.m. starting Sept. 13 at the Naden Band Room, Building N33 at Naden.

All woodwind, brass and percussion instruments are welcome.

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Until Oct. 2, the Westshore LaTaqusa is donating partial proceeds from the ceviche fish taco to the Tour de Rock Riders. The Tour de Rock is a two-week bicycle journey in which a team of police officers rides 1,000 kilometres from the north end of Vancouver Island to the south, raising money to fight childhood cancer. Since 1998, the Tour has raised more than \$20 million for the Canadian Cancer Society, which uses the money to fund pediatric cancer research and programs that help children with cancer and their families. The Tour will make a stop at CFB Esquimalt on Oct. 2.

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Dragon Boater Darryl Draper's neck draped in gold

Peter Mallett
Staff writer

One by one, the eight gold medals he won with Canada's national dragon boat team began to weigh heavily on paddler Darryl Draper's neck.

The nine-year employee of Shop 141 at Fleet Maintenance Facility Cape Breton, and his teammates from across the nation, made the triumphant climb to the top of the podium eight times at the International Dragon Boat Federation World Championships in Welland, Ont., Aug. 19 to 23.

"We dominated. We had a great team and it was just an incredible experience to be part of that," said Draper.

This year's international championships were held at the Niagara

Peninsula's legendary Welland International Flatwater Centre, world-famous for hosting high-profile rowing regatta's and other competitive paddling events.

Draper and his teammates had the benefit of expert guidance throughout the competition from Peter Buday, son of famed Hungarian paddling coach Tamás Buday. Tamás defected to Canada in 1987 and has since led several Canadian paddlers to international and Olympic glory.

"Our coach Peter had so much knowledge and insight of paddling mechanics from his father (Tamás) and really demanded the complete attention and respect of our team," said Draper. "Everything he did made us go faster."

Team Canada had a near-flawless performance in the Senior

B Mixed and Open Crew Over-50 categories, competing against teams from Australia, Great Britain, Czech Republic and the United States.

There was only one minor setback for the team in an otherwise perfect weekend. Canada failed to win all but one of their heats, losing out in a photo finish to the United States in the men's Over-50 1,000 metre heat, but they still managed to win the overall competition.

"It would have been the perfect sweep, we would have been flawless but the loss motivated us not to lose again and we didn't," said Draper.

To add to his good fortune, Draper was also one of only two competitors at the event to win a commemorative Hornet Paddle in

a random draw.

Draper played high school football and slow pitch baseball while growing up in Aylmer, Que; paddling wasn't part of his life until 2003 when he became involved with the Dragon Anchors. He credits teammates Bob Wiggins and Bruce Johnson with motivating him to try competitive dragon boat racing at a national level.

"As you can imagine we were so proud of Darryl making the national team, so when he returned to Victoria with eight medals it wasn't just the icing on the cake but the entire cake," said Wiggins.

Draper had the unwavering support of his son Dustyn and wife Marion Draper, a DND employee at MARPAC headquarters, as he prepared for the competition. He

trained for 18 months, paddling between 50 to 70 kilometres per week, rain or shine.

"I thought he was the best dragon boater in the world," beamed his son Dustyn, 8. "I'm so proud of my dad. It was just amazing being there with my mom [Marion] and to see him win all those medals for Canada."

It was in the moments following his team's final victory where the significance of his efforts finally hit home and he was reduced to tears.

"As soon as I realized we had won our last race I broke down in the boat crying," said Draper. "When we passed by the grandstand and the pro-Canadian crowd was cheering, we all saluted the crowd by raising our paddles to them; it was such a proud moment. I was overcome by emotion."



Members of Canada's Senior B Over-50 team hoist the Canadian flag and celebrate their victories at the 2015 International Dragon Boat Federation World Championships in Welland, Ont., Aug. 19 to 23. Inset: Darryl Draper happily shows his winnings.

Images courtesy Marion Draper

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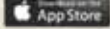
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3. THE HOWLER DOG (CHEESE & BACON)



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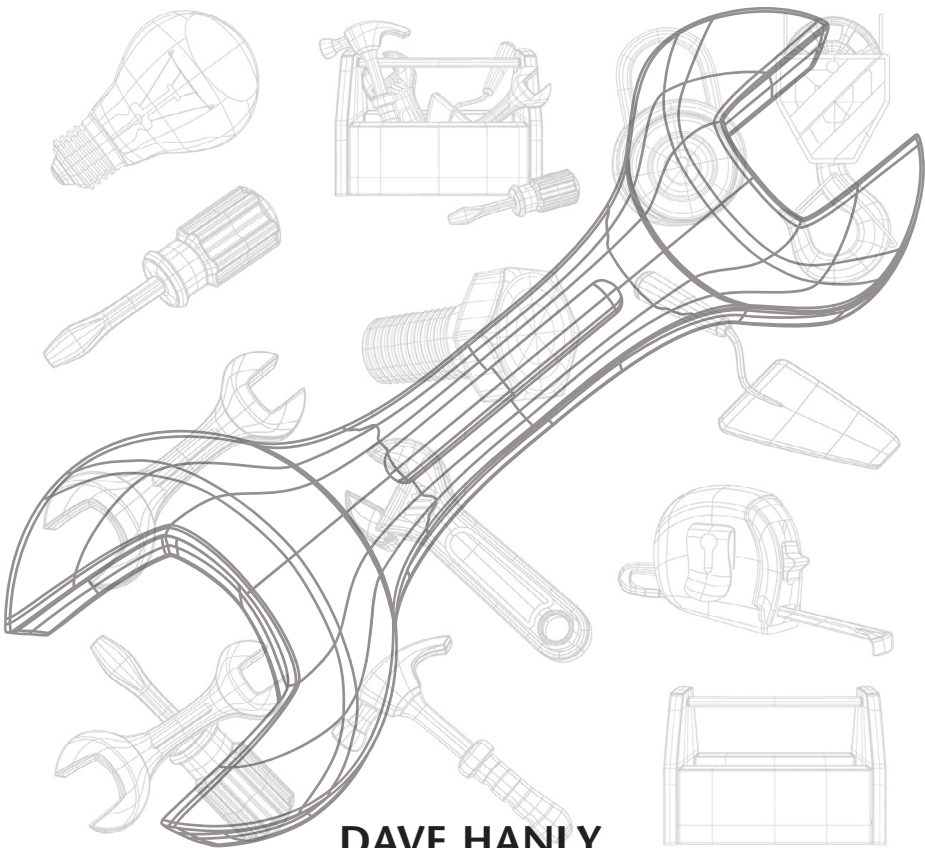
1. QUESADILLAS
2. ORDER OF 6 MINI TACOS
3. BURRITOS

Six fillings and a variety of meat, vegetarian and vegan options (Chicken Fajita, Beef Barbacoa, Pulled Pork, Potato & Spinach, Beans & Cheese and Soy Chorizo)!



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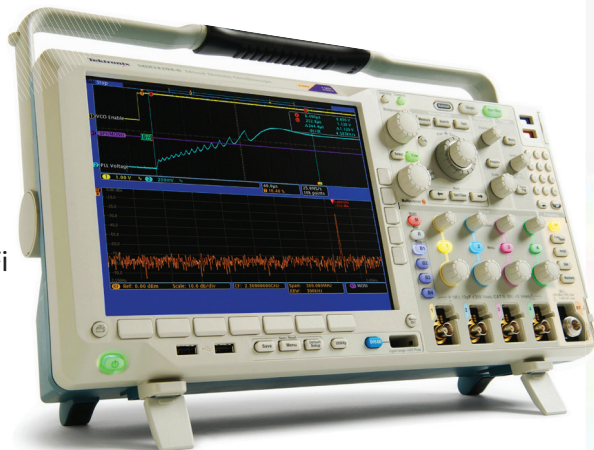


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See the **RSA306 Real Time Spectrum Analyzer** - A full-featured spectrum analyzer for less than half the price of a conventional unit.

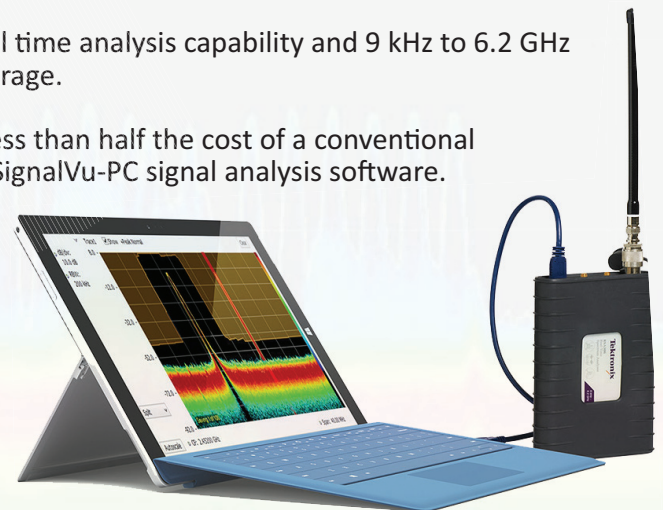
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