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Volume 62 Number 39 | October 2, 2017

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Lieutenant (Navy) Krista Seguin wins gold in the Invictus Women's Heavyweight powerlifting event at Ryerson's Mattamy Athletic Centre on Sept. 25.

Photo by: Corporal Michael MacIsaac

Unsinkable Sailor Strikes Invictus Gold

Peter Mallett
Staff Writer

A naval officer from CFB Esquimalt is paving her road to recovery with Invictus Games gold.

Lieutenant (Navy) Krista Seguin, who works for Base Accommodations, captured a gold medal in the Women's Power Lifting Heavyweight Division at the Invictus Games Toronto 2017 on Sept. 25.

Prior to arriving for the third edition of the international sporting competition for injured and sick mili-

tary personnel and veterans, the 28-year-old had modest expectations.

"All I was shooting for was to do my best and hope that my training and hard work kicked in," said Lt(N) Seguin. "Winning a gold medal was surreal. It's something that I have always dreamed of, so I am ecstatic."

The victory seemed all the more fitting because prior to the Games she held the Latin phrase "Luctor et Emergo", which means: I struggle and emerge, as her mantra.

Like the other athletes Lt(N) Seguin is using the power of adaptive sport as part of her recovery process. She suffers from a Compartment Syndrome in her right leg, a painful condition that puts pressure on muscles and joints. She developed the condition during basic training at Royal Military College in 2007.

"I am definitely not pain free, but thankfully the pain did not hinder my performance," she said. "Unfortunately it's doubtful that I will ever be pain free;

however, I have found many ways to cope with the pain, and staying active and playing sports is one of them."

In her path to the top of the podium, Lt(N) Seguin lifted 85 kg, edging out retired Canadian Armed Forces medical technician Jackie Buttnor, who captured a silver medal for Canada, and Emma Pack of the United Kingdom who took bronze.

The bench press competition requires participants' feet to be strapped down with three attempts to lift as much weight as

they can. There were seven other women competing for the title in Lt(N) Seguin's division.

She also competed for Canada in Sitting Volleyball, but unfortunately her team did not advance to the play-off round.

After winning the medal she reached out to friends and family, some of whom travelled to Toronto to see her compete, along with her teammates, coaches and Team Canada staff.

She said being around and competing against like-minded people who had

been through similar experiences was instrumental to her victory, and encouraged others suffering to consider adaptive sport as a path to rehabilitation.

"I would encourage anyone with a service-related injury, anyone that is struggling in their recovery, to consider playing adaptive sports or applying to participate or even volunteer at the next Invictus Games," said Lt(N) Seguin. "Finding my competitive edge and love for sports has greatly helped in my ongoing recovery."



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Golfer closes circle on comeback with Invictus bronze

Peter Mallett
Staff Writer

Canadian Armed Forces veteran Master Corporal (Retired) Sandy Bate of Victoria captured a bronze medal in golf at the Invictus Games Toronto 2017.

Bate, 57, was an accomplished athlete at CFB Esquimalt until her medical release eight years ago, and then struggled to overcome two knee replacement surgeries before making her return to the golf course in June 2016. Ahead of the Sept. 23 to 30 international sporting competition for injured or sick military personnel and veterans, Bate said her path to recovery "had come full circle". Being selected had "given her something to shoot for."

"Sports was always a way for me to fit in, but when I was unable to participate any longer it came difficult for me to cope," said Bate.

The Invictus golf competition was played on the links at historic St. Georges Golf and Country

Club in Etobicoke on Sept. 26. Leading up to the competition Bate dedicated her performance to the memories of her late mother and brother who were both avid golfers.

Bate scored a total of 24 points finishing three points behind Canada's Karyne Gelinas, a retired Air Force Air Traffic Controller from Moncton, and gold medalist Cornelia Oosthuizen of the United Kingdom who topped the field with a 32. The Invictus Golf tournament employed a Modified Stableford Scoring System that awards points for a golfer's performance on each hole.

Bate says a crucial factor in her comeback was an adjustment to her swing, necessitated by the lack of flexibility in her knee.

She enjoyed a 21-year military career before her retirement in 2009. In 2007 she was recognized for her athletic achievements and included in the CAF Honour Roll for her outstanding contributions in golf, ice hockey, floor hockey, broomball and slowpitch.



Karyne Gelinas (left), and Sandy Bates (right) from Team Canada win silver and bronze, respectively, in the Invictus Women's Golf event at the St. George's Golf and Country Club on Sept. 26. Cornelia Oosthuizen is centre with her gold medal.

Photo by: Corporal Michael MacIsaac

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Photo by: Corporal Lisa Fenton, Canadian Forces Support Unit (Ottawa) Imaging Services

His Excellency the Right Honourable David Johnston, Governor General of Canada, inspects the guard during his farewell parade at the Canadian Aviation and Space Museum in Ottawa, Ontario, Sept. 27.

Military bids farewell to Governor General

DND

General Jonathan Vance, Chief of the Defence Staff, and the Canadian Armed Forces community bade farewell to His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, during an official ceremony on

Wednesday, Sept. 27 at the Canada Aviation and Space Museum.

In appreciation of his support and service to the Canadian Armed Forces (CAF), the ceremony consisted of military honours including a CF-18 flypast, a 21-gun salute, and a 100-person Guard of Honour.

His Excellency served as the CAF Commander-in-Chief for seven years. During his appointment, the Governor General made it a priority to support military members and their families through various initiatives and activities.

The ceremony was also

attended by Canadian Armed Forces Chief Warrant Officer Kevin West, along with the Governor General's spouse, Her Excellency Sharon Johnston, Honorary Captain (Navy) of the Military Personnel Command.



In his role as Commander-in-Chief throughout his seven-year mandate, the Governor General, along with his spouse Sharon Johnston have:

- Attended 330 military events and activities;
- Visited 12 Canadian Armed Forces bases;
- Approved 79 new badges for Canadian Armed Forces units;
- Visited Canadian troops abroad on seven different occasions;
- Attended two change of command ceremonies for Chiefs of the Defence Staff; and
- Accepted the role of Honorary Patrons of the Military Family Services Program (MFSP) in 2011.

Quick Facts

As Commander-in-Chief, the Governor General performs many duties:

- Acts on the recommendation of the Prime Minister regarding the appointment of the Chief of the Defence Staff;
- Acts on recommendations of the Minister of National Defence regarding the appointment of Royal colonels of Canadian regiments;
- Approves new military badges and insignia;
- Visits Canadian Armed Forces personnel, their families and loved ones, at home and abroad;
- Presents new colours to Canadian Armed Forces units;
- Awards military honours, such as the Order of Military Merit, Meritorious Service and Military Valour decorations, and the Peacekeeping and Special Service medals; and
- Signs commission scrolls.

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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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Circulation - 3,800
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One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

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A Division of Personnel Support Programs
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WHAT SAY YOU

Book Review: A Kite for Russell

Review by: **Captain Bettina McCulloch-Drake,**
17 Wing Public Affairs

Meet Russell. He loves doing things with his mother, an engineer with the Royal Canadian Air Force. But one day, Russell's mom gets sick and their lives become increasingly difficult. Then someone connects them with a person who helps move them from a place of pain, to a place where they can rediscover their joy in each other.

Written by Laurie-Anne Johnson, a former family liaison officer with the Military Family Resource Centre in Winnipeg, *A Kite for Russell* explores a child's experiences with a parent who is suffering from illness. Although the book does not specify what Russell's mom is suffering from, readers could make the assumption she is experiencing depression, anxiety or stress disorder.

There are a few noteworthy points to be made about this book.

The mother is suffering from mental illness and served in operation overseas. She seems to be raising Russell by herself. The story places the focus squarely on how Russell is affected and how he is eventually able to get help.

By following Russell through his journey the reader can feel his initial helplessness in

not being able to get through to his mother. Likewise, many parents can relate to those times when they feel they are incapable of taking care of their children. In essence, we come to witness the blame Russell and his mother place upon themselves for the situation. From self-blame comes a sense a shame, which only makes it more difficult for Russell and his mother to find a way out of their situation.

As the narrative progresses, we are shown there is hope where there is help. All too often in the case of mental illness, it is someone close to the immediate family that recognizes a person is at a place of pain and suffering. It is often thanks to these "external" people that those with mental illness can get the help they need, enabling them to climb out of the darkness and into a place where joy be found again.

A Kite for Russell, published by Sononis Press is available for sale after Oct. 6 at McNally Robinson Booksellers locations and



online at www.mcnallyrobinson.com. The book was made possible thanks to the support of the Winnipeg Military Family Resource Centre and funding provided by the True Patriot Love Foundation.

