



THURSDAY  
**September 13**  
Naden Drill Deck  
10 AM - 3 PM

• CELEBRATING 75 YEARS PROVIDING RCN NEWS •

Volume 63 Number 35 | September 4, 2018

# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

[f](#) LookoutNewspaperNavyNews [@](#)@Lookout\_news [i](#) LookoutNavyNews

newspaper.com



Get your car  
road trip ready.

10% Military Discount

VICTORIA (LANGFORD)  
2924 Jacklin Road  
250.478.2217  
fountaintire.com



Fountain Tire

GOODYEAR

We're  
on this road  
together.

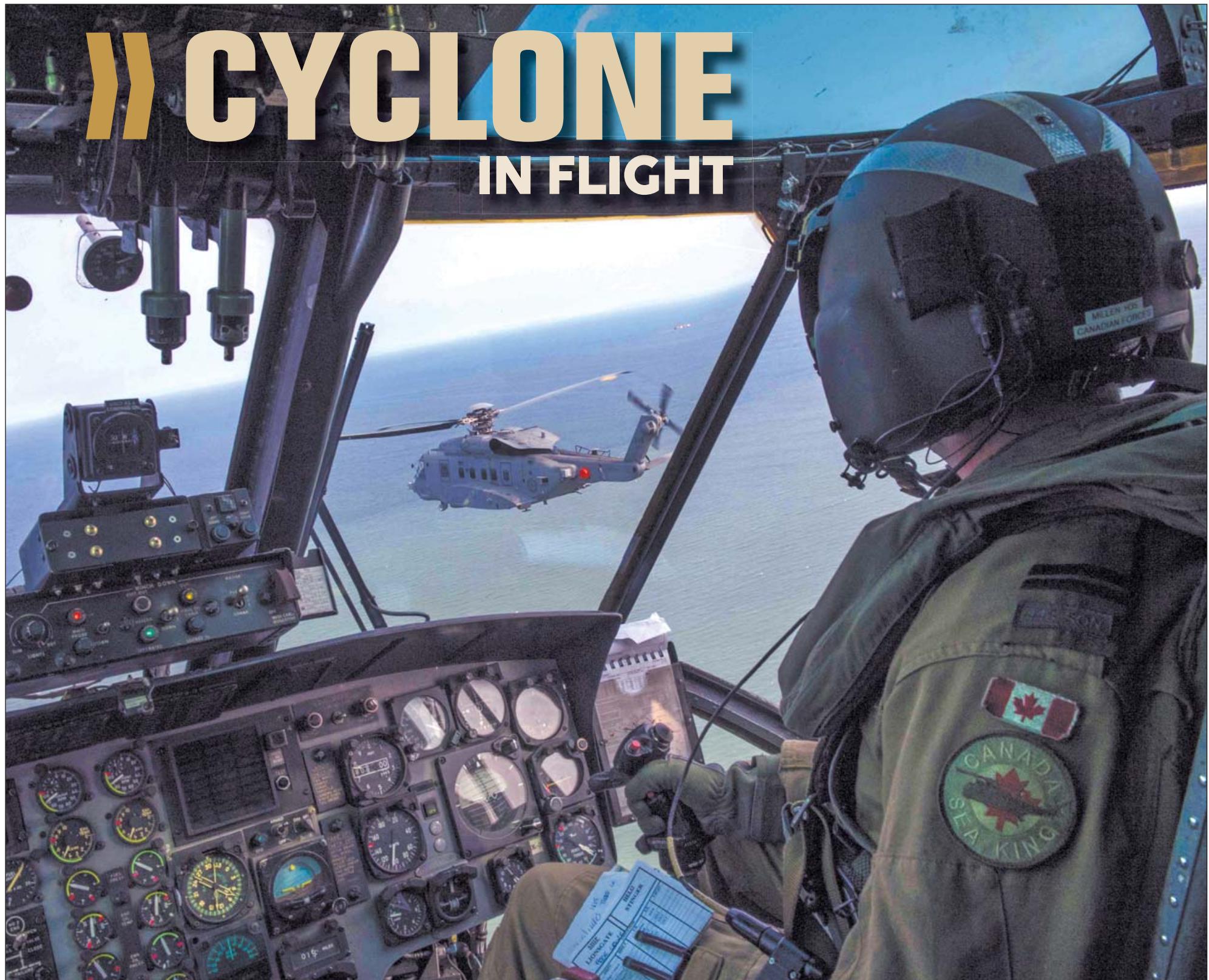


Photo: Leading Seaman Mike Goluboff, MARPAC Imaging Services

443 Maritime Helicopter Squadron pilots, Captain Rob Millen (pictured) and Capt Matt Wallace, fly the CH-124 Sea King, maintaining echelon left formation next to the West Coast's first CH-148 Cyclone, flown by Major Jason Newton and Captain Alex Chatwin, over the Georgia Strait. The two-ship of maritime helicopters, old and new, conducted anti-submarine warfare training at Nanoose Bay in August. The Cyclone is the replacement for the Sea King helicopter which is being retired later this year.

\$1.39 Pizza by the slice  
GET A 10% MILITARY DISCOUNT!  
with military ID, on \$10 minimum order



PARTHENON  
PIZZA 778-440-6666

NEAR BASE  
#4 - 612  
Head St.

Cheapest and best in Victoria!  
[parthenonpizzas.com](http://parthenonpizzas.com)

DINE IN • PICK UP • DELIVERY



BMO

David Vanderlee, CD, BA  
Canadian Defence  
Community Banking Manager  
Mortgage Specialist

David.VanderleeCD@bmo.com  
M 250.217.5833  
F 250.727.6920

BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC

We proudly serve the  
Canadian Forces Community

As a military family we understand  
your cleaning needs during ongoing  
service, deployment and relocation.

**MOLLY MAID**  
[www.mollymaid.ca](http://www.mollymaid.ca)

**(250) 744-3427**  
[paula.whitehorn@mollymaid.ca](mailto:paula.whitehorn@mollymaid.ca)

# Atlantic Fleet Divers aid in Avro Arrow hunt

**Ryan Melanson**  
Trident Newspaper

Members of Fleet Diving Unit (Atlantic) recently lent their support to help recover a piece of Canadian military and aviation history.

A team of eight divers from FDU(A) drove to Lake Ontario to join OEX Recovery Group on its Raise the Arrow project from Aug. 8 to 10.

Now in the second year of the project, OEX's goal is to recover the final 1/8 scale pre-flight test models of the Avro CF-105 Arrow, which are the only known artifacts from the program remaining to be found.

The Avro Arrow was a hypersonic fighter being developed for the Royal Canadian Air Force with cutting-edge technology at the time, but the program was cancelled by the government of the day in 1959, shortly after the rollout of the first Mark 1 models for test flights.

"These models were launched back in the 1950s, and they're still sitting out there on the lake bed today," said Lt(N) Zach Johnson, FDU(A) Operations Officer and the lead for the navy dive team on site.

On the civilian side, OEX is led by Osisko Mining CEO John Burzynski, along with several financial partners, as well as the involvement of the Canadian Conservation Institute and the National Air Force Museum of Canada.

The FDU(A) role involved diving to inspect pieces of debris identified as possibly being related to the project after initial surveying with an ROV.

"They had a number of probable targets, and sonar pictures aren't always perfect, so we went down with lightweight surface supply diving equipment to take a look," Lt(N) Johnson said.

The lightweight equipment allows for unlimited air, along with two-way communication and live video stream to the surface as the divers cleared debris of sea growth and mussels for a better look.

"We had the archeologist telling us exactly what she wanted

us to do while we were down there," he added.

Unfortunately for the divers who were excited to get a look at a piece of Canadian history, the dives by FDU(A) this year didn't lead to the discovery of any new models. They did, however, identify other related pieces of debris from the Arrow design tests. Burzynski, who was on site for the dives, said the Royal Canadian Navy support was extremely helpful in moving the search along.

"They were great help, and our people were all really blown away watching them operate with the efficiency that they do. Having now done two years of work and gathered a lot of information, we're get-

ting fairly certain as to where the final five models are likely located."

While no new major discoveries were made during this year's dives, OEX did find success in raising a previously discovered test model from the water on Aug. 12. Believed to be one of three models built for initial tests on the Arrow's delta wing design, the model was discovered in August 2017 and has been dubbed the "Grandfather" of the Avro Arrow program by the OEX team.

"Historically, it's very significant, Burzynski said, adding that because of the progressive nature of the testing, these earlier models are crude versions

of the Arrow design, built for initial tests of the wing form at supersonic speeds.

"Obviously the goal of our search is still to find one of the final five models because they were the exact replicas of the flying jet and the last design testing they did before they went to the production line to start building the planes."

The recovered model was delivered to 8 Wing Trenton and the National Air Force Museum of Canada on Aug. 13. The OEX team completed their work in Lake Ontario for the year soon afterward.

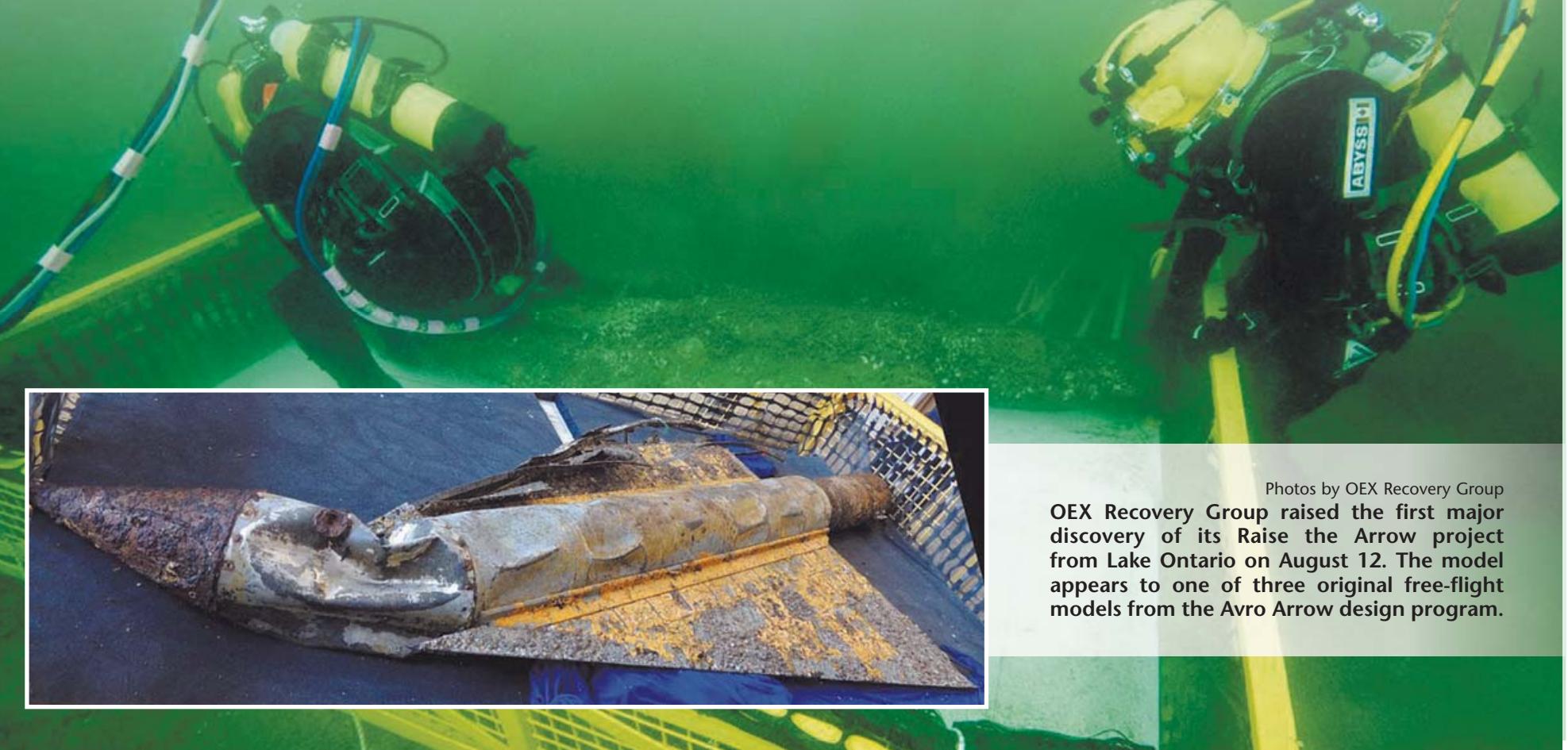
Smaller discoveries, like a potential fuselage from a final model, and pieces of the model booster rockets, offer clues for continuing the search in 2019, and the group is confident they're getting closer to their goal. OEX has about 40 square kilometres left to survey of the 100 square-kilometre area they originally identified.

It's also expected that the Canadian Armed Forces and FDU(A) will continue supporting the project into next year, and Burzynski added he would be thrilled to recover a piece of history and put it back into the hands of the military.

"This was intended to be for the Air Force and for the Canadian Forces in general, so we were strongly hoping when we started this recovery program that the Forces would get involved. It's been a pleasure to work with everybody and I hope it continues," he said.



A team of eight divers from Fleet Diving Unit (Atlantic) assisted OEX Recovery Group on its Raise the Arrow project from Aug. 8 to 10. Divers inspected sites in Lake Ontario that were identified as possible resting places for free-flight test models of the Avro CF-105 Arrow.



Photos by OEX Recovery Group  
OEX Recovery Group raised the first major discovery of its Raise the Arrow project from Lake Ontario on August 12. The model appears to one of three original free-flight models from the Avro Arrow design program.



# Riders prevail despite soggy weather

**Peter Mallett**  
Staff Writer

Steady rain and cold temperatures forced a brief suspension of the Wounded Warriors Highway of Heroes Bike Ride B.C., but in the end didn't thwart the cyclists from achieving their goal.

Approximately 35 riders took part in the two-day, 240-kilometre journey from Langley to Victoria on Aug. 25 and 26. Their goal was to raise funds in support of injured or ill veterans and first responders living with Post-Traumatic Stress Disorder (PTSD) or operational stress injuries.

Organized by non-profit Wounded Warriors Canada, the opening portion of the ride was along a stretch of the Trans-Canada Highway between Langley and Abbotsford, named in honour of the 158 Canadians who were killed during military operations in Afghanistan.

A mixture of veterans, currently serving military, first responders and civilians took part in the ride. Participants were greeted by

steady rain when first setting out from Langley. The soaking rain lasted much of the day and after approximately five hours or about 60 kilometres into their journey, safety concerns forced race organizers to suspend the ride for the day near Burnaby.

Ride Director, Captain Jacqueline Zweng, a Cadet Instructor with Esquimalt's Regional Cadet Support Unit, said the safety of the riders and possible hypothermia was the main concern when the decision was made to suspend the first day of cycling.

"Our riders didn't bring winter gear or rain gear with them because nobody was expecting weather conditions like this in the days leading up to the race," she said. "It was a remarkable parallel with what the charity is trying to accomplish and the adversity we had to deal with. In the end, all those participating realized the ride is not just about cycling, but moreover it's a vessel to raise awareness, and not something that requires participants

to become injured."

After putting on dry clothes and warming up, the riders were shuttled to their final Day 1 destination: welcome ceremony in Vancouver at the Naval Reserve Unit HMCS Discovery. They were met by Reservists members of the Vancouver Police Department, and OS (Retired) Karen Hough, formerly of the Naden Band, who played The Last Post on her French horn. Later in the evening Canadian recording artist Trevor Guthrie, who cycled in the ride, serenaded the group with a few of his songs to boost spirits.

Improved conditions greeted the riders on Day 2 as they set off from Vancouver and then boarded a ferry in Tsawwassen with a police escort bound for Vancouver Island. Riders completed the last leg of their journey between Sidney and the B.C. Legislature in Victoria, which included a stop at the B.C. Afghanistan Memorial.

The gloomy weather and clouds also provided a silver lining. One of the riders

made a surprise address to the group at a rest stop when they divulged they were suffering from PTSD. Capt Zweng said the experience of the ride and peer support from the group had pushed them to come forward and seek help.

"The whole group reacted, and everyone was moved by the courage of this person, and it brought the whole experience home for us, that we are here to save people and support one and another. If we helped just one person we are happy in knowing we did our job, but I am certain this event helped more than just one person because all of the people who heard our message will create a ripple effect."

After the ride was complete Capt Zweng announced to participants the inaugural event in B.C. raised over \$50,000, adding to the \$200,000 raised in Ontario. She also said the B.C. event will return next year, bolstering Wounded Warriors goal to spread the event to cities across Canada.

Visit [lookoutnewspaper.com](http://lookoutnewspaper.com) for all your MARPAC news.

**VICTORIA HARDSTYLE KETTLEBELL CLUB**

**NOW ACCEPTING NEW STUDENTS**

Come and hone your skills with the most versatile fitness tool ever created.

- Get stronger • Improve mobility
- Become more resilient
- All abilities welcome

**INSTRUCTORS:** Matt Kingstone, StrongFirst Kettlebell Instructor and Sylvain Verrier, CSEP-CPT

**WHEN:** Sept 5 - Oct 31 (8 weeks)  
Mon/Wed 5:30-6:30pm

**WHERE:** Naden Athletic Centre

**COST:** 16 sessions - \$250.00  
(10% DND discount)

Instruction en français disponible pour les francophones

**STRONGFIRST**

INFORMATION: [vhkclub@gmail.com](mailto:vhkclub@gmail.com) | 250-507-1717  
REGISTRATION: See the Naden Kiosk | 250-363-5677  
[www.facebook.com/VHKClub/](http://www.facebook.com/VHKClub/)

## Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- And much more...

**\$100 OFF  
PRESCRIPTION EYEWEAR  
FOR THE MONTH OF AUGUST**

**ACCEPTING NEW PATIENTS - BOOK AN APPOINTMENT TODAY!**

Military Discount and Direct Billing

**NEW!  
RAY BAN  
SUNGASSES**

**CLOSE  
TO BASE!**

**Admirals Walk**  
OPTOMETRY CLINIC

Dr. Rachel Rushforth,  
Dr. Nicole Sehn  
and Dr. Darcy Dennis  
**NEAR BASE**  
106-1505 ADMIRALS ROAD  
**(250) 995-0449**

## The Home of the Full Refund!

3 Locations:  
Glanford Avenue  
Downtown-Queen's Avenue  
Quadra Street  
**250-727-7480**  
[bottledepot.ca](http://bottledepot.ca)



**ROYAL LEPAGE**

**250.477.5353**

[info@AdkinsInnes.com](mailto:info@AdkinsInnes.com)

[www.AdkinsInnes.com](http://www.AdkinsInnes.com)

JACKIE ADKINS & DEAN INNES



BROOKFIELD RELOCATION SPECIALISTS

## John Nelson

Family Law Lawyer

**John Nelson Law Corporation**

300-848 Courtney St., Victoria, B.C. V8W 1C4

Phone **250 940 3593** Fax 250 940 3587

Email [john@johnnelsonlawcorp.com](mailto:john@johnnelsonlawcorp.com)

[www.johnnelsonlawcorp.com](http://www.johnnelsonlawcorp.com)

## Chelsea Housekeeping Services

- Full House Cleaning • Changing Linens
- Laundry • Ironing • Special Requests
- Customized Schedules



FULLY LICENCED, BONDED, INSURED, GST & WORK SAFE BC REGISTERED  
[info@chelseahousekeeping.ca](mailto:info@chelseahousekeeping.ca)  
[www.chelseahousekeeping.ca](http://www.chelseahousekeeping.ca)

**778.922.0199**

*A tidy house is a tidy mind*

## BUSINESS OPPORTUNITY

CANEX is seeking proposals for

**CFB Esquimalt Tailor**

an opportunity for occupancy effective

October 2018

[carlson.sheila@cfmws.com](mailto:carlson.sheila@cfmws.com)



**CANADA'S MILITARY STORE**



CFB ESQUIMALT & SEASPA<sup>N</sup> VICTORIA SHIPYARDS

Present

BRING CASH!  
SHOP THE  
MARKET PLACE



# FORMATION FUN DAY

SEPT 15 2018

NADEN - NOON TIL 4 PM



COUNTRY CREPES • INDECENT RISOTTO • JUDY'S SNACK SHACK

**BIKE RENTALS AVAILABLE**

We give Military Discounts



**SAVAGE CYCLES™**  
Vancouver Island's only  
**DUCATI & TRIUMPH** dealer

2956 Westshore Parkway • www.savagecycles.ca • 250-475-8885

**THE GLEN ON GLENTANA**



From \$400,000s to \$600,000s

**PEMBERTON HOLMES**  
ESTABLISHED 1887

**BRAND NEW 50 SUITE CONDOMINIUM BUILDING** proposed on Glentana Road – off Admirals Road on a quiet cul de sac, behind Canadian Tire. Call for information on this luxury condominium featuring 1&2 bedroom units with under ground parking available. **Contact Rob Garry for more details!**

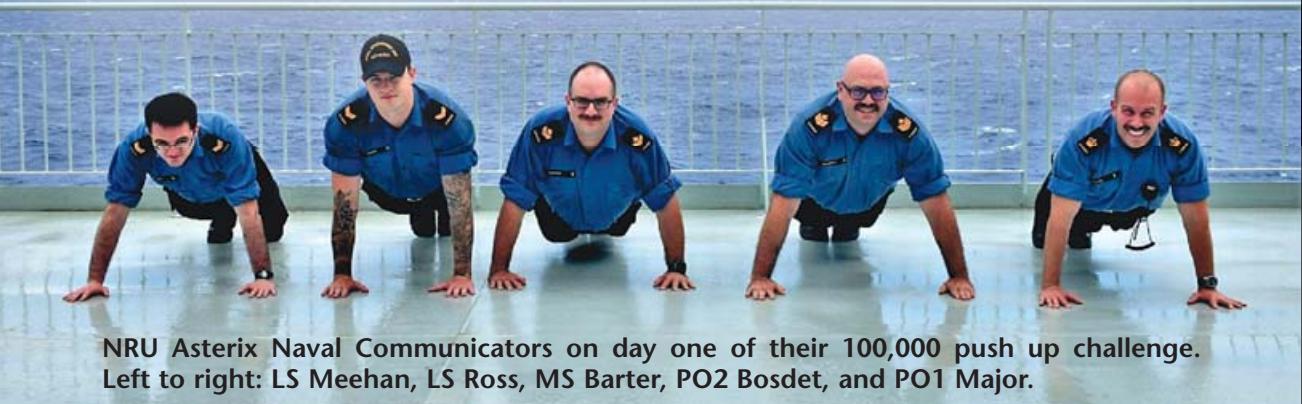
This is not an offering for sale. Such offering can only be made after filing a disclosure statement.

  
Call Rob! **250.384.8124**  
Email: rob@robgarryrealestate.com  
Web: www.robgarryrealestate.com

# THE NRU ASTERIX 100,000 PUSH UP CHALLENGE

**MS Barter**  
NRU Asterix

Over the next five months, while sailing in the Asia-Pacific region as part of Operation Projection, the Naval Communicators on board NRU Asterix have dedicated themselves to a 100,000 push up challenge. Whenever anyone enters the Communications Control Room, Naval Communicators must give up their electronic devices and get down and pump out 10 push ups. The majority of the pec ripping exercise will be performed by Asterix's five Naval Communicators: PO1 Major, PO2 Bosdet, MS Barter, LS Ross and LS Meehan (soon to be replaced by LS Proctor). Team spirit is at an all-time high as they work towards their 100,000 push up goal. When they are not doing push ups, they are working on their other goal, the Naval Communicators mustache challenge.



NRU Asterix Naval Communicators on day one of their 100,000 push up challenge. Left to right: LS Meehan, LS Ross, MS Barter, PO2 Bosdet, and PO1 Major.

**COME TRY OUR SELF-SERVE  
dog wash**

**EACH WASH INCLUDES:**

Aprons to keep you dry • Shampoo & Blow Dry  
Towel Service • Treat for good behaviour

**Best of all, we clean up the mess for you!**

**ONLY  
\$10  
EACH WASH**



 **Plus! Join Bosley's VIP Plus**

- ▶ Earn **FREE** Food with our Frequent Buyer program\*
- ▶ Earn **FREE** Dog Washes with our Dog Wash program†
- ▶ Seniors' Day and Military Day last Thursday of every month – **receive a 10% discount!**

**Sign up today – it's free!**



**bosley's**  
BY PET VALU

2154 Oak Bay Ave. | 778-440-7387  
Monday - Saturday 9am - 9pm | Sunday 10am-6pm



**2018**

# *Industrial* supplier TRADE SHOW

THURSDAY **September 13** Naden Drill Deck **10 AM - 3 PM**

**100+ VENDORS**   **\$5,000+ IN DOOR PRIZES**

- ROUNDERS WILL BE IN SERVICE STARTING AT **9:30 AM** FROM DOCKYARD MAIN GATE
- LAST PICK UP FROM THE LCC PARKING LOT BACK TO DOCKYARD WILL BE **3 PM**

**FREE  
FOOD**   **FOR  
FIRST  
500!**

**SPONSORED BY**

**babcock**™

**BOYD** AUTOBODY & GLASS

**seaspan**

**FOOD TRUCKS**

Judy's  
**Snack Shack**  
where the fun food is at



**LOOKOUT**  
NAVY NEWS

**BARNES**  
**HARLEY-DAVIDSON®**



**Steeve Lesperance**  
Motorcycle Sales Consultant  
Barnes Harley-Davidson, Victoria  
E: steeve@barneshd.com / 250-516-2024  
P: 250-475-1345 W: www.barneshdvictoria.com  
A: 2940 Ed Nixon Tce, Victoria

Ask me about the  
Military/Veterans discount

Motor Vehicle License # : 8594

**First Responders & Military Get \$200 OFF Wednesdays**



**'Sullivan's**  
FOR MEN of ALL AGES  
250 478 9424  
Appointments Not Necessary  
Hot Shave Available

**Seniors and Kids 12 and under Regular \$18 \$14.00**

Open Mon-Fri 8:30am-5pm, Sat 8:30-4pm

**756 Goldstream Ave.**

**Surprise your loved one today!**  
FLOWERS • GIFT BASKETS • CHOCOLATES • TREATS

**BROWN'S**  
*The Florist*  
Since 1912  
DOWNTOWN • SIDNEY • WESTSHORE

MILITARY DISCOUNT

DOWNTOWN 250-388-5545 WESTSHORE 778-433-5399  
[www.brown'sflorist.com](http://www.brown'sflorist.com)

**Working for our community**

**Mitzi Dean**  
MLA, Esquimalt-Metchosin  
250-952-5885  
#104-1497 Admirals Road  
Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca



# Firefighters reach new heights

**Peter Mallett**  
Staff Writer

Members of CFB Esquimalt Fire and Rescue say they are eager to test their new high-tech aerial rescue fire truck.

The Aerial Ladder Fire Fighting Vehicle (AFFV), with a ladder that measures 35 metres (115 feet), was unloaded from a transport truck at the Transport Electrical and Mechanical Engineering (TEME) building on July 17. The AFFV is one of nine new vehicles being delivered to military bases across the country at an estimated total cost of \$18.9 million, as part of the Department of National Defence (DND) procurement strategy.

Deputy Fire Chief Geordie Douglas says there is a great

deal of anticipation surrounding the AFFV and noted there were several "oohs and ahs" when it was unloaded at TEME. That's because the apparatus can be used for high angle emergency situations including elevated search and rescue and enhanced casualty evacuation and fire prevention.

"The crews are ecstatic about this new apparatus and can't wait to start learning how to use it and working with it," said Douglas. "There are numerous things this truck can do that we couldn't do with our existing [similar] truck, so it will help our firefighters do their job and increase the ability to do it in a safe manner."

Firefighters in the rescue platform or bucket and the boom operator have two cam-

eras at their disposal. One is a regular camera and the other a thermal imaging camera that shows hotspots, which will further enhance safety when visibility is poor such as in smoky situations.

A representative from manufacturer Rosenbauer International AG will give firefighters and mechanics from TEME extensive training on the new apparatus.

"After the training is complete we will then have a core group of people who will bring the training back to the membership," said Douglas.

Other bases receiving the new AFFV are 4 Wing Cold Lake, 3 Wing Bagotville, 8 Wing Trenton, 19 Wing Comox, 14 Wing Greenwood, CFB Suffield, CFB Shilo, and CFB Gagetown.



Photo Credit: CFB Esquimalt Fire and Rescue.

The new Aerial Ladder Fire Fighting Vehicle is unloaded from a transport truck at CFB Esquimalt's Transport Electrical and Mechanical Engineering (TEME). The new apparatus is one of nine fire trucks being delivered to bases across the country this year.

**98.5 OCEAN**

**Robin&AJ**  
Good morning. Good times.





Stay connected.

lookoutnewspaper.com



**SCHOLARSHIPS  
FOR MILITARY  
AND VETERANS.\***

**WWW.SPROTTSHAW.COM**

**VICTORIA: 250-384-8121**

## Volunteers answer the call for wildfire fighting help

**Peter Mallett**  
Staff Writer

Two volunteer firefighters who work at CFB Esquimalt spent part of their summer vacation helping contain a massive wildfire burning in British Columbia's central interior region.

Jason Humphries, from CFB Esquimalt Fire Rescue, and Petty Officer First Class Josh Schmidt, from Fleet Maintenance Facility Engineering, were part of a four-person crew from the Metchosin Volunteer Fire Department that hopped in one of the department's fire trucks and drove over 950 kilometres to Vanderhoof, B.C.

The volunteers' efforts, between Aug. 16 and 25, were to provide structural protection and security from the massive Shovel Lake fire, under the assistance of the B.C. Wildfire Service. The fire is the second largest of the 551 wildfires burning across tinder-dry B.C. and covered approximately 91,000 hectares. The work of Humphries, PO1 Schmidt and their crew was not done on the front lines of the fire.

Instead it involved setting up rooftop sprinklers to prevent homes from burning, which Humphries says provided residents with a "sorely needed sense of security" in knowing they were being supported and hadn't been forgotten during the disaster.

Humphries, 37, who works as a Fire Prevention Officer, also participated in similar support efforts during last year's wildfires in the Okanagan Region. He says the journey took approximately 14 hours longer this time around, while also noting smoke and poor visibility was noticeably worse than last year.

"We quickly noticed that more of B.C. was covered in smoke and the visibility was often very challenging in driving an apparatus [fire truck] from location to location," said Humphries.

PO1 Schmidt, 34, has volunteered his spare time with the Sooke Fire Rescue Department for the past five years when he is not working.

He assisted the department with firefighting efforts at the Tugwell Creek, which burned north of Sooke before being contained in early July. His trip to Vanderhoof was his second experience battling a large wildfire. He was moved by the level of support residents of the community showed to each other and the fire fighters.

"People pulled together all over the place and were very thankful to us, many were surprised we travelled all the way from southern Vancouver Island to assist them," said PO1 Schmidt.

He noted how staffers at an evacuated Christian summer camp, instead of going home, put together a soup kitchen offering breakfast, take-away sandwiches and dinner for all the fire fighters in the region.

For more information about Operation Lentus and updates on the Canadian Armed Forces efforts to combat this year's wildfire season visit the web page: [www.forces.gc.ca/en/operations-canada-north-america/op-lentus.page](http://www.forces.gc.ca/en/operations-canada-north-america/op-lentus.page)

The provincial government announced Aug. 20 it will match donations to the Red Cross to help victims of B.C. Wildfires up to \$20 million. Donations can be made by calling 1-800-418-1111, contacting their local Red Cross Office or going to the website: [www.redcross.ca](http://www.redcross.ca)

**OPEN HOUSE**

If you are new to the area or want to learn what's new at the MFRC, you are invited to an open house at our Colwood location.

**Saturday September 8, 2018**  
**11:30am-2:30pm**  
 Colwood Pacific Activity Centre  
 (2610 Rosebank Road)

Be sure to also check out the MFRC AGM from 10:30am-11:30am.

**FREE LUNCH FOR FIRST 90 COMMUNITY MEMBERS!**  
 RSVP online at [www.esquimaltmfrc.com/wcw](http://www.esquimaltmfrc.com/wcw)

Brought to you by:

**MF  
RC** ESQUIMALT

**AFFORDABLE OFF BASE LIVING!**  
 Bachelors, One Bedrooms, Two bedrooms,  
 & Three Bedrooms available

**ASK ABOUT OUR MOVE IN DISCOUNT!**  
**250.381.5084 CAPRENT.COM**

**CAPREIT**



# World Suicide Prevention Day

Observed on 10 September every year, World Suicide Prevention has provided worldwide commitment and action to prevent suicides around the world since 2003.

## SEPTEMBER 10, 2018 Working Together to Prevent Suicide

### Get the Facts on Suicide

- Suicidal thoughts or behaviour should always be taken seriously.
- An individual that attempts suicide is at greater risk to attempt it again.
- Men account for nearly 75% of deaths from suicide in Canada. (2015)
- Talking about suicide to an individual who is having suicidal thoughts can prevent them from attempting suicide.



### Where can we start?

Talking openly about suicide to someone who is contemplating it can prevent it. Creating an environment in which a person is able to communicate about their struggles drastically reduces the likelihood of attempting suicide. To create this environment we must remove the stigma of suicide, provide support to one another, and have trained professionals ready to support those individuals who are suffering and those who witness suffering.

### What can I do?

Use your resources. If you are wondering if you should take action, you should. Whether you are recognizing warning signs in yourself or in someone else, it is time to reach out. You don't need to have the answers, just the resources.

The next Mental Fitness and Suicide Awareness for Supervisors will be held on September 25, 2018 from 0830-1600. MF&SA is a course designed for the Canadian Forces to promote resiliency through mental fitness and to increase awareness of individuals at risk. Register through your Unit Training Coordinator.

If you want to take an active role in working with others in the MARPAC community, please contact Ms. Krista Durand: Krista.durand@forces.gc.ca or 250-363-5697.

### Your Resources

EAP /CFMAP 24 hour line:	1-800-268-7708
Vancouver Island Crisis line 24 hr:	1-888-494-3888; Text 250-800-3806
Chaplain's 24 hour Line:	1-866-502-2203
Crisis Line Association of BC line, 24 hr:	1-800- SUICIDE (1-800-784-2433)
Family Crisis Team:	250-363-4411 or 250-363-2640
CF Mental Health:	250-363-4411
Military Police (MP):	250-363-4032

### MARPAC Health & Wellness Green Bench

On Sept 10th, we will be unveiling our **Green Bench**. Inspired by the "buddy benches" on school yards, it is a way for those struggling with loneliness, bullying, or any type of crisis, to reach out for help. The handcrafted bench is being built by the talented team at FMF. It will feature the "Live in the Green" logo, and the five local organizations that provide support.

### St John Ambulance Therapy Dog Program



On Sept 10th, St John's Ambulance will be hosting their canine support team at the wellness bench from 8am-4pm. As part of St John Ambulance's mission of improving the health, safety, and quality of life of Canadians; the St John Ambulance Therapy Dog Program began in 1992 and now has over 3,000 Therapy Dog teams. Volunteers and their pet companion dogs visit hospitals, care facilities, trauma victims, and schools. The dogs provide a furry therapy that studies have shown can reduce stress and anxiety, and provide a feeling of safety.

The benefits of therapy dogs have been evaluated by Veterans Affairs Canada for individuals affected by post-traumatic stress disorder, panic and anxiety disorders, and depression. They plan to move forward with support for veterans to have access to trained psychiatric service dogs.



### Applied Suicide Intervention Skills Training

On September 5th and 6th, Vancouver Island Crisis Society will be delivering Applied Suicide Intervention Skills Training (ASIST) to some of our frontline support team members. ASIST is a two day workshop that teaches participants to carry out lifesaving interventions for people at risk for suicide. This workshop is strongly aligned with the clinical workforce preparedness training guidelines developed by the National Alliance for Suicide Prevention. The initiative was driven by our MHWS Organizational Wellness working group, to bring valuable training to members of the EAP, Chaplains, and other front line staff.

For more information and other events, visit  
[www.iasp.info/wspd2018](http://www.iasp.info/wspd2018)

# Canadian Scottish Regiment honour their fallen

**Peter Mallett**

Staff Writer

Personnel from The Canadian Scottish Regiment (Princess Mary's) have returned from a burial service in France honouring three of its members killed in battle over a century ago.

Three burial parties of eight soldiers each from the Victoria regiment and one burial party representing the Royal New Brunswick Regiment of Fredericton, N.B. participated in the service at the Commonwealth War Graves Commission's (CWGC) Loos British Cemetery near Lens, France on Aug. 23. They were honouring four Canadian soldiers who died during the First World War's Battle of Hill 70. The battle lasted for 11 days in August 1917.

The successful identification of the four soldiers was recently announced in May 2018 by the Department of National Defence (DND) and Canadian Armed Forces' (CAF) Casualty Identification Program. The identities of the soldiers were confirmed through historical, genealogical, anthropological, archeological research and, DNA analysis. The Casualty Identification Program aims to identify the remains of newly discovered Canadian soldiers killed-in-action prior to 1970, so they can be buried with their name by their regiment and in the presence of their families.

The remains of Private William Del Donegan, 20, Private Henry Edmonds Priddle, 33, and Sergeant Archibald Wilson,

25, were found near the village of Vendin-le-Vieil, France, and identified by DND and the CAF on May 22, 2018. All three soldiers enlisted in Winnipeg, Manitoba, as members of the 16th Canadian Infantry Battalion (The Canadian Scottish), Canadian Expeditionary Force (CEF), a unit perpetuated by The Canadian Scottish Regiment (Princess Mary's) of Victoria. The remains were discovered during a munitions clearing process between September 2010 and August 2011.

The identification of the remains of a fourth Canadian soldier was announced on May 28 as Private John (Jack) Henry Thomas, of the 26th Canadian Infantry Battalion (New Brunswick), a unit perpetuated by The Royal New Brunswick Regiment of Fredericton, N.B.. His remains had been found at the site of a construction project in Lens in 2016.

Representatives from all four soldiers' families were in attendance with support from Veterans Affairs Canada. Members of each family laid a wreath at the foot of their loved one's grave as the ceremony concluded.

## Heartfelt Moments

Their caskets were draped in Canadian flags and the service included the Ode to Remembrance, the Last Post, and the customary moment of silence, allowing those attending to reflect on the cost of war.

Chaplain, Captain Kenneth Nettleton of the Canadian Scottish Regiment presided over the service and emphasized the his-

torical importance of the moment and the thousands of First World War headstones located across France.

"These stones are sacred stones, these stones mark the lives of people that left their homes and unlike [crossing] the River of Jordan they crossed an ocean," said Capt Nettleton. "They came to this land and gave their lives for the freedom of France and the Western world, the world that we know and love today."

Those sentiments were not lost on Lieutenant Patrick Rippon, an Infantry Officer of the Canadian Scottish Regiment. Lt Rippon commanded the funeral party and says there were many emotional moments for himself and the rest of his regiment during their week-long trip to France; especially the tours of military graves. But during the burial service he remained professional.

"During the ceremony my main focus was providing the fallen with as much dignity as possible," said Lt Rippon. "I was focused on the job, and the emotional weight of what I was doing was not at the forefront of my mind."

His final duty was to bring military artifacts, including shovels, buttons and, canteen cups found with the remains of Sgt Wilson, Pte Priddle and Pte Donegan, back to Canada. He will present the artifacts to his unit, which will then be placed in the Canadian Scottish Regiment museum at the Bay Street Armory.

Approximately 1,300 of the 2,100 Canadian soldiers who gave their lives in

the Battle of Hill 70 have no known graves. The battle raged from Aug. 15 to 25, 1917, and was the first major action fought by the Canadian Corps under a Canadian Commander. Hill 70 remained in allied hands until the end of the war.



**Bugler, Sergeant Maitland, and Piper, Master Corporal Johnston of 3rd Canadian Division, salute the four Canadian First World War soldiers who lost their lives at the Battle of Hill 70. They were laid to rest in Loos British Cemetery, Loos-en-Gohelle, France on Aug. 23.**



## PROFILES

Four Canadian Soldiers killed during the Battle of Hill 70 were buried at Loos British Cemetery on Aug. 23.

Source: Department of National Defence

**PRIVATE WILLIAM DEL DONEGAN** was born on March 27, 1897, in Ottawa. In his youth, the family moved to Winnipeg. Private Donegan was a railway clerk in that city before he enlisted in the CEF on February 21, 1916, at age 18. He joined the 16th Battalion CEF in France on April 21, 1917, and died on August 16, 1917, at the age of 20, during the Battle of Hill 70.

**PRIVATE HENRY EDMONDS PRIDDLE** was born on May 17, 1884, in Norwich, Ont. In 1910 he married Florence Hazen, and the couple settled in Winnipeg. Private Priddle worked as a broom-maker before enlisting in the CEF on April 1, 1916, at age 31. He joined the 16th Battalion CEF in France on May 9, 1917, and died on August 16, 1917, at the age of 33, during the Battle of Hill 70.

**SERGEANT ARCHIBALD WILSON** was born on February 12, 1892, in Campsie, Scotland. One of 11 children, he came to Canada with three brothers and two sisters in June 1910. Planning to eventually farm in Manitoba, he worked as a barber before enlisting in the CEF on December 18, 1914, at age 22. He joined the 16th Battalion on December 22, 1915, and participated in several battles throughout 1916 and the first part of 1917. On June 4, 1917, he was promoted to Sergeant, and he died on August 16, 1917, at the age of 25, during the Battle of Hill 70. Two of his brothers, John and Gavin, also enlisted, and were killed in Belgium and France, respectively.

**PRIVATE JOHN (JACK) HENRY THOMAS** was born on January 25, 1889, in Chewale, South Wales, UK. He grew up in Birch Ridge, N.B., where he worked as a farmer. He enlisted with the 115th Canadian Infantry Battalion, CEF, in Saint John, N.B., on April 20, 1916, at the age of 27. He joined the 26th Canadian Infantry Battalion (New Brunswick), CEF on May 21, 1917. He died on August 19, 1917, at the age of 28, during the Battle of Hill 70.

**Soldiers from the Canadian Scottish Regiment of Victoria and the Royal New Brunswick Regiment of Fredericton stand at ease alongside the final resting place of four Canadian First World War soldiers who died at the Battle of Hill 70.**



Photos by MCpl True-dee McCarthy, Canadian Forces Combat Camera

**Cut your debt by up to 80%!**



- Consolidate all your Debts into one new Lower Payment at 0% interest
- Avoid Bankruptcy, Repair Credit

**CALL TODAY FOR A FREE CONSULTATION**

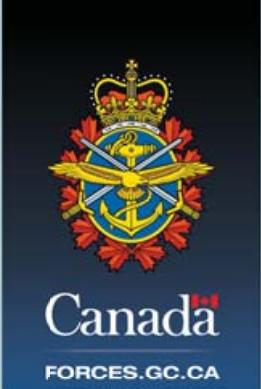
**4 Pillars** Canada's Debt Relief Specialists

250-882-5556 [DebtVictoria.com](mailto:DebtFree@DebtVictoria.com)

Independently owned and operated, associated trademarks are used under license.



2018



**SURVEY**  
ON SEXUAL MISCONDUCT  
**EVERY VOICE COUNTS**

**Come see us at the DND Industrial Trade Show Sept. 13, Naden Drill Shed**



**2018 Winnebego Winnie Drop 1790**

From \$121.53 bi-weekly OAC

We are a proud Military family and we Salute all who serve! - *Sylvia Thistle-Miller*

Phone: 250-656-1122  
10299 McDonald Park Rd. Sidney, B.C.  
Sales | Parts | Service | Financing | RV/Car Wash

**TRIANGLE RV CENTRE**  
Excellence in service since 1956

**DND**

This fall, Statistics Canada (StatCan) will begin sending invitations by email and mail to eligible Regular Force and Primary Reserve personnel. The survey is voluntary, but all personnel are strongly encouraged to take time to share their views. All members' perspectives are important, whether they have been directly affected by sexual misconduct.

The purpose of this survey is to get an up-to-date picture of the issue of sexual misconduct in the CAF and to measure progress since Operation Honour was initiated in 2015. The survey asks a series of questions to determine the prevalence of sexual misconduct in the CAF in the last 12 months and to gauge awareness of pertinent policies, programs and support mechanisms.

In mid-September, StatCan will begin sending invitations by email and mail to eligible Regular Force and Primary Reserve personnel. The survey is voluntary, but all personnel are strongly encouraged to take time to share their views. All members' perspectives are important, whether they have been directly affected by sexual misconduct.

StatCan will analyse the data and compare it with data collected in 2016. Comparing the data will help us measure the impact of Operation Honour and identify areas that require a more concentrated level of effort for improvement. StatCan will release the survey results at the end of May 2019.

Sexual misconduct has far reaching, negative impacts on morale, cohesion, operational effectiveness, deployability, recruiting and retention. The 2018 Survey on Sexual Misconduct in the CAF is vital to deepening our understanding of the issues and how they should be addressed.

Watch for your invitation to participate, and don't miss your chance to contribute to this important initiative to improve the well-being of the CAF and its personnel.

**Operation HONOUR**

**Vancouver Island WORKS PROJECT**

**THE VANCOUVER ISLAND WORKS PROJECT** provides services to both businesses, and individuals in the community who are looking to: start a business, improve an existing business, or gain the skills to succeed.

**Call Us Today!**

3011 Gosworth Road, Victoria, BC V8T 3C7  
[info@viwproject.com](mailto:info@viwproject.com)

Main: 778-433-8499  
Message: 250-508-5774  
[www.viwproject.com](http://www.viwproject.com)

**VIW PROJECT SERVICES**

- Consulting
- Entrepreneur
- Small Business Mentorship
- Business Solutions
- Digital Marketing
- Digital Strategy
- Content Marketing
- Search Engine Optimization - SEO
- Social Media
- Technical Skills

For more information on our services please visit our website or contact us at **778-433-8499**.



**VIW PROJECT SERVICES**

- Consulting
- Entrepreneur
- Small Business Mentorship
- Business Solutions
- Digital Marketing
- Digital Strategy
- Content Marketing
- Search Engine Optimization - SEO
- Social Media
- Technical Skills

For more information on our services please visit our website or contact us at **778-433-8499**.

**Red Barn MARKET**  
Your Everyday Specialty Store

WITH DND ID, LIMITED TIME  
Esquimalt Location only

**Enjoy a FREE COFFEE**  
with every sandwich, wrap or salad.

OPEN 6AM-9PM MON-FRI, 8AM-9PM SAT-SUN  
[redbarnmarket.ca](http://redbarnmarket.ca)

**babcock**

Proud to support Canada's fleet

Marine  
Land  
Aviation  
Cavendish Nuclear  
[babcockcanada.com](http://babcockcanada.com)



# Prisoner of war diary available online

**RCAF Public Affairs**  
with files from the Comox  
Air Force Museum

A true Canadian military treasure has been digitized and is now available for everyone to see on the Comox Air Force Museum website.

Flight Lieutenant John Colwell was a prisoner of war at Stalag Luft III—site of the famous “Great Escape.”

He documented his time as a prisoner, including preparations for the escape, in meticulous detail in a diary provided by the YMCA. As well as recording day to day events, he drew illustrations of camp living conditions, recorded daily menus and the Christmas 1944 menu, listed prisoner and air force slang, and drew diagrams of the Great Escape tunnel. He was a “tinbanger”—making pots, pans and household items from tin cans. He even includes in his diary the numbers and types of tin cans used to make various items.

Flight Lieutenant Colwell was also directly involved in preparations for the escape. He was a “penguin”—one of the men responsible for covertly distributing the 86 tons of sand dug from the tunnels around the compound. He was slated to be the 146th person to go through the tunnel, but the escapers were discovered by German guards after

only 76 had gotten out. All but three were recaptured and 50 were executed.

Following the war, he and his wife Fern took over the family poultry farm near Lantzville on Vancouver Island. In August 2002, he donated his diary to the Comox Museum. Now, it has been digitized as a PDF and is available on the museum’s website.

Gary Brammer, who volunteers with the Museum, describes the Colwell Diary as his favourite exhibit.

“I had no hesitation in picking the Flight Lieutenant Colwell Diary as my number one exhibit. The very fact it survived the war is incredible in itself. It gives us a detailed, unique look at the great escape from Stalag Luft III POW camp.

“The detail, colour, and story hidden within its pages is second to none, but there is also something else there that is the reason why it’s my favourite exhibit.

“I think we forget that the men who took part in this escape were in fact, young men, no more than boys. The inner strength and fortitude that drove these men to survive the brutal conditions alone is to be admired, but I think there is so much more. They had a pride and sense of duty that drove them on. They could have had a fairly comfortable safe war, just allowing the

F/L John Colwell displays the diary he kept while a prisoner at Stalag Luft III. Colwell, who donated his diary to the Comox Air Force Museum in 2002, was a “penguin” who moved sand out of the tunnels. He describes the Germans’ discovery of the escape in his diary.





Want to know  
what your Base  
Commander is up to?  
  
 @MayorCFBESq



**MOTORCYCLE RIDER TRAINING**

**NOVICE & TRAFFIC PROGRAMS**

**EXPERIENCED RIDER COURSES**

**ICBC CERTIFIED COURSE**

**250-478-9584**  
[www.visafetycouncil.com](http://www.visafetycouncil.com)

war to carry on outside the fence line but they felt a duty to do what they could to disrupt the German war effort in any way they could.

“The diary shows the incredible intelligence of these men in the way they used everyday items to make tools and find engineering solutions to tough problems. The diary shows team work, sacrifice, and the inner strength I think they all had.

“I hope that this diary can be used as a teaching tool to show our children today that they too can do more with what they have around

them. The power and strength they have inside of each and every one hopefully can be brought out without having to face the same terrible adversity that these men had to face. Remember that 50 men were shot for showing the world their greatness when they succeeded in this ‘great escape’. May they not be forgotten, and this diary is a wonderful way to remember.”

Flight Lieutenant Colwell was born in India in 1916 and passed away in British Columbia on April 8, 2007.

**ESQUIMALT LEGION**

IS JOINING UP

CFB ESQUIMALT HAS OFFERED THE

**CHIEF & PO'S MESS**

1575 LYALL STREET

for

Events, Banquets,  
Country Music Dances, and  
Halloween (TBA)

**JOIN US AT  
OUR FIRST  
BIG EVENT!**

**Music Bingo**  
SEPTEMBER 7

All military and DND personnel are invited!

Come visit our  
new Poppy Office!

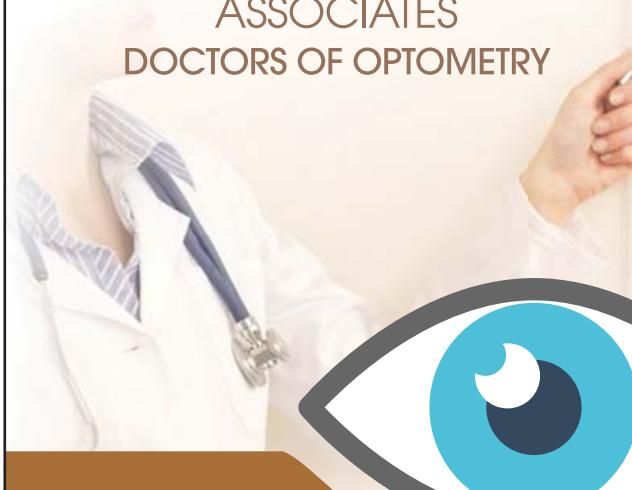
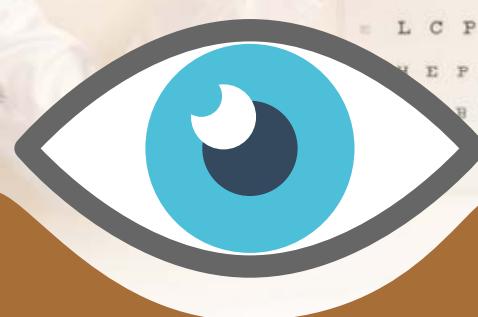
**See you there!**

**Legion** 

FOR MORE INFORMATION:  
250 812 6402  
[RCLESquimalt@shaw.ca](mailto:RCLESquimalt@shaw.ca)

**OPTOMETRISTS**

**DR JOSLIN & DR MORIN**  
ASSOCIATES  
DOCTORS OF OPTOMETRY

**EXPERIENCE THE PRECISION OF  
CUSTOMIZED VISION**

Canadian Forces member eye exams and glasses  
provided with designated paperwork!

**LANGFORD**  
#105-814 GOLDSTREAM AVE.  
PHONE: (250) 474-4567  
[www.langfordoptometrists.com](http://www.langfordoptometrists.com)

**SOOKE**  
#5-6726 WEST COAST RD.  
PHONE: (250) 642-4311  
[www.sookeoptometrists.com](http://www.sookeoptometrists.com)

## Become a Registered Massage Therapist



West Coast College of MASSAGE Therapy

- Study at Canada's Leading Educator in Massage Therapy
- 20 Month Diploma Program
- Over 30 Years of Proven Success

#100-818 Broughton Street  
[www.collegeofmassage.com](http://www.collegeofmassage.com)

### CANADA'S ONLY NATIONAL MASSAGE THERAPY COLLEGE

**For more information about our Public Student Intern Clinics  
 please call us at: 250.381.9800 ext 221**

VICTORIA

NEW WESTMINSTER

TORONTO

CAMBRIDGE

HALIFAX



## Join a Champion! GORGE SOCCER ASSOCIATION

**REGISTRATION IS CURRENTLY OPEN  
 FOR THE FALL SEASON**

**YOUTH SOCCER: 4 - 17 years old**

**ADULT SOCCER: 18 - 70+ years old**



Online registration Available at: [www.gorgesoccer.ca](http://www.gorgesoccer.ca)

In-person Registration: Hampton Park Clubhouse

(240 Hampton Road) Saturdays 9am-11am

Questions? [info@gorgesoccer.ca](mailto:info@gorgesoccer.ca)

A player will never be turned away due to lack of fees (external and internal grants available).

## Two former NPF employees charged

### DND

Two former employees with Canadian Forces Moral and Welfare Services (CFMWS) at Canadian Force Base (CFB) Borden and CFB Suffield have been charged for fraud and for crimes related to fraud under the Criminal Code (CC), following two distinct investigations by the Canadian Forces National Investigation Service (CFNIS).

Shirley Lemieux, an administrative assistant with CFMWS Personnel Support Program (PSP) at CFB Borden in Ontario, was charged on Aug. 15 of the following:

- Theft over \$5,000 contrary to section 334 (a) of the CC.
- Fraud over \$5,000 contrary to section 380 of the CC.
- Forgery contrary to section 367 of the CC.
- Breach of trust contrary to section 122 of the CC.

The accused was suspected of fraud by PSP Non Public Funds (NPF) Manager following discrepancies noted in NPF accounts in April 2018. An investigation by the Military Police was initiated on April 12. The offences allegedly occurred

between January 2015 and April 2018. The total theft of NPF funds is estimated to be over \$70,000.

Scott Macdonald, a retired NPF Mess Manager at CFB Suffield in Alberta, was charged on Aug. 20 at Medicine Hat, AB, of the following:

- Fraud contrary to section 380 (1)(a) of the CC.
- False entry in a document contrary to section 397 of the CC.

The accused was suspected of fraud in February 2016 following a complete stock taking process at the Crowfoot Messes. An investigation by the Military Police was initiated on Feb. 17. The offences allegedly occurred between 2005 and 2016. The total cost incurred is estimated to be over \$90,000.

Both cases are proceeding under the civilian justice system.

Shirley Lemieux will appear to Barrie Provincial Court on Sept. 10.

Scott Macdonald will appear to Medicine Hat Court House on Oct. 18.

An accused member is presumed innocent until proven guilty with the right to a fair trial as guaranteed by the Canadian Charter of Rights and Freedoms.



**KIDS EAT FREE\***

**Tuesdays from 4pm to 10pm**

**1845 Island Highway, Colwood 250.391.5580**  
**3100 Douglas Street, Victoria 250.382.3844**

\*Limit two free kids' entrées with the purchase of one adult entrée. Kids meals limited to all entrées listed on the kids' menu.



**Eric Coching**  
 Broker/Owner | 250-217-2326

## The MORTGAGE Centre

COCHING MORTGAGE

*Finding the right home is hard. Finding the right mortgage is easy.*

**Phone 250-391-6191 • Fax 250-391-6192**

**103-719 McCallum Road, Victoria, B.C. V9B 6A2**

CONVENIENT LOCATION ACROSS FROM HOME DEPOT BELOW COSTCO

**Thinking about  
 consolidating  
 consumer debt?**

Now may be the time  
 as mortgage rates are low.  
 Give us a call for current rates  
 and options!

Rates subject to change without notice

# Culture plays a big role in success of Aboriginal program

**A/SLt Jesse Grigor**

Naval Fleet School (Pacific)

Students who choose to enter the Aboriginal Youth Program with the Canadian Armed Forces (CAF) undergo four days of cultural awareness training prior to starting basic training.

Providing cultural awareness education, and practicing ceremonies and rituals are critical components to bridging students coming from Aboriginal communities across Canada into the CAF.

"It's important to remind them who they are, to develop a sense of pride and recognize that all the students are Aboriginal, and each has something to offer to be successful," says retired captain Robert Thibeau. He is the owner of Eagle Vision Leadership Training Solutions Inc. and is responsible for the cultural awareness training for both the Raven and Black Bear Aboriginal Youth Programs.

Under the guidance and direction of Ed and Madeline Neveau, the culture camp begins with the lighting of the sacred fire signifying the opening of the camp.

Students are taught Aboriginal history and practice various rituals and ceremonies over a few days. These include learning about the

cultural significance of teepees and sweat lodges, how to build them, and properly use them.

The cultural awareness programs provide instruction on Metis, Inuit and First Nations cultures. Training focuses on rituals, ceremonies, government treaties with Aboriginals, the legacy and impact of the residential schools and how all these components

explain the political, social and cultural reality of Aboriginal peoples of today.

"The combination of military and cultural aspects of this training are good because most recruits are young, and this program is designed so they can learn about their history and get comfortable before they start their training," said MS Howell, a

senior Raven instructor.

At the end of the cultural awareness training staff conduct a hand over ceremony where the recruits are formally handed back to the military to begin their basic training.

Throughout their cultural awareness training and basic training students have access to elders and counsellors who

continue to practice rituals, such as sharing circles, with students. Elders and counsellors also provide support for students while they are in the program.

Sharing circles offer an opportunity to address any concerns that counsellors feel exist.

"If I feel the students lack trust in each other, then for the next sharing circle I will focus on trust," says Counsellor John Snake.

The sharing circle has four focuses: respect, honesty, sharing and caring. Students can bring forward any issues they would like to discuss in a safe, confidential way.

"There are two rules for the sharing circle: We use either an eagle feather, prayer stick or rock to signify who holds the floor to talk, and nothing said in the sharing circle leaves the circle," says Snake.

The cultural awareness training also benefits the staff in the Raven program.

"The cultural awareness training has definitely helped me to better understand and connect with the recruits," said MS Charland.

Due in part to the unique programming and support offered through the Aboriginal Youth Programs, this year saw 24 students successfully complete the Raven program in Esquimalt.



**Joe Thorne, a traditional dancer from Cowichan Nation, blesses the candidates before The Raven Program Graduation ceremony Aug. 14.** Photo by LS David Gariepy, MARPAC Imaging



## Annual General Meeting

Saturday

September 8

10:30am - 11:30am

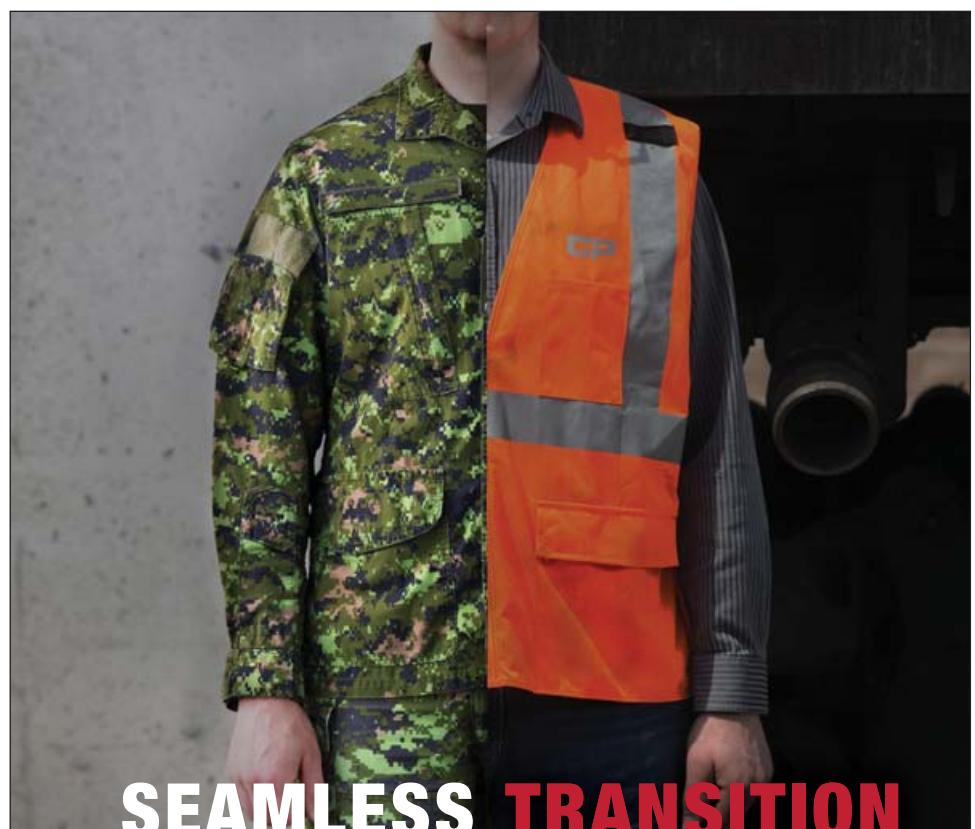
Colwood Pacific Activity Centre

**EVERYONE WELCOME TO ATTEND**

More info at:

250-363-2640 (1-800-353-3329)

[www.esquimaltmfrc.com](http://www.esquimaltmfrc.com)



## SEAMLESS TRANSITION

CP connects veterans with competitive pay, benefits and potential advancement opportunities. Connect to a rewarding career.

**Apply now at [CPR.ca/Veterans](http://CPR.ca/Veterans)**



**WE KNOW THE VALUE OF A VETERAN**

Join Canada's largest private sector employer of veterans

beyondservice.ca

COMMISSIONAIRES

**BAIRD, ALLAN //**

**NAME**  
1979 // CHIEF PETTY OFFICER 2<sup>ND</sup> CLASS // FORMATION ADMINISTRATION // NATO (MULTIPLE DEPLOYMENTS) OP FRICITION (GULF & KUWAIT) - 1990 UNPROFOR (MONTENEGRO COAST) - 1993 OP SHARP GUARD (YUGOSLAVIA) - 1993 //

**ENROL DATE**  
**RETIRED AS**  
**DEPLOYMENTS**

**LOCATION**  
**TITLE**  
**SERVICE**  
CHARLOTTETOWN // REGIONAL MANAGER // 2011-PRESENT //

# Sexual assault charges laid

## DND

The Canadian Forces National Investigation Service charged a member of the Canadian Armed Forces with sexual assault under the Criminal Code, as well as a related offence under the National Defence Act (NDA) on Aug. 29.

The charges relate to reported incidents involving another member of the Canadian Armed Forces while at Naval Fleet (Pacific) School located in

Esquimalt, B.C., during the summer of 2017.

Lieutenant (Navy) Ronald Clancy, a Reserve Force member of HMCS York, a Naval Reserve Division located in Toronto, Ontario, faces the following charges:

- One (1) count of Conduct to the Prejudice of Good Order and Discipline, contrary to the Defence Administrative Orders and Directives 5019-1.
- Two (2) counts of Sexual Assault under section 271 of the Criminal Code, punishable under section 130 of the NDA;
- One (1) count of Behaving in disgraceful manner contrary to section 93 of

the NDA.

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.

In all cases, the subject of charges is presumed innocent until proven guilty.

## Check out the Fall 2018 Activity Guide

Available at CPAC, MFRC, NAC and online! Visit [lookoutnewspaper.com](http://lookoutnewspaper.com) to download your copy today!

## TRACKSIDE AUTO SERVICE LTD.

A FULL SERVICE AUTO REