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Redblack flag hoisted

Photo by Peter Mallett, Lookout Newspaper
 Sailors from HMCS Ottawa, (left) OS Dylan Brown, LS Alex Shaw, SLt Matthew Golding and Lt(N) Julian Yates hoisted the flag of the 2016 Grey Cup Champion Ottawa Redblacks to the top of HMCS Calgary's mast. Calgary honoured the friendly wager made between the two ship's that stated the losing ship's namesake team would be forced to fly the flag of the winning team. Read more on page 2.

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GREY CUP WAGER SEES BOTH CALGARY AND OTTAWA WINNERS AND LOSERS

Peter Mallett
Staff Writer

With brimming smiles, sailors from *HMCS Ottawa* proudly hoisted the flag of the 2016 CFL Grey-Cup

Champion, the *Ottawa Redblacks*, up the mast of *HMCS Calgary* on Nov. 28.

The two ships are the namesakes of both Grey Cup combatants and ahead of the 39-33 overtime win

by the *Redblacks* over the *Calgary Stampeders*, the commanding officers of both ships agreed to a friendly wager on the game.

The first portion of the wager involved a touch football game between the two ships, played Nov. 25 at Langford's Westhills Stadium, which *Calgary* easily won 36-6 in front of 350 spectators.

"Friendly wagers like this produce winners on both sides, and I thoroughly enjoyed the experience," said Cdr Blair Saltel, Commanding Officer of *HMCS Calgary*. "Seeing the outstanding support

the ship gave to their crew-mates who took to the Field at Westhills, and defeating *Ottawa* during our mini Grey Cup, was the highlight of my year."

But unfortunately for Cdr Saltel and his crew, the fine print in the agreement also included one important caveat that read: "The ship representing the losing city in the Grey Cup game would be required to hoist the team flag of the winning city on its mast for the duration of the day, from sunrise to sunset."

HMCS Ottawa's Commanding Officer, Cdr Sylvain Belair was away

on business and unable to attend the informal flag-raising event held at 9:30 a.m. at Dockyard's A Jetty Monday Nov. 28. So SLT Julian Yates, the acting executive officer of *Ottawa*, and three shipmates unraveled the *Red Blacks'* banner and hoisted it to the top of *Calgary's* mast.

"It was a pleasure to battle *Calgary* on the field even though they prevailed in our touch football game. I must admit though, it was an even greater pleasure to watch the *Redblacks* win the game," says SLT Yates, adding the Grey Cup weekend wager was a great way

to bring the two ships together with good-natured fun.

The conditions of the bet also required the losing ship to donate a small portion of money, \$335, the hull number of *HMCS Calgary* to *HMCS Ottawa's* charity fund, The Perley and Rideau Veterans Health Centre.

"While my namesake's city team made a heroic effort in the second half, having to concede to *Ottawa* allowed me the opportunity to research their ship's charity, which does outstanding work in their community, and happily present a donation," said Cdr Saltel.



HMCS Ottawa defenders try to stop HMCS Calgary receiver MS Sheldon Halliman in their pre-Grey Cup flag football game at Westhills Stadium in Langford. HMCS Calgary won 36-6.



Touch football teams representing HMCS Calgary, dressed in white (left), and HMCS Ottawa, dressed in black (right) gather for a group photograph ahead of their pre-Grey Cup game.

Photos by LS Ogle Henry, MARPAC Imaging Services.

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Workplace accident claims sailor's life



Master Seaman Guillermo Morales Castellon

Peter Mallett
Staff Writer

CFB Esquimalt is mourning the loss of a sailor who succumbed to his injuries sustained in an industrial accident at 443 Maritime Helicopter Squadron on Nov. 21.

Master Seaman Guillermo Morales Castellon, 50, from Base Logistics died Friday Nov. 25 with his wife at his side.

"Guillermo was fully committed to his work," said his wife. "We are experiencing a tremendous loss, the loss of a special person blessed with utmost human quality."

MS Morales Castellon, who immigrated to Canada from Honduras, joined the Army Reserve, 2nd Field Artillery Regiment in 1995 and then transferred to Naval Reserve Division *HMCS Donnacona* in 1998. In 2014 he accepted a transfer to the Regular Force where he was posted to Base Logistics and worked as part of the 443 Logistics Support Team.

Capt(N) Steve Waddell, Base Commander, extended thanks to the BC Ambulance Service, members of the Base Logistics team, and personnel from 443 MH Squadron who came to MS Morales Castellon's aid following the accident.

"I'm proud of the mem-

bers of the 443 team who assisted Base Logistics personnel and sprung into action to attempt to save MS Morales Castellon. We are all very sad to hear of his passing" added LCol Shawn Williamson, Commanding Officer of 443 MH Squadron.

MS Morales Castellon was described by his family as a meticulous, respectful and highly professional man fully committed to his work, and family. He had a passion for nature, cooking and entertaining friends and family in his spare time.

"My deepest sympathies go out to the family, friends and colleagues of Master Seaman Guillermo Morales Castellon during this extremely difficult time; we are saddened by the loss," said Capt(N) Waddell. "Personnel from CFB Esquimalt and the Canadian Armed Forces will continue to provide support to his family while they deal with this tragedy."

An investigation is underway by the Canadian Forces National Investigation Service (CFNIS) with support from Formation Safety. A Board of Inquiry will also be convened as part of standard procedure following the death of any CAF member who dies for reasons other than wounds received in action.



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Pilot killed in Cold Lake Hornet crash

Royal Canadian Air Force

Shortly after 11 a.m. Mountain Standard Time, on Nov. 28, a CF-188 Hornet from 4 Wing Cold Lake, Alberta, crashed inside the Cold Lake Air Weapons Range in Saskatchewan, not far from the Primrose Lake Evaluation Range.

Emergency services from 4 Wing, including 417 Combat Support Squadron, responded to the crash. Tragically, the pilot, Captain Thomas McQueen of Hamilton, Ontario, did not survive.

"We are deeply saddened by this incident and express our deepest sympathies to the family, friends and loved ones of Captain Thomas McQueen," said Colonel Paul Doyle, the Commander 4 Wing / Canadian Forces Base Cold Lake. "We now turn our attention to providing whatever support we can to his family and to our men and women here in Cold Lake, who are deeply saddened by the loss of Captain McQueen."

A flight safety investigation will be conducted to determine the cause of the accident.



Captain Thomas McQueen

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Published each Monday, under the authority of
Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis,
sous l'égide du Capt(N) Steve Waddell,
Commandant de la Base.

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or reject copy or advertising to adhere to
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Circulation - 3,800
plus 1,000 pdf downloads per week

One year subscription - \$66.94

Six month subscription - \$33.47

Prices include tax.

A Division of Personnel Support Programs
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Canadian Mail Product Sales Agreement 40063331



WHAT SAY YOU

People Talk

Ahead of their annual Christmas concert series in Victoria and Vancouver, members of the the Naden Band of the Royal Canadian Navy were asked:

What is your favourite Christmas song and why?



"SpongeBob SquarePants!" It's not a Christmas song, but one we play during our Christmas concert matinees and requires participation. It's an exhilarating experience to have an auditorium packed full of children all screaming in unison "SpongeBob SquarePants".

PO1 Marie-Perle Broadley,
Flute



All of the songs from the Nutcracker Ballet because they are all classics written by Tchaikovsky, and I don't think Christmas would be Christmas without it. They stand on their own.

PO2 Richard Lang,
Percussion



"O Holy Night" or "Minuit Chrétien" [French version of O Holy Night] because it brings back a lot of memories of Christmas time where I grew up in Quebec City. This song just seems to bring out warm images for me.

SLt Vincent Roy,
Conductor



"All I want for Christmas (Is my two front teeth)" because the tuba has a huge presence in the song, and when I play the song in our matinee for the children we put lights on my Sousaphone and the children's eyes all light up.

PO2 Michael Savich,
Tuba

SPORTS trivia in the movies

by Stephen Stone & Tom Thomson

Questions

- Who starred in the 1977 movie "Slap Shot?"
- In "Slap Shot," who played the Hanson Brothers?
- Which movie cowboy starred in the 1937 hockey movie "Idol of the Crowds?"
- Which hockey-themed movie made the most money at the box office? (Jason's hockey mask in the "Friday the 13th" series doesn't count.)
- Which sports-related movie has had the highest box office gross to date?
- This actress won the Oscar for Best Actress for her role in "The Blind Side."
- This 1979 movie was loosely based on what was then called "America's Team" - the Dallas Cowboys.
- This actor starred as a wide receiver in "North Dallas Forty."
- This country music star made is movie debut in "North Dallas Forty."
- This pioneer of Canadian television was at one time the youngest directors at the CBC and directed "North Dallas Forty."
- How many sports-themed movies have won the Oscar for best picture?
- Name the three best picture winners and the sports involved.
- Not counting cameos, how many sports-themed movies has Kevin Costner starred in? a) six b) seven c) eight d) nine.
- How many different sports have Costner's sports movie portrayed? a) three b) four c) five d) six.
- This actor won the best actor Oscar for his portrayal of a middleweight boxer. Who was the actor, who was the boxer, and what was the movie?
- In "Raging Bull," what substance was used to depict blood in the boxing scenes?
- "When We Were Kings" is a 1996 documentary about which two boxers.
- This 1966 documentary is about two surfers traveling the world. It popularized the sport of surfing.

Answers

- Paul Newman.
- Jeff Carlson, Steve Carlson and Dave Hanson.
- John Wayne.
- "Miracle" (2004) - \$64.4 million.
- "The Blind Side" (2009) - \$309.2 million.
- Sandra Bullock.
- "North Dallas Forty."
- Nick Nolte.
- Mac Davis.
- Ted Kotcheff.
- Three.
- "Rocky" (1976) - boxing, "Chariots of Fire" (1981) - athletics at the 1924 Olympics, and "Million Dollar Baby" (2004) - boxing.
- (d) nine.
- (c) five. Bicycle racing ("American Flyers"), baseball ("Chasing Dreams," "Bull Durham," "Field of Dreams," "For Love of the Game," and "The Uppside of Anger"), NFL football ("Draft Day), golf ("Tin Cup"), and cross-country running ("McFarland").
- Actor - Robert De Niro, boxer - Jake LaMotta, movie - "Raging Bull" (1980).
- Chocolate syrup - Alfred Hitchcock used the same thing in "Psycho" in 1960.
- Mohammad Ali and George Forman in the 1974 "Rumble in the Jungle" heavyweight championship fight in Kinshasa, Zaire.
- "The Endless Summer."

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Editorial

Adventure training on two wheels

LS Simon Pauze
Naval Fleet School
Pacific

For the week of Nov. 14 to 18 four of us from Naval Fleet School (Pacific) got a chance to escape the office, and exchange it for the great outdoors as part of our Unit Adventure Training.

PO2 Brain Chapman, LS Andrew Kim, PO2 Lorne Ferguson, and I got to ride the Trans Canada trail from the south end of Shawnigan Lake, to Nanaimo, and then all the way home to Victoria. We covered almost 300 kilometres over the five days, and had the opportunity to see and enjoy some pretty unique experiences, including camping out each night.

Between Shawnigan Lake, and Lake Cowichan, on the Cowichan Valley Trail, there are six wooden trestles, including the famous Kinsol trestle. Although taking a fully loaded bike across a wet trestle bridge can be a bit dicey, the view from the bridge and the pleasure of riding across those canyons



PO2 Ferguson and LS Kim prepare to ride the Cowichan Valley trail as part of their unit adventure training.

makes it worth it. Although each one of us had our own personal favourite, mine was the Marie Canyon trestle. It crosses high over the Cowichan River, and there is a fantastic view in both directions along the river.

One of the challenges we encountered along the way was the amount of water along some sections of the trail. Although it made for interesting riding at times, there were definitely times where I wasn't sure my fully

loaded bike was going to make it through. But I guess the dread of having to put my feet into eight inches of muddy water kept me motivated to ride on.

We were fortunate to only change a tube once during the ride, although, of course, that flat happened at night. I have done a lot of riding, but changing a tire by headlamp was a new experience, and it can make finding the little pieces afterward quite "fun".

Part of our route took us out of Ladysmith on the Trans Canada trail, up towards Haslam Creek where we searched for an interesting suspension bridge. Unfortunately, we never found it, because once we'd crossed a wooden bridge we ended up on logging roads that were not marked with trail markers.

We circled around that area for a while, trying out various branches of the roads before finding one that led us out to another road. We never did figure out how to get to that suspension bridge; I guess I'll have to try it in reverse and see where the trail starts after the wooden bridge.

On the way back home, we used other sections of the Cowichan Valley trail, through the town of

Chemainus. It was my first time riding these sections of the old E & N railway. It's easy to picture how enjoyable a rail trip would be from Victoria to Nanaimo on these old rail lines, as it's very scenic country. We also enjoyed the Mill Bay ferry across to Brentwood Bay, which crosses the calm Saanich inlet.

On the humorous side, one of our riders made a habit of keeping himself cleated into his pedals, even after we'd stopped.

For those unfamiliar, clip-less pedals use cleats on the bottom of your shoe to hold you into the pedal. The advantage of the system is greater efficiency, and your feet never bounce off the pedals. The disadvantage, as our unfortunate rider can tell you, is that when you stop, you have to remember to un-cleat yourself by turning your heel out. If you don't, as you start to lean in either direction, your foot is stuck and you can't stop yourself from falling over. He tried to blame his chain, but all we saw was him slowly falling over, tied to his bike. Luckily, no injuries resulted.

All in all, it was a fantastic trip, and other than a few chilly nights, we really had a great time.



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OPERATION ChromeDome *Close crop for cancer and comrade*

Peter Mallett
Staff Writer

In one week LCdr Judith Harlock will sport a new look: "Cue-ball bald."

She agreed to go under the barber's clippers Dec. 15, 11 a.m., and lose her hair to raise money for cancer research and show support for a co-worker battling the disease.

Dubbed Operation Chrome Dome, the fundraiser is a formation-wide show of support for PO2 Fiona Borland who was recently diagnosed with breast cancer.

"Operation Chrome Dome is really an open-hearted act of solidarity for PO2 Borland," says LCdr Harlock.

The two women have been friends for over 20 years since they were posted to HMCS Malahat back in the early 1990s.

"Operation Chrome Dome was Judith and another co-worker's idea," said PO2 Borland. "When I said I wanted to raise money for cancer research and



treatment she declared if I could raise \$3,000 before the holiday break she would go bald."

The money will be used to support the BC Cancer Agency's Vancouver Island Centre at the Royal Jubilee Hospital, and the funds will be part of the base's NDWCC grand total.

LCdr Harlock's hairless fate was determined in mid-November when the initial \$3,000 target was surpassed. The buzz about Operation Chrome Dome

and LCdr Harlock's dare spread quickly with comical police-blotter style posters posted around Naden, a Go Fund Me Page <https://www.gofundme.com/raising-money-for-bc-cancer-agency>, and Facebook page, which all helped generate substantial support.

PO2 Borland was touched by the response and admits that creating something positive following a crushing diagnosis didn't seem possible a few months ago.

In late August, when the

49-year-old was doing a self-examination on her breasts she noticed an inconsistency and reported it to her physician. On Sept. 8 she learned the "ripple" was breast cancer.

PO2 Borland has been undergoing treatment and chemotherapy once a week for the past 12 weeks and is gradually beginning to lose her long blond hair. She is confident the treatment will be successful, but acknowledges it is "physically draining." On her good days she

jogs, cycles and does Pilates, because she says it's important to stay active to combat the stress and stay healthy and strong.

Some days are better than others, she says, while noting the chemo has yet to produce the common side effects such as nausea and fatigue, but she knows those days are coming soon.

"When I was informed of the news regarding her diagnosis it was like getting hit by a Mack Truck," says LCdr Harlock. "My first

thought was 'boy I hope this is caught early', and my second thought became a question of how do I support PO2 Borland. The office [Joint Personnel Support Unit Pacific] was also quite shocked at the news; however, the team has rallied around PO2 Borland and her husband CPO2 Randy Young."

PO2 Borland says the fundraising process has reaffirmed her belief in the solidarity of the military community.

"The entire process has been overwhelming and inspirational," she says. "There are people I don't even know who have given me \$100 or more, and I have received so many messages of support. It's given me a positive focus and motivation to show up to work and get my job done even when I'm not feeling well."

Operation Chrome Dome is still accepting donations. Go to IPSC on the second floor of N30 or through the Go Fund Me Page.

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Courts Martial results

DND

Master Warrant Officer Alan Chapman plead guilty to one charge at a standing court martial in Gatineau, Quebec, and was reduced to the rank of warrant officer.

The charges related to an act of sexual misconduct against a female member of the Canadian Armed Forces in Cyprus in 2010.

Of the two charges which were preferred by the Director of Military Prosecutions on December 3, 2015:

Commander Martin Pelletier, the military judge, stayed one charge of sexual assault under section 130 of the National Defence Act (section 271 Criminal Code of Canada).

The military judge found WO Chapman guilty of one charge of having behaved in a disgraceful manner under section 93 of the NDA.

Cdr Pelletier sentenced Warrant Officer Chapman to a reduction in rank to Warrant Officer from Master Warrant Officer and a \$2,500 fine.

The CAF takes all allegations of any form of sexual misconduct seriously and is committed to dealing with them as quickly as possible-

Capt Christensen

Captain David Christensen has pleaded guilty to one charge at a standing court martial in Kingston, Ontario, Nov. 30 and was reduced to the rank of Lieutenant.

The charges related to an act of sexual misconduct against a female member of the Canadian Armed Forces in Kingston, Ontario, on June 10, 2015.

Of the two charges that were preferred by the Director of Military Prosecutions on July 21, 2016, Chief Military Judge, Colonel Mario Dutil:

- stayed one charge of sexual assault under section 130 of the National Defence Act (section 271 Criminal Code of Canada).

- found Lieutenant Christensen guilty of one charge of having behaved in a disgraceful manner under section 93 of the NDA.

Colonel Dutil sentenced Lieutenant Christensen to a reduction in rank to Lieutenant from Captain.

A reduction in rank is a significant punishment within the military justice system, and has a direct consequence on the reduced CAF member's career and pay.

Patient safety logo contest open to all CAF members

The Canadian Forces Health Services Group invites all CAF members to submit simple and effective logo designs as part of the Patient Safety Contest.

The hope is that CAF members will be actively involved in a process that will ultimately help brand a program focused on improving their care and treatment. The logo would ideally make the program more recognizable to members and engage both patients and Health Services Group personnel in learning about patient safety.

The program's aim is to reduce the risk and potential for harm to patients across the medical and dental services. Projects are focused on protecting patients from preventable harm that can occur when they receive care. The goal is to continuously improve service systems for all forces members.

Submissions can be sent to qps-qsp@forces.gc.ca and will be accepted until Dec. 16. Additional information on patient safety can be found at <http://cmp-cpm.mil.ca>, under the Health Services tab. Click on Information for Health Services Personnel, and then Quality and Patient Safety Office.



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Marksman shoots personal best at CISM

Peter Mallett
Staff Writer

Competitive pistol shooter Capt Mark Hynes has returned from the 49th CISM Military World Shooting Championship in Qatar with a personal best score in the 25M Pistol Centre Fire Match team event category.

Capt Hynes, who works for Joint Task Force Pacific - J3 Land Operations, was part of the Canadian Armed Forces team competing in the Conseil International du Sport Militaire (CISM) event, Nov. 14 to 19 at the Losail Shooting Sports Complex in Doha.

The event brought together hundreds of pistol and rifle target shooters from 50 nations. While Capt Hynes was disappointed after failing to advance to the final of 25 Metre Rapid Fire Pistol team event after placing 66th out of 96 shooters in the Preliminary Round there was a silver lining for him.

“The highlight for me was the personal best because I scored 578 out of a possible 600 points and finished 10th out of 105 shooters. Overall it was a well-organized tournament in terms of everything from accommodation, meals, to the conduct of matches at a world-class facility.”

Next up for Capt Hynes is the Canadian Grand Prix Competition to be held next spring in Cookstown, Ont., April 28 to May 1, 2017.



Credit: CISM
Capt Hynes lines up a shot during the 25M pistol competition.

Credit: Capt Hynes

Capt Mark Hynes, from JTFP J3 Land Operations, gets set to compete in a 25 Metre pistol shooting competition at the CISM Military World Shooting Championship held at the Losail Shooting Sports Complex in Doha, Qatar, Nov. 14 to 19.

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The recipients of Cert 2, 3 and 4s on Nov. 5.

Deployment generates trained engineers

Katelyn Moores
MARPAC PA

While visiting *HMCS Vancouver* in Brisbane, Australia, last month, Rear-Admiral Art McDonald presented 18 awards, certificates and promotions to members of the crew. Six of those presentations were for new Marine Engineer certifications, including four Cert 2Es, one Cert 3 and one Cert 4.

“Generating forward is all about getting the training done at sea and on time so we can continue to achieve operational excellence throughout the fleet,” said RAdm McDonald. “These engineers have just successfully completed a very intensive training process and now we have six new certifications on board *HMCS Vancouver*. That’s really a remarkable success, both for the ship and for the Royal Canadian Navy.”

LS Christopher Albin earned his Cert 2E while on board the ship.

He was attached posted from *HMCS Calgary* for WestPloy and said he’s very appreciative of the opportunity to complete his training on deployment.

“Having everyone else training around you allows you to bounce ideas off each other and learn things you wouldn’t necessarily notice on your own,” says LS Albin. “If I’d been ashore, I wouldn’t have had the opportunity for the hands-on training that allowed me to get my certification done as quickly and effectively as I did sailing in *Vancouver*.”

According to the ship’s Engineering Officer, Lt(N) Tony Carter, forward Force Generation deployments such as WestPloy 16 are ideal conditions for certification training. While deployed at sea, it is easier to simulate the realism of an engineering problem or emergency, including aspects such as communicating options and recommendations to the Officer of the Watch. The realism of the training environment

better prepares the trainees to assume the responsibilities of their new classifications. Another advantage of completing certifications during a deployment is that it allows for a period of consolidation of knowledge during the return trip home.

“Consolidation is an important aspect of the training system,” says Lt(N) Carter. “Similar to obtaining a driver’s license, the certification demonstrates a basic competency to perform the duties and responsibilities of the certification positions. The true learning begins once they adopt their new positions.”

As Marine Engineers, these sailors are responsible for operating and monitoring the ship’s mechanical equipment, such as diesel and gas turbine propulsion engines, fuel and lubricating systems, refrigeration and air conditioning equipment and ship’s steering equipment. During the deployment, trainees completed regular drills on machin-

ery emergency response procedures and regularly conducted practice boards, in addition to their own individual studying, to help prepare for their boards. It’s a highly focussed and intensive training regime that has proven to be very effective.

“It’s a lot of work and can be very tiresome, but you’re more focused and you get to have your hands on the equipment instead of looking at a book,” said LS Kristian Pretty, who also earned his Cert 2E during the deployment. “There’s a real advantage to learning at sea.”

Since departing Esquimalt five months ago, *Vancouver* has been operating extensively throughout the Pacific region. They have participated in two major exercises, RIMPAC and Kakadu, and have visited several countries in the Asia-Pacific. They have also been testing and evolving the war fighting capabilities of their warship, as a newly modernized Halifax-class frigate.

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Hull techs take to the ice to honour fallen colleague

Peter Mallett
Staff Writer

Hull technicians past and present will lace up their skates to honour a departed colleague who loved hockey.

The naval tradespeople who work out of Galiano, Colwood's damage control building, will line up on their respective blue lines for the third annual Mike Howlett Memorial Hockey Game on Dec. 8, 1 p.m. at the Wurtele Arena.

CPO1 Howlett succumbed to pancreatic cancer in March 2010.

Organizers LS Keelan Cook and PO2 Mark Lavoie say the annual hockey game began five years ago as a buildup to their annual year-end holiday party.

"It began as an excellent way to get some exercise, blow off some steam, and build camaraderie and friendship," said PO2 Mark Lavoie.

When Chief Howlett died, they decided to play the game in his memory.

"The more recent editions of the game gets all the Hull Techs together for an afternoon of fun, playing a game they love while remembering a man we loved," says LS Cook.

CPO1 Howlett, of Stephenville, NFLD., was a loyal Edmonton Oilers fan and loved hockey so much he once had a ball hockey court built at their unit.

Proceeds from each hockey game participant's \$10 registration fee will be donated to cancer research.

Both PO2 Lavoie and LS Cook have competitive hockey experience. Prior to his military career, PO2 Lavoie played for Les Gaillards de Jonquière of the Quebec Collegial AAA Hockey League, while LS Cook is the team Captain and coach for the CFB Esquimalt Mens Tritons, and also played with the Manitoba Junior Hockey League's Neepawa Natives and Portage Terriers, and the Flin Flon Bombers of the Saskatchewan Junior Hockey League.

CPO2 (Ret'd) Butch Boucher, 69, a former co-worker of CPO1 Howlett and experienced senior recreational league goaltender, will be the oldest player on the ice. Boucher worked with CPO1 Howlett in the early 1990s when the two were Hull Tech instructors at Fleet School, and like PO2 Lavoie and LS Cook, had the utmost respect for him because he was "a hard-working sailor who



A portrait painting of CPO1 Mike Howlett who died of cancer in 2010.

rose through the ranks" to become the unit's West Coast trade advisor prior to his death.

"A true sailor and a friend, Mike was an extremely popular individual, heavily into sports and very well-liked and respected by his peers," says Boucher. "His commitment to the trade was always foremost in his mind and he was always striving to ensure the Hull Tech community came first."

Spectators are welcome to watch the game.

A true sailor and a friend, Mike was an extremely popular individual, heavily into sports and very well-liked and respected by his peers.

CPO2 (Ret'd) Butch Boucher



Photos by Peter Mallett, Lookout (Left) Hull Techs LS Keelan Cook and PO2 Marc Lavoie display the Hull Tech's Hockey Trophy at the Damage Control building in Colwood. Members of the trade will participate in an annual memorial hockey game Dec. 8 at Naden Arena in honour of CPO1 Mike Howlett who died of cancer in 2010.

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The fantastic double life of a naval officer

Darlene Blakeley
Navy Public Affairs
Ottawa

Lieutenant-Commander Donald Allan lives two lives, one of which is pure fantasy.

An information warfare specialist in the Royal Canadian Navy by day and an award-winning self-published fantasy novelist by night, LCdr Allan is a self-affirmed "large geek and sometime nerd."

"That's a good thing today, thankfully!" he says.

LCdr Allan's first book, *Duilleog*, which is Celtic for leaf, recently won a Gold Medal in the Fantasy/Other World category in Dan Poynter's Global eBook Awards.

"I was nominated and then unexpectedly I won Gold for my category," he says. "I am my own worst critic. People tell me 'I love your novels' and internally I am wincing, thinking 'how did they miss this or that?' It's still sinking in. I'm not used to bragging, but I'm starting a little! So it felt good. It affirmed that I am indeed an author; an honest to goodness real author."

In fact, LCdr Allan is currently writing the third book in what he calls the "New Druids" series and already has plans for a fourth. All the books have Celtic titles

(along with *Duilleog* there is *Craobh* [branch], *Stoc* [stalk] and *Freamhaigh* [root]), which is a natural fit for him since he grew up in a Scottish household.

"My mum and dad and my brother immigrated from Port Glasgow, Scotland in 1962. I was born in Ottawa but have been surrounded by all things Scottish my entire life, so I naturally lean towards Celtic things. Except Scotch pies - I hate those things," LCdr Allan laughs.

He has been writing his whole life, but mostly for enjoyment, he says. A teacher at the Glebe Collegiate Institute in Ottawa where he went to high school, Brian Doyle, also an established author, wanted LCdr Allan to become a writer and publish his stories. "I should have listened to him," says LCdr Allan, "but for me the navy always came first."

He worked as a naval reservist for nine years before joining the Regular Force as a maritime surface and sub-surface officer. However, he harboured a long-time dream of seeing his name on the cover of a novel, and while posted to Washington, D.C. where he worked with the U.S. Navy in the Pentagon, the concept for a fantasy series

was born. Suddenly the idea consumed him and he wrote his first full-length novel. It was published in June 2015.

As a child he was introduced to the fantasy genre by a teacher he had a crush on in the fifth grade, Mrs. Robinson. "The humour is not lost on me," he says.

He particularly liked the escapism that stories by J.R.R. Tolkien, C.S. Lewis, Stephen R. Donaldson, Elizabeth Moon, Robin Hobb and Ursula Le Guin offered. "Fantasy has always attracted me for its ability to make you dream of fascinating worlds and alternate realities. Look at the global admiration for *Game of Thrones*, and even *Harry Potter* - everyone loves fantasy! So, writing in fantasy comes naturally to me. When you have immersed yourself in mythology and fantasy your entire life it's natural to stick to it."

LCdr Allan admits that the novels of Elizabeth Moon are his favourites, brilliant in their simplicity and attention to the little things that mimic real life. "Few books make you swallow in sorrow or cheer in delight. To make the real world fade a little for the reader and get them to understand that change can be awe-inspiring and frightening too. Wrap it with wonder and magic and there you have it: a perfect escape."

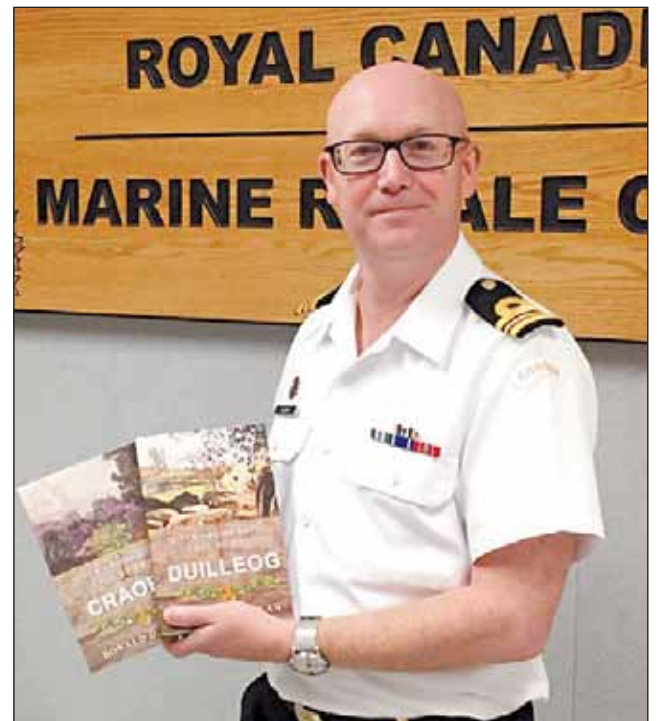
Like most people, LCdr Allan has to balance his work and family life. While he used to be an avid computer gamer, now he writes on a laptop in the family room while watching TV with his wife and two chil-

dren. "It's relaxing and I am now more a part of my family than ever before. Family is everything. My writing is never going to shadow family priorities. I think perhaps the navy taught me how to balance work, family and my writing. It's one of the strengths of the navy - our people and their ability to juggle countless items of work, family and life - and come out shining."

LCdr Allan admits he often gets a strange response from people who discover he is a naval officer who writes fantasy novels. "They see a naval officer and assume I have read the *Master and the Commander* series or *The Battle of Midway*. Truth is, I hate nautical stories and non-fiction bores me to tears."

The third book in the *New Druids* series will be published in June 2017, and the fourth, which he has outlined, will follow a year later if not sooner. He is currently writing his first science fiction novel, set in Algonquin Park and Ottawa, also set to be published next year.

"I'm always thinking of some new story, whether on the bus to work or



Lieutenant-Commander Donald Allan

lying in bed staring at the ceiling," LCdr Allan says. "Interestingly enough, I've raised my children to love reading and I read to them almost every night when I was home from sea. Their favourites were the stories I made up. You take a simple idea and then run with it - anywhere you like, really. Add a little twist, throw in their names for giggles, and

the next thing you know you've made a little world with a little story in it, and the kids are happy and ready to sleep. The story is just there for the grabbing, like low-hanging apples on a tree. Some you grab are rotten and you throw those ones aside; some though are sweet and tart and bursting. Those are the ones you write about."

I was nominated and then unexpectedly I won Gold for my category. I am my own worst critic.

Lieutenant-Commander Donald Allan

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Julianna in dance mode, with her artificial arm.

Young B.C. dancer part of War Amps ongoing legacy

As The War Amps marks the 70th anniversary of its Key Tag Service this year, it has put the spotlight on a young B.C. amputee with a passion for dance.

Julianna, 18, was born a right arm amputee and is a member of The War Amps Child Amputee (CHAMP) Program.

She is currently being featured in a War Amps public service announcement (PSA) that shows her dancing using an artificial arm that gives her flexibility and balance.

As a member of CHAMP, Julianna is eligible for financial assistance with the cost of artificial limbs and to attend regional seminars where she meets other amputees just like her.

CHAMP is part of The War Amps ongoing legacy, which began in 1918 when amputee veterans returning from the First World War started a fraternal organization based on an "amputees helping amputees" philosophy.

These veterans then launched the Key Tag Service in 1946 so that returning Second World War amputees could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association.

Today, it continues to employ amputees and other people with disabilities, and has returned more than 1.5 million sets of lost keys to date. Public support of the Key Tag

and Address Label Service funds the Association's essential programs for war, adult and child amputees across Canada.

For her part, Julianna says support from The War Amps has meant a lot.

"The War Amps has played a huge role in my life, not only by providing funding for my artificial limbs, but also the seminars and just making me feel more comfortable with who I am."

The War Amps receives no government grants. For more information, or to order key tags or address labels, visit waramps.ca or call toll-free 1 800 250-3030.

To watch Julianna's PSA, visit The War Amps YouTube Channel.

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HMCS Edmonton assists in drug seizures

DND

HMCS Edmonton assisted the U.S. Coast Guard (USCG) in the disruption of three separate illicit drug shipments from Nov. 15 to 18, in international waters off the Pacific Coast of Central America. The combined weight of the disrupted drug shipments, confirmed to be cocaine by the USCG, was an estimated 2,120 kg.

In each instance, the collaborative efforts of the Royal Canadian Navy, USCG Law Enforcement Detachments (LEDET), USCG cutters, and USCG aircraft led to the disruptions. Most of the cocaine from each disruption was recovered from the ocean after being jettisoned by suspected smugglers in panga-style fishing vessels. In all cases, a USCG aircraft provided observation and vectoring information to teams deployed in rigid-hulled inflatable boats, and USCG cutters served to house and transport the suspected smugglers who were apprehended.

"Edmonton's interceptions this week are the result of the crew's focused training in advance of deployment and tireless effort while deployed," said Lieutenant-Commander Lucas

Kenward, Commanding Officer HMCS Edmonton. "I am incredibly proud of their efforts to date. Edmonton has demonstrated the Canadian Armed Forces' ability to communicate, share information, and seamlessly integrate with the maritime patrol aircraft and surface units of our USCG and USN allies to combat narcotics trafficking in the Eastern Pacific."

In total, 32 bales of cocaine were recovered during three disruptions, weighing an estimated 1,510 kg, while an estimated 610 kg of cocaine were lost to sea despite an extensive search. A total of seven suspected smugglers were also apprehended by the USCG.

In the Nov. 15 incident, a total of one bale of cocaine weighing an estimated 40 kg was recovered from the ocean, with an estimated 610 kg lost to sea, despite a 10-hour search by HMCS Edmonton. A panga-style

fishing vessel was boarded by a USCG LEDET team and four suspected smugglers were apprehended. They were eventually transferred to a USCG cutter.

In the Nov. 17 incident, a total of 16 bales of cocaine weighing an estimated 760 kg were recovered from the ocean. A panga-style fishing vessel was boarded by a USCG LEDET team and three suspected smugglers were apprehended and subsequently transferred to a USCG cutter.

In the Nov. 18 incident, a total of 15 bales of cocaine weighing an estimated 710 kg were recovered from the ocean. A panga-style fishing vessel evaded capture after jettisoning its cargo.

The seized substances all tested positive for cocaine by the USCG.

Aircraft involved in the disruptions included USCG HC-130J fixed-wing aircraft and USCG MH-65 helicopters.



Photo by MAPAC Imaging



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Naval Fleet School (Pacific) Divisions Presentations and Awards

Commander Todd Bonnar presented promotions and awards during the Naval Fleet School (Pacific) Divisions Presentations and Awards ceremony Nov. 24.

Photos by MCpl Brent Kenny, MARPAC Imaging Services



PO1 Roulston is promoted to his current rank.



PO1 James Jimmo is promoted to his current rank.



PO1 Sears is promoted to her current rank.



PO1 Sears is promoted to her current rank, accompanied by her son (right).



LS Brett Fletcher is promoted to his current rank.



CPO2 Lindy Quilty is presented the Canadian Forces Decoration First Clasp for 22 years of service.



PO1 Michael Trahan is presented the Canadian Forces Decoration First Clasp for 22 years of service.



PO2 Robert Krause is presented the Canadian Forces Decoration First Clasp for 22 years of service.



Lt(N) James Lee is presented the Canadian Forces Decoration for 12 years of service.



Lt(N) Joseph Rotchford is presented the Canadian Forces Decoration for 12 years of service.



PO2 John Breland is presented the Canadian Forces Decoration for 12 years of service.



LS McGarrigle is presented the Canadian Forces Decoration for 12 years of service.



Lt(N) Johnston is presented the Operational Service Medal – Expedition.



Cpl Corman is presented the Operational Service Medal – Expedition.



LS Ricky Ferguson is presented the Operational Service Medal – Expedition.



LS Silva is presented the Operational Service Medal – Expedition.



LS Andreassen is presented the Operational Service Medal – Expedition.



LS Davis is presented the Sea Service Insignia – Gun Metal.



Promotion

Lt(N) James Brun is awarded his Canadian Forces Decoration and promotion from Capt(N) James Clarke MOG4.

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