People Talk

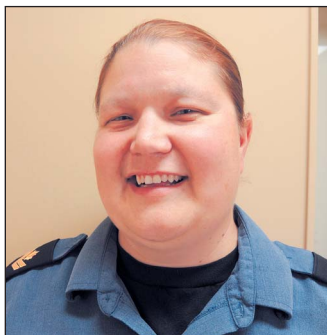
Lookout asked volunteers in the military community:

What charitable or community organizations do you volunteer your time with and why?



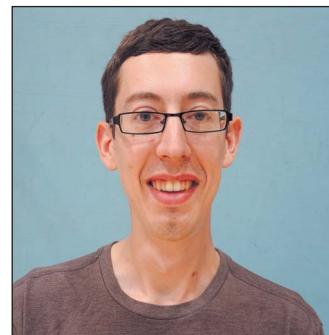
I volunteer with an organization called the Fraternal Order of Eagles, a group that gives back to the community and people in need in the form of grants. Here in Victoria we help the working poor and others in need with such things as bursaries, scholarships, and financial assistance to play sports and countless other initiatives. The money we raise helps a lot of people do a lot of things.

Rick Dwyer,
Military Family Resource Centre



I volunteer with the Parent Advisory Council at Crystal View Elementary School. We raise money to provide our students with funding for things like field trips, school supplies and new technology. It gives me a good feeling to be involved with the community and be closer to my kids at school.

Master Seaman Tanya Lajoie,
Canadian Forces Health Services Centre Pacific



I volunteer with a local organization called Compassionate Resource Warehouse, which assists people in third world countries with clothing, tools and medical supplies. I volunteer my time with a group of friends because it's good to make an impact on people around the world who are in need.

Leading Seaman
Kevin Lasseur,
Naval Fleet School (Pacific)



I volunteer with the Disabled Sailing Association of Victoria. For military members who are often posted to new, unfamiliar places, volunteering is a good way to get to know the people in the community.

Lieutenant Commander
Tung Siu,
Canadian Forces Health Services Centre Pacific



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Navy steps up whale protection policy

Peter Mallett
Staff Writer

When the Royal Canadian Navy (RCN) showed local media its Marine Mammal Mitigation Strategy on Bentinck Island Demolition Range it didn't anticipate that whales would play a role in the demonstration.

As media watched navy personnel set up demonstration demolition charges two weeks ago, they were alerted to a pod of killer whales and a group of baleen whales by on-the-water sentries whose job it is to search out marine life near the island.

"The presence of so many whales were a surprise, but they appropriately demonstrated how our procedures play out in real life because whales do frequent the area on a regular basis," said Duane Freeman, Senior Environment Officer with the RCN's Formation Safety and Environment office. "We had to delay our demonstration, and in a worst-case scenario had they stayed in the area, we wouldn't have done the demonstration at all."

The day-long event was arranged to show local media what goes on at the demolition range and the steps the military takes to mitigate any harmful effects

on surrounding marine life.

Regulations for activities on the property, located at the southwest corner of Rocky Point Ammunition Depot, include reductions in the amount of explosives used for detonations, a more restrictive explosives policy when whales are sighted in the area, and an expansion of safety zones.

The demonstration and strengthened policy come in the wake of concerns by the Pacific Whale Watching Association and tour boat operators in August that the use of explosives was harming a pod of killer whales in the vicinity.

A recent meeting between the base and the whale watching association resulted in agreed improvements such as halting explosives training when aquatic mammals are sighted within a two kilometres radius of the detonation site, an increase from the previous one kilometre; limiting explosives used from 2.25 kg to 1.13 kilograms; increased scrutiny of the surrounding area by the navy's waterborne sentries; and better communication between sentries, whale watching boats, and the Range Safety Officer when whales are spotted.



Photos by Peter Mallett, Lookout
Members of the media are escorted by RHIB (Rigid-Hulled Inflatable Boat) to Bentinck Island for a demolition demonstration on Sept. 20.

Freeman says the new measures further enhance safety precautions and are designed to reduce the chance that whales and other marine mammals could be harmed by the explosions.

"We know from scientific studies that have been conducted that the sound wave from explosions on land does not move through the water, but what we have done is expand our safety template, specifically when we see whales out at sea," said Freeman. "The key thing about revisiting

our policies is to ensure the sustainability of the range and the immediate environment and ecosystem around us so the navy can continue to train."

The demolition range at Bentinck Island has been in operation since 1953 and is near Race Rocks Provincial Ecological Reserve, which was established in 1980 as a Federal Marine Protection Area.

The navy has invited the Pacific Whale Watching Association for a similar demonstration later this year or in early 2018.

A baleen whale, likely a Humpback Whale, breaches the surface inside the two kilometre radius of the Bentinck Island Demolition Range, while off in the distance an navy sentry boat tracks the whale's position. When a whale or sea mammal is spotted inside the recently expanded safety zone, all demolition activities are immediately postponed until the area is free of sea mammals.

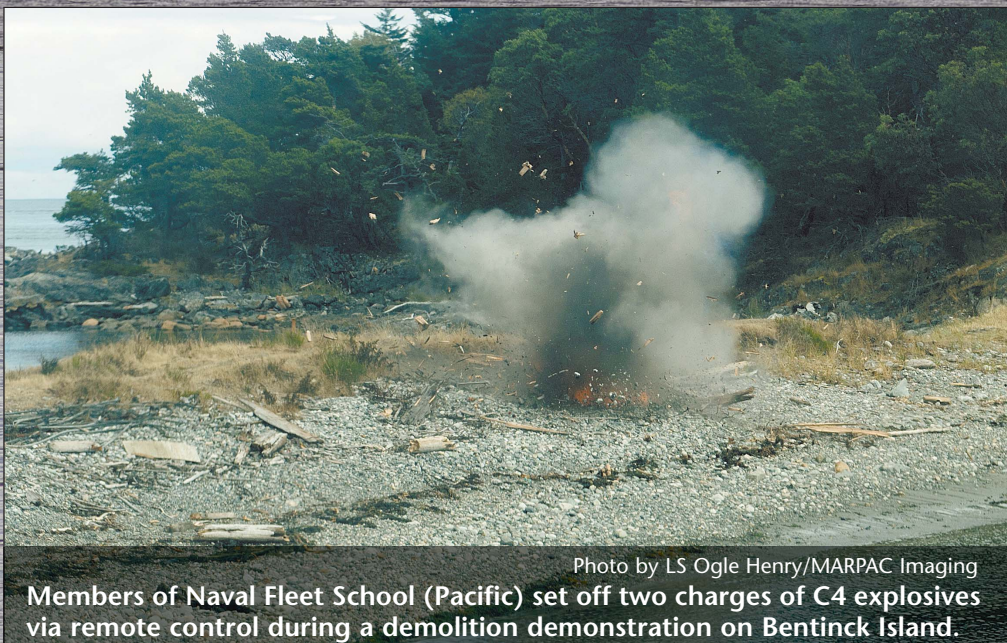


Photo by LS Ogle Henry/MARPAC Imaging
Members of Naval Fleet School (Pacific) set off two charges of C4 explosives via remote control during a demolition demonstration on Bentinck Island.

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CANEX GAMING SERIES

GENERATES PLENTY OF ONLINE BUZZ

Peter Mallett
Staff Writer

CFB Halifax retained its #1 Champion title for the CANEX Championship Gaming Series online tournament organized by Canada's Military Store.

The second annual online gaming series took place Aug. 18 to 20. The competition featured 16 six-player teams from military bases across the country competing for over \$7,000 in prizes, while testing their skills in the popular military combat action video game Overwatch.

This year's first place team, Desktop Support of CFB Halifax, edged out its closest competitor Chair Force of CFB Petawawa to retain the title won last year by Halifax's Base Logistics' Five Guys and Fries, which competed in the game

Counter-Strike: Global Offensive.

CANEX, Canada's Military Store, also notched its own victory with the second annual gaming competition says Vivian Ngai, Segment Marketing Manager for CANEX, A division of Canadian Forces Morale and Welfare Services (CFMWS). That's because benchmarks for participation and web traffic indicators increased markedly over last year's inaugural gaming series.

A total of 109 registered players took part in this year's competition representing an increase of 33 percent from 2016. This year's gaming tournament generated over 21,000 online engagements through the Twitch live stream chat and CANEX's social media posts, an increase of 49 percent unique viewers and an



Left to right: Benoit Chartrand, CANEX District Manager (East); Matt Hogue, civilian employee; Corporal Mark Osbourne; Leading Seaman Chris Hanratty; Base Commander CFB Halifax, Captain(N) Paul W. Forget; Corporal Shaun Beals; Corporal Mitch Mancini; CANEX CFB Halifax Store Manager, Glenn Banfield, and team player, not pictured, Aviator Tre Upshaw, show their winnings after scooping the champion gaming title.

82 percent increase in chat activities compared to last year.

Ngai says market surveys conducted for CANEX reveal that a significant number of customers are gamers and strongly indicated a high degree of satisfaction at peer-to-peer competition.

"Based on our findings

the top three motivators for CAF gamers to play these video games are because it serves as a form of entertainment and fun, provides stress relief, and because they are challenging," said Ngai.

This year's event was sponsored by MSI, Asus, Acer, Cougar and NVIDIA, who all contributed to the

prize pool, and have their brand of gaming products available for purchase at CANEX stores.

First and second place teams received prize packages from these official sponsors including a selection of gaming accessories from gold sponsor MSI. Additional random prize draws, including Asus

gaming laptop, Acer gaming monitor, NVIDIA and Cougar gaming accessories, were also awarded to players and viewers who entered the live-stream contests.

CANEX would like to thank all players and viewers for participating in this year's online gaming tournament and hope to see everyone again next year.

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Junior Officers create new regatta with old trophy

Photo by: LCdr Chris Maier
The Venture Cup is displayed at the Naval Officer Training Centre library at Work Point.

Peter Mallett
Staff Writer

A new regatta and the revival of an old trophy is helping students at the Naval Officer Training Centre (NOTC) reconnect with open water sailing. Fifteen Junior Officers studying to become Maritime Surface and Sub-Surface Officers (MARS) volunteered to compete in the first-ever Venture Cup sailing competition. This summer, seven two-person teams of student officers took to the water each Sunday in sailing dinghies to race. Their launch point was from the Canadian Forces Sailing Association. The Venture Cup

competition was organized by the students themselves. Naval Cadet Austin Ferguson helped found the regatta and won the inaugural edition. "Winning the competition was unexpected and great but having everyone from the NOTC come out every weekend and get on the water was truly unique," he said. "It wasn't so much about participating in the regatta itself but keeping the naval tradition alive." It was NCdt Ferguson and Training Officer Lt(N) Ronald Clancy who hatched the scheme for the regatta and then worked to drum up interest and support. They found an old trophy in a case - the Juene Brothers Trophy - and used

it as the award to the top team. According to historian Wilf Lund, the trophy was donated to HMCS Venture in 1955 by the owners of Victoria business Jeune Bros. Tent and Awning. It was awarded to the Venture student who accumulated the most points in a year-long intramural sports competition. He adds the trophy had originally been awarded as a prize in English thoroughbred racing. The Junior Officers are planning to make the regatta an annual tradition. NCdt Ferguson, who was recently commissioned as an officer, will return to the school next summer for his MARS IV training and said he will be tasked with organizing next year's competition.



Photo by: MCpl Brent Kenny, MARPAC Imaging Services
The Reviewing Officer Captain (Navy) Martin Drews (left), and Lieutenant-Commander Christopher Maier (right), present Naval Cadet Austin Ferguson (center) with the Jeune Brothers Trophy (aka The Venture Cup) for being the winner of the annual sailing race between the students of Venture.

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Birds flock to Rocky Point

Peter Mallett
Staff Writer

A Department of National Defence property on the southern tip of Vancouver Island is providing researchers with an invaluable laboratory to study the migratory habits of birds.

Canadian Forces Ammunition Depot Rocky Point, a sprawling 500-acre property that houses ammunition storage bunkers, also serves as a unique and virtually undisturbed habitat for a variety of plants, animals, and more than 300 bird species.

Early each morning, from July 21 to Oct. 18, just as the sun rises over the Olympic Mountains and casts its bright reddish-amber glow across the sky, a group of volunteers from the non-profit charity Rocky Point Bird Observatory Society (RPBOS) fan out across the property.

Armed with large nets, binoculars, notepads and cameras, the birders trek the forested areas and meadows and cast 12 bird nets towards the sky.

They have been flocking to the same spot for the past 23 years to monitor the birds because Rocky Point is their gathering place before they make the 18-kilometre flight across the Juan de Fuca Strait to the state of Washington for the winter.

For six hours each day volunteers and two paid banders carefully take captured birds out of bird-catching mist nets and gently place them in cloth sacks - adhering to a Bander's Code of Ethics adapted from the North American Banding Council protocol.

As the dawn breaks and the call of sea lions can be heard from nearby Benthick Island, volunteer Ann Nightingale points upward to the sky, which teams with life in flight. Five Canada Geese fly across proceeded by a Sharp-



Towhee

shinned Hawk. Seconds later she hears two Red-Tailed Hawks and a Brown Tailed Creeper coming from the forest nearby, recognizing their calls instantly. Nightingale says she became fascinated with birds in the mid-1990s and has been hooked ever since.

"For me it was an epiphany when I discovered these birds are very flight-loyal. It changed the whole way I thought about birds. Their flight paths are not random; they are loyal to their breeding grounds, their wintering grounds and they are loyal to their migration route," he says.

The scientific data she and other volunteers collect is on behalf of Environment and Climate Change Canada's Canadian Wildlife Service and Bird Studies Canada, a Canadian-based migration-monitoring network.

Since their formation in 1994, RPBOS has strived to influence and inform conservation and ecological management practises of migratory birds of western North America. To date they have catalogued over 300 species of birds at Rocky Point, and another monitoring site at nearby Pedder Bay.

From mid-September until the end of October the group also captures and bands migratory owls such as the Northern saw-whet

Owl each evening after dusk.

Among the volunteers setting up mist nets is retired Royal Canadian Navy Captain Ken Beardmore who joined the RPBOS eight years ago. He is one of 150 volunteers who contribute a total of nearly 7,000 volunteer hours each year.

Beardmore says prior to joining the society he had always been a plant and animal enthusiast and was looking for something to fill up his days following his retirement. He met Nightingale during a bird walk event hosted by the RPBOS in 2012.

"I was looking for something to do after my career ended and when I met Ann on a bird walk at Pedder Bay her enthusiasm was contagious," he says. "She became my birding mentor; she is so enthusiastic and knowledgeable and wanted to pass this on to others."

The mist nets look like elongated badminton nets and it doesn't take long to capture birds as they emerge from their nesting places and stretch their wings.

It is the job of Beardmore, Nightingale and the other volunteers to delicately extricate the birds and gently place them in small fabric sacks, knitted by volunteers, and take them to the banding station.

Two banders, Christian Kelly and

Rick Schortinghuis, record on a laptop computer the bird's sex, wing chord, weight, body fat composition and the location the bird was captured. Then, using a pair of bander's pliers, they place a small, individually numbered ring-shaped metal tag on the lower leg of each bird before placing them in the palm of their hands and releasing them back into the wild.

"Everything we do follows strict standards in an effort to ensure the safety and well-being of the birds, and everyone is quite cognizant of that," said Nightingale.

On an average day the group captures and tags 30 birds. The list of birds they tag and release includes a Swainson's Thrush, Wilson's Warbler, Common Yellowthroat, American Goldfinch, Chestnut-back Chickadee and Western Tanagers.

While banders and volunteers capturing and recording, Beardmore sets out on a census round. The census round requires one of the volunteers to walk approximately three kilometres around a specified route on the property exactly one hour after sunrise and catalogue all the birds they observe. Beardmore found 42 species of birds on his census round. Both sets of data are key components to the data

the RPBOS is collecting.

Rocky Point is one of 23 observation stations across Canada, but the DND property serves as the lone observation site in the entire Pacific Northwest. Schortinghuis marvels at how the Rocky Point Property is becoming more precious as the Greater Victoria area continues to grow.

"There is no public access here and little development on the site, so it has retained much of its natural beauty and a rare eco system," he says.

Birds flocking to Rocky Point come from as far away as the Northwest Territories and Alaska and some will eventually end up in Central America and South America.

RPBOS are always looking for more volunteers and funding to support their efforts. For more information about membership, upcoming events and how to support them visit their website <http://www.rpbo.org/>



Chestnut Chickadee



A finger-tip close-up of the metallic bands that are attached to the legs of birds before they are released.



Goldfinch

Canadian Forces Ammunition Depot Rocky Point, a sprawling 500-acre property that houses ammunition storage bunkers, also serves as a unique and virtually undisturbed habitat for a variety of plants, animals, and more than 300 bird species.



With the rising sun casting a shadow on Washington's Olympic Mountains as a backdrop, Banders from the Rocky Point Bird Observatory Society collect birds captured in their nets at Canadian Forces Ammunition Depot Rocky Point. The Banders are helping to collect scientific data on the birds for the Canadian Wildlife Service. The birds will be tagged at a Banding Station and then released back into the wild so they can continue their migratory path.

Rocky Point Bird Observatory Society volunteer Ann Nightingale shows the banding procedure used on the birds of Rocky Point including this Common Yellowthroat.

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From left: Warrant Officer Mike Clarke and Master Corporal Todd Clark from 77 Line Regiment, present a \$400 donation to Cockrell House Chairman Angus Stanfield and Resident Manager Rick Nicholson.

77 Line Regiment supports Cockrell House

Peter Mallett
Staff Writer

Representatives from Cockrell House visited Dockyard Sept. 25 to accept a \$400 donation from Canadian Forces 77 Line Regiment.

The 13-member unit that employs 11 military personnel and two civilians is part of the army's Communications and Electronics Branch, 3 Line Squadron, and handles the lion's share of the cable and antenna maintenance at the base and other DND properties on the lower mainland and southern Vancouver Island.

Over the past six months members of Regiment collected \$2 donations from a "dress-down Friday" event and other fundraising initiatives to provide financial assistance to the Colwood-based non-profit, which provides transitional housing to homeless and at-risk veterans.

"It's great to see this kind of support and initiative from the members of this unit," said Cockrell House Chairman Angus Stanfield. "77 Line Regiment has helped us in the past in other ways such as donating socks, t-shirts and underwear for our residents, and by also making us the beneficiaries of their food drives. Their efforts are not only helping our residents but also helping to spread word around the base about what we do at Cockrell House."

The 11-bed multiplex unit provides housing, counselling, life skills health and social services and transportation to over 50 residents since it opened in 2009. Cockrell House receives its funding from the Royal Canadian Legion BC/Yukon Command, the Legion Foundation, other veteran organizations, and the City of Colwood.

Stanfield, a past president of the Legion's BC/Yukon Command, said

the money raised will be used to pay for bus passes and \$100 food cards for residents.

Warrant Officer, Mike Clarke, Regional Assistant Line Communications Superintendent, said supporting Cockrell House was a natural for himself and other members of the unit.

"Since a lot of our members have been deployed overseas, we know what it is like to be in theatre and the importance of having a support net when you come back. For most people, understanding the stress a soldier faces on the front line is nearly impossible, but Cockrell House helps ex-military personnel integrate back into society in a healthy way."

Following the cheque presentation held at the unit's Local Line Work Centre, Stanfield presented members of the unit with a certificate of appreciation for their efforts in supporting Cockrell House.

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Christmas comes early at MFRC Daycare



Christmas came three months early for 16 children at the Military Family Resource Centre daycare centre, when they received a surprise visit from Santa Bear Sept. 22.

Santa Bear is the official mascot for CFAF Santa's Anonymous Society charity.

The cuddly red-clad bear brought a sack full of stuffed animals, toys and games to hand out. The children who attend the day care, ages three to five, had just woken up from their afternoon nap and were delighted to be greeted by the cuddly life-size teddy bear bearing gifts.



Photo by: Peter Mallett, Lookout

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Military Police march in support of British Columbia Law Enforcement Memorial

Will Chaster
Base PA Office

Over 20 Military Police Unit members, including those from CFB Esquimalt, 19 Wing Comox, and Canadian Forces Maritime and Experimental Test Ranges, marched in a parade on Sunday, Sept. 24 in support of the British Columbia Law Enforcement Memorial (BCLEM).

Held on the last Sunday of September, the BCLEM honours 120 law enforcement officers who have given their lives in the line of duty in British Columbia since 1859.

The BCLEM has taken place annually for the past 20 years and in that time the Military Police have

become a familiar sight to all participants.

"Military Police members have been participating in the BCLEM ever since its inception; we've been there from the beginning," said Master Warrant Officer Steven Card, who helped organize this year's MP participation.

In addition to marching in the parade, Military Police members also participated in the Rifle Party and the Flag Party, as well as in the vehicle display.

They did so alongside many other law enforcement officers and first responders.

"The support for this event really is incredible; this year we had around 500 people in the parade alone,"

said MWO Card.

The parade was not the only event to take place that weekend.

On the Friday, the B.C. Law Enforcement Memorial Ride to Remember, a 110 kilometre bike ride around the Capital Regional District, took place. This was followed by the B.C. Memorial Golf Tournament on Saturday.

Money raised from these and other events goes towards the Police and Peace Officers' Memorial Ribbon Society.

The weekend concluded with the parade and ceremony on Sunday followed by a reception in a local hotel.

The BCLEM coincides with the National Police and Peace Officers' Memorial held in Ottawa, which recognizes police and peace officers who have made the ultimate sacrifice in the line of duty.

As members of the law enforcement community, participating in the BCLEM has a special significance to Military Police members.

"It's very humbling to be a part of this memorial service; it means a lot to be there," said MWO Card.

Military Police members have been participating in the BCLEM ever since its inception; we've been there from the beginning.

Master Warrant Officer Steven Card



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IN THE COURTS

Sexual assault charge laid against military member at CFB Shilo

On Sept. 26, the Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with sexual assault under the Criminal Code.

The charges relate to a reported incident at a social event at Canadian Forces Base Shilo in December 2016.

Master Corporal Evan Paul of 2nd Battalion, Princess Patricia's Canadian Light Infantry, faces one count of Sexual Assault under section 271 of the Criminal Code, punishable under section 130 of the National Defence Act; and two counts of Behaved in a Disgraceful Manner, punishable under section 93 of the National Defence Act.

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

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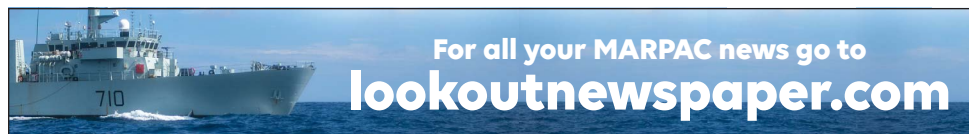
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Photo by: MCpl Chris Ringius,
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A CH-124 Sea King helicopter from
HMCS St. John's air lifts a water
bladder to South Caicos Island to
provide humanitarian assistance in
the wake of Hurricane Irma.

CAF ON THE GROUND

Operation Renaissance Irma

DND

When Hurricane Irma passed through the Caribbean in early September, it totally changed the course of *HMCS St. John's*. Set for a six-month deployment in early 2018, *HMCS St. John's* altered its plans for work-up training and instead became an integral part of Operation Renaissance Irma.

It quickly transited to the Caribbean region to support local authorities and regional partners in their disaster relief efforts.

The operation is the Canadian Armed Forces (CAF) mission to support Hurricane Irma and Maria relief in the Caribbean. The CAF is conducting this operation in support of Global Affairs Canada.

The ship and its CH-124 Sea King helicopter detachment are currently helping with relief efforts in Dominica, where it transited after Hurricane Maria. The crew is on land clearing debris and conducting repairs. The Sea King is delivering water and supplies and transporting personnel. It also conducted four medical evacuations shortly after it arrived.

Before transiting to Dominica, *HMCS St. John's* was helping with relief efforts in the Turks and Caicos. There it removed debris, restored power and water sources, scouted the area, delivered water to locals, and assessed underwater damage.

Two CC-130J Hercules aircraft based out of

Barbados are providing airlift support to partner nations. At the request of Jamaica, one of these aircraft is moving the Jamaican Defence Force's Disaster Assistance Response Team and equipment to Dominica.

At the request of the United States, a CC-177 Globemaster will provide airlift support to American relief efforts in Puerto Rico and the U.S. Virgin Islands.

A CP-140 Aurora was also deployed on this operation. Based out of Barbados, it was tasked with capturing imagery of affected areas. Partner nations used this imagery to assess and respond to the aftermath of the hurricanes. The Aurora returned to Canada once it had completed its mission.

Previously, a CC-177 Globemaster supported France by transporting equipment and supplies from Bordeaux to Guadeloupe. As arranged by Global Affairs Canada, on its return flight it flew 66 evacuees and two service dogs from St. Maarten and the Turks and Caicos to Toronto.

Previously, a CC-130J Hercules flew humanitarian supplies from Mississauga to the British Virgin Islands. As arranged by GAC, on its return flight it transported Canadians citizens and government officials to Toronto.

The CAF has also established a liaison and reconnaissance team in Barbados. Its role is to facilitate CAF support to partners in the region.

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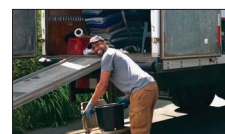
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FIRE PREVENTION WEEK OCTOBER 08-14

Every second counts Plan two ways out

How fire smart are you?

1. How often should you practice your home fire escape plan?
 - A. Once a month
 - B. Once a year
 - C. Twice a year
2. Once you are safely outside the home, you should do what?
 - A. Call the fire department.
 - B. stay at your meeting place.
 - C. Wait for the fire department to arrive.
 - D. All.
3. You could have less than two minutes to escape a home fire from the time a smoke alarm sounds.
True or False?
4. During a fire in a typical building, you need to:
 - A. React immediately, get outside, stay outside.
 - B. Investigate the problem, get outside.
 - C. Wait for someone to tell you what to do.
 - D. Take care of yourself, run and hide.



Answers
1. C
2. D
3. True
4. A

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