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Raven Program sees students soar

Ordinary Seaman David Saviakjuk, a Raven Program candidate, crawls under an obstacle during Confidence Course training at Albert Head training camp, Canadian Forces Base Esquimalt, on Aug. 1. The six-week Raven Aboriginal Program is an outreach program designed to build bridges with Aboriginal communities in Canada and to make Aboriginal youth aware of potential military or civilian careers with the Department of National Defence. See page 6 for full story.

Photo by LS David Gariepy, MARPAC Imaging Services



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Photo by Peter Mallett, Lookout

Citizenship Judge Gerald Pash presents 15-month-old Wesley Lau with his citizenship certificate alongside his parents Lieutenant Commander Jimmy Lau and Crystal Lau following the conclusion of a Citizenship Ceremony at Duntze Head on Aug 16.

New Canadians, young and old, celebrate citizenship

Peter Mallett
Staff Writer

Eighty-five people from 23 different countries were officially welcomed aboard as Canadians in a citizenship ceremony hosted by Maritime Forces Pacific on Aug. 16 at Duntze Head.

With an overflow crowd of supporters looking on, the new Canadians took their Oaths of Citizenship, were presented their citizenship certificates, cheered,

embraced family members and loved ones and then sang O' Canada.

Youngest among this new group of citizens was 15-month-old Wesley Yuki Lau who comes to Canada from Yokosuka, Japan. Wesley Lau is the newly adopted son of Lieutenant Commander Jimmy Lau, a Submarine Technical Officer in Canada's Submarine Force, and his wife Crystal Lau, who works as a Registered Nurse at

Victoria General Hospital. Although Wesley is young and likely won't remember the ceremony, LCdr Lau said it's a moment he and his wife will never forget.

"It took a lot of paperwork and we are very happy to get this done before my next posting," said LCdr Lau. "This moment really marks the beginning of a great new chapter in Wesley's life and thankfully we will have the pictures to show him when he gets older."

The citizenship process was a fairly stressful one for LCdr Lau and his wife because they were in a race against the clock to have citizenship granted before the family moves to England. After Labour Day, LCdr Lau will be cracking open the books during a 16-month posting in a sponsored post graduate

program at the University College of London studying for his Masters in Naval Architecture.

Jimmy and Crystal met in 2006 and had their minds set on adopting a child prior to their marriage in 2012. Wesley was placed with the Lau's in Japan when he was just one-month old in June 2016, but Wesley's adoption wasn't officially finalized until Feb. 17 of this year.

"With my ethnicity being Chinese and Crystal being Canadian/European, Wesley blends in very nicely as a family unit," said LCdr Lau. "We chose Wesley Yuki Lau as his name because he will have a Canadian first name, a Japanese middle name and a Chinese last name, which is a great representation of who he is."

Reacting to the joy

expressed by the participants in obtaining their citizenship, LCdr Lau said he could relate to the experiences of the other new citizens. That's because he is an immigrant himself who came to Canada with his family in 1992 when they moved to Toronto from Hong Kong.

"For me, I felt proud to become part of something great, a nation of hockey and poutine," said Lau. "Canada has a unique identity that Hong Kong as a British Colony at the time, did not. Participating in the citizenship ceremony was remarkable because I actually felt more like a Canadian than most of my friends because I had to take the Oath and sing the anthem in a ceremony presided over by a judge, rather than it just being by birthright."

While Wesley Lau was too young to officially take the Oath of Citizenship (children under the age of 14 aren't officially required) LCdr Lau and Crystal were presented with Wesley's official citizenship papers by Citizenship Judge Gerald Pash following the conclusion of the ceremony. Judge Pash noted during his remarks that Canada welcomes 300,000 new immigrants each year and that 85 per cent of them will eventually become citizens of Canada. He wished them all well during his final address at the conclusion of the ceremony.

"Tomorrow, for the first time you will all wake up in the morning as Canadian citizens," said Judge Pash. "You are no longer guests; you have a place at the table."

This moment really marks the beginning of a great new chapter in Wesley's life and thankfully we will have the pictures to show him when he gets older.

Lieutenant Commander Jimmy Lau

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A defender from a combined Royal Canadian Navy and Royal New Zealand Navy team tackles an opponent from the Chilean supply ship *Almirante Montt* during an exhibition soccer match at the sports field on Colville Road on Aug. 11.

Chilean Navy takes the win at friendly soccer match

Peter Mallett
Staff Writer

Players from the Chilean supply ship *Almirante Montt*'s soccer team scored a lopsided 17-1 victory over an impromptu team of Royal Canadian Navy (RCN) sailors in an exhibition soccer game at the Colville Road sports field on Aug. 11.

Approximately 25 players from the Chilean Navy showed impressive ability during two 45-minute halves against an RCN team of personnel from *HMCS Regina* and *HMCS Calgary*, including six sailors

from the Royal New Zealand Navy (RNZN), who unofficially dubbed themselves 'The Coalition Forces.'

"It truly was an international friendly and everyone out on the field seemed to be smiling and enjoying the competition," said Able Marine Technician Joe Mataele of the RNZN.

The Coalition Team got some late consolation with a shutout-busting goal midway through the second half, but it was the fun factor and not the final score that seemed to matter most to participants and approximately 75 spectators, who cheered and

shouted encouragement to both sides right up until the final whistle.

"We knew going into this game that we would be outmatched and that it was only for fun and it was great to see all of the players on our team with good attitudes towards our opponents and enjoying the *esprit de corps*," said Lieutenant(Navy) Andrea Leitch, who works as the Logistics Officer aboard *Regina*.

After the final whistle the players from both teams gathered for the traditional post-match handshake before posing for a group photograph in the centre circle.



Players on both teams gather for a post-game photo.

Photos by Peter Mallett, Lookout

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Published each Monday, under the authority of
Capt(N) Jason Boyd, Base Commander.

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

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LOOKOUT
NEWSPAPER

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
CFB Esquimalt, PO Box 17000 Stn. Forces,
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WHAT SAY YOU

People Talk

When the Saskatchewan Roughriders visited *HMCS Regina* on Aug. 6, the Lookout asked:

If you could choose to play any position on a CFL team which position would it be and why?



I would want to be the quarter-back because the person at this position leads the whole team and calls all the shots on the field.

MS Sarbpreet Boparai



The kicker because I used to play midfielder in soccer and really do like to kick the ball and I would have the chance to be a game decider.

Lt(N) Jessica MacMillan



Linebacker because I think it would be cool to 'crack some helmets' and cool to go after the other team's quarterback and make 'Riders fans proud.

Lt(N) Tony Greenwood



Definitely wide receiver because I used to play that position as a junior football player for the North Delta Panthers when we won the provincial title for Junior Bantam.

MS Mark Sebulsky

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Ravens take flight during RCN day sail

Peter Mallett
Staff Writer

Thirty-seven members of the Royal Canadian Navy's Raven Aboriginal Program got a taste of life at sea when sailors aboard three Orca-class Patrol Craft Training vessels treated them to a day sail on Aug. 14.

The mostly high-school aged Aboriginal students who hail from communities in Nunavut, North West Territories, Saskatchewan, Manitoba, Quebec, Ontario and British Columbia took part in a six-week work study program at CFB Esquimalt designed to give them an up-close look at the Canadian Armed Forces and the many career options available.

"The day sail is a fun day for the Ravens but it's also an educational one as they continue to learn about what life in the Navy is all about," said Lieutenant Commander Daniel O'Regan, the Commandant of the Raven Program. "After over six weeks together the group is very tight right now and the cohesion and sense of pride they have in themselves is great to see."

On board the Orcas the Ravens were quickly put to work, roving fenders and hauling lines before forming

a human chain as, box by box, they loaded the day's rations into the galleys. The group was given a guided tour of the vessels including the engine room, mess and bridge, where they learned about basic navigation and operations on board, and had a lesson on how to helm the ship.

"It was difficult learning how to steer the vessel at first but after some practice it became fairly easy," explained Raven Ordinary Seaman David Saviakjuk who comes from Coral Harbour, Nunavut, a tiny community on Southampton Island, located at the north end of Hudson's Bay.

After a quick break for lunch, the students were treated to a surprise visit from a Sea King Helicopter from 443 Maritime Helicopter Squadron. Donning helmets and jumpsuits two lucky students from each vessel were selected to go for a flight in the helicopter.

"I was so excited to be selected; I've seen them do this stuff on television but never dreamed I would get the chance and I would do it again in a heartbeat," said OS Shaunya Ullulaq, who lives in Gjoa Haven on King William Island, Nunavut, and someday hopes to work with the Royal Canadian

Mounted Police or the Military Police.

Once inside the helicopter they gave the thumbs-up sign to their peers watching from the front window of the bridge. The helicopter then climbed, tilted sideways and roared away taking the students for a ten-minute flight high above the Strait of Juan de Fuca.

"The helicopter ride came as a complete surprise and was the highlight of my trip," added OS Sam Seven Deers of Nelson, B.C., who says his participation in the Raven Program has solidified his interest in someday attending the Royal Military College of Canada in Kingston, Ont.

The students were housed at Work Point Barracks during their stay in Victoria where they were introduced to an intensive military training program showing them basic military skills including physical training, first aid and weapons handling. The Ravens also participate in a culture camp held over three days at Vancouver Island's Nanose Bay and administered by Elders from different First Nations and Aboriginal groups.

"Even if they don't choose the military as a career path the experiences and

the skills they learn through the Raven Program will be with them for the rest of their lives; they will take these new skills and knowledge with them back to their respective communities," said Lieutenant(Navy) Alicia Morris, Officer In Charge of the Raven Program.

But it's not just the candidates who benefit from the program according to Lt(N) Morris and LCdr O'Regan, who noted Raven support staff from Fleet School all undergo Aboriginal Awareness Training in an

effort to better understand the diverse array of communities the Ravens are coming from.

"The program is an eye-opener for everyone involved and helps bridge the gap of understanding between Native communities and the military," said LCdr O'Regan.

This year's Raven can-

didates successfully completed the Program on Aug. 17 at a graduation ceremony at CFB Esquimalt's Work Point.

For more information about the Raven Program and how to enrol visit the RCN web page <http://www.navy-marine.forces.gc.ca/en/navy-life/youth-raven.page>

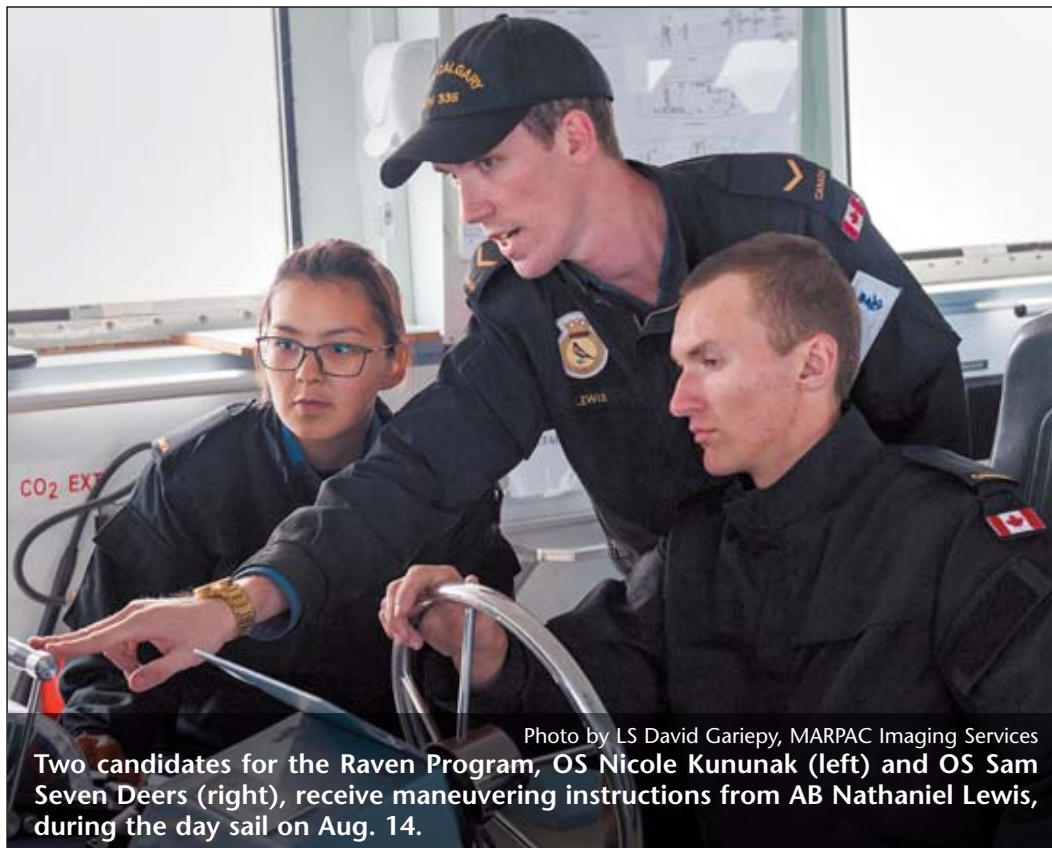


Photo by LS David Garipey, MARPAC Imaging Services
Two candidates for the Raven Program, OS Nicole Kununak (left) and OS Sam Seven Deers (right), receive maneuvering instructions from AB Nathaniel Lewis, during the day sail on Aug. 14.





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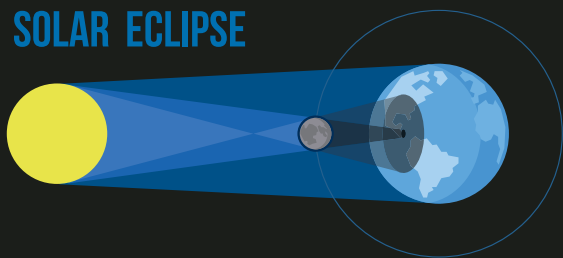
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SOLAR ECLIPSE



Rare solar eclipse visible Monday

Peter Mallett
Staff Writer

Day will temporarily turn to night in Esquimalt late on the morning of Aug. 21 when the moon will cast its shadow in front of 90 percent of the sun, falling just short of a full eclipse.

The moon and sun will begin their nearly two-and-a-half hour celestial dance across the sky at 9:08 a.m. The eclipse will reach its maximum strength in skies overhead of the base at approximately 10:20 a.m., with the entire celestial event wrapping up at 11:38 a.m.

Looking directly at a solar eclipse for any amount of time without certified safety gear can cause permanent damage to your eyes. The website of the Canadian Ophthalmological Society (COS), a recognized authority on eye and vision care, says looking at an eclipse with the naked eye can cause damage to the retina, the light-sensitive nerve layer at the back of the eye. Parents are advised to take special care because such damage is normally more severe in children. The only safe ways to view

an eclipse are through a pair of specially-designed eclipse glasses with a designated ISO of 12312-2 or through a pin-hole camera or viewer that will be provided at multiple public viewing sites around town.

Members of the Royal Astronomical Society of Canada (RASC) will be on hand with telescopes and eclipse viewers at the summit of Mount Tolmie Park and also near the Royal BC Museum. The University of Victoria Observatory, located on the 5th floor of the Bob Wright Building, will be holding a special public open house to view the eclipse between 9:00 a.m. and 11:30 a.m.

A total eclipse will be visible across the United States, from Oregon to South Carolina, a phenomenon that has happened only 15 times over the country since 1503.

For more information about the eclipse visit the RASC website at <http://www.rasc.ca/solar-eclipse-2017> and for more about vision safety go to the COS website: <http://www.cos-sco.ca/vision-health-information/vision-safety/>



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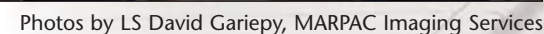
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Athletes join competitors from militaries around the world to show that wounded does not mean defeated.

Invictus Games Flag Relay kicks off at CFB Esquimalt

The Invictus Games Flag Relay set off from Canadian Forces Base Esquimaux on Aug. 16.

Lasting 37 days, the 10,000 km Flag Relay will see 152 Canadians carry the Invictus Games Flag across the country as it visits 22 military bases, 15 legions and more than 50 communities. Its final stop is Toronto where it will arrive in time for the opening of the 3rd Invictus Games, held from September 23 to 30.

Founded by the United Kingdom's Prince Harry in 2014, the Invictus Games are an international multi-sport event involving wounded, injured and ill military personnel and veterans. This year's athletes will compete in 12 adaptive

sports involving everything from wheelchair basketball to archery.

In a ceremony held at CFB Esquimalt, members of the public and military witnessed the raising of the flag and heard speeches from visiting dignitaries. These included two of the athletes who will be competing in the upcoming Games: Corporal (Retired) Elizabeth Steeves and Corporal (Retired) Rob Sanders.

"The Invictus Games represent a challenge, but one that I am honoured to face," said Cpl (Retd) Steeves.

All participating athletes have overcome incredible struggles due to injuries, both mental and physical, and at this ceremony both athletes emphasised the importance that these Games play in their lives.

"Training for the Games has helped me to better accept the symptoms [of PTSD] and I have regained my self-confidence and self-esteem," said Cpl (Retd) Sanders.

With more than 400 people attending the ceremony, the athletes were touched by the level of support shown for the Games and spoke to how important this support is for them and for wounded veterans and serving members at large.

"The journey has not been easy... but I love seeing so many people out here to support us," said Cpl (Retd) Steeves.

Within a month, these athletes will join competitors from militaries around the world as they congregate in Toronto, eager to show that wounded does not mean defeated.

A military veteran and talented athlete from CFB Esquimalt who endured two painful knee replacement surgeries says her inclusion in the upcoming Invictus Games has re-invigorated her life.

Master Corporal (Retired) Sandy Bate is competing in golf at the Invictus Games in Toronto. She says win, lose or draw, competing in the Games will be a victory.

"Being part of Invictus has given me something to shoot for, and makes me feel great that I am part of a team and getting back on track with a healthy and active lifestyle."

That optimism wasn't apparent following her medical release in 2009 after a 21-year career in the military.

Sports was her pride and joy, and her downfall.

Whether it was golf, ice hockey, floor hockey, basketball or slowpitch, she was on the team leading them to Canadian Armed Forces (CAF) national and CISM (Conseil International du Sport Militaire) championship titles. She was recognized for her achievements

in sports when she was inducted into the CF Sports Honour Roll in 2007 for multiple sports.

"Sports was always a way for me to fit in but when I was unable to participate any longer it became very difficult for me to cope" says the 57-year-old.

Injuries slowly began to plague her, including bulging disks in her neck and knee damage. She underwent two knee replacement surgeries on her left knee, one in 2013 and another in 2014, but recovery was fraught with setbacks including two painful manipulations of her artificial knee.

"Golf has always been such a huge part of Sandy's life, so not being able to play the game she loved so much was incredibly hard for her and was having a terrible impact on her," says Connie Cave, Bate's partner for the last eight years.

But the doctor's suggestion of amputation pulled her from despair and galvanized her determination to overcome her injuries.

"Not being active wasn't an option for me and I became more determined to recover from this."

Last June she improved enough to return to the greens and become a member of the CFB Esquimalt Golf Association again after three years of rehabilitation. She has adjusted her game to compensate for her weak knees.

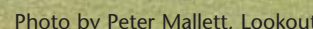
Playing other sports isn't an option anymore as her knee won't flex past a 90-degree angle.

Bate heard about the Invictus Games during a Universal Studios vacation in Orlando in May 2016 where the second Invictus Games had just been held.

When she returned home she threw her name into the list of applicants for golf, a new sport being offered for the Toronto Invictus Games. Last November, she learned she was one of three female members chosen for Canada's Invictus golf team.

She is dedicating her participation in the Games to her mother, who passed away in January 2015, and to her brother Bobby, also an avid golfer, who tragically passed away from brain cancer in November 2016.

"I've come full circle and now I'm focusing my efforts towards the upcoming Games this September in Toronto."



Above: Lieutenant (Navy) Krista Seguin waves the Invictus Games Flag at Canadian Forces Base Esquimalt on Aug. 16.

Right: Master Corporal (Retired) Sandy Bate prepares for the Invictus Games.



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The image shows the logo for Pauls Motor Inn & Restaurant, which features a large, stylized 'P' and 'a' followed by 'uls' in a script font, with a crown above the 'u'. Below the logo, the text 'MOTOR INN & RESTAURANT' is written in a bold, sans-serif font. To the right of the logo is a red banner with white text that reads '10% Military Discount'. Below the banner, the text 'HOMESTYLE COOKING, FAMILY FRIENDLY & LICENSED' is written in a smaller, sans-serif font. At the bottom, the website 'paulsmotorinn.com' is displayed in a large, bold, sans-serif font, followed by the address '1900 DOUGLAS STREET | (250) 413-2775' in a smaller, bold, sans-serif font.



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Private John Hill from Vanderhoof Patrol of 4 Canadian Ranger Patrol Group is deployed near Williams Lake as part of Operation Lentus 17-04. Operation Lentus is the Canadian Armed Forces response to the wildfires in the interior of B.C.



Vanderhoof Ranger supports CAF wildfire efforts

2Lt Cameron Park
39 Canadian Brigade Group -
Canadian Scottish Regiment
Land Task Force (Pacific) PAO

Private John Hill, from Vanderhoof Patrol of 4 Canadian Ranger Patrol Group, is in Williams Lake, B.C., with the Canadian Armed Forces as part of Operation Lentus 17-04, which is providing support to the province to combat the wildfires.

Canadian Rangers, along with soldiers of the Canadian Army Reserves and Regular Force from 1 Combat Engineer Regiment are assisting the RCMP in the Williams Lake area.

Private Hill and other Rangers are manning an observe and report point with RCMP members on a route into the evacuated city. They are also assisting in monitoring traffic near the evacuated area and providing information on possible dangers to residents.

"It's very exciting, getting prepared, and then finally getting our order to come out and deploy," he says. "After many years of training and working with the military and other units, everything came into place. As a reservist, being here and helping out my community really brings out a sense of pride and joy from being able to assist those who need it."

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QL3 Boatswain
Graduation

Lieutenant-Commander Syrus Stogran
presented certificates during the QL3
Boatswain graduation ceremony on Aug. 4.


Photos by Cpl Stuart MacNeil, MARPAC Imaging Services




OS Rachel Sicard is presented the Top Student
Award.




OS Raphael Boucher receives his certificate.




OS Jason Do receives his certificate.




OS David Lopez receives his certificate.



OS Roch Pedida receives his certificate.



OS Rachel Sicard receives her certificate.



OS Robert Thorpe receives his certificate.



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Bravo Zulu

HMCS Queen

LCdr Clark Northey of HMCS Queen is presented the Vice Regal Commendation for his services as Aide de Camp to Her Honour the Honourable Vaughn Solomon Schofield, Lieutenant Governor of Saskatchewan, over the past five years.



Want to recognize someone in your unit?

Send your BZs to:
melissa.atkinson@forces.gc.ca



BZ HMCS Regina



NCdt Dunn is appointed to his current rank by Lt(N) Newman (left) and CPO2 Hatcher from HMCS Regina.

Bravo Zulu Base Information Services



MCpl Jason Bowerman is promoted to his current rank by Maj Grant Whittla, Acting Commanding Officer Base Information Services (BIS) (right), and Capt Joshua Weissbock, Operations Officer BIS.



Sgt Michael Fagan is promoted to his current rank by Maj Grant Whittla, Acting Commanding Officer BIS (right) and Capt Joshua Weissbock, Operations Officer BIS.

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Bravo Zulu



LCdr Padre R. John Hounsell-Drover is promoted to his current rank by Cdr Koester (left), and his wife, Sandra.


Correction from last week



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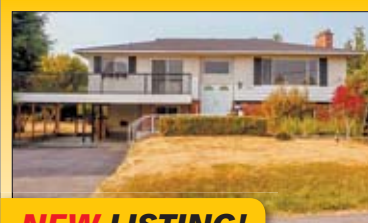


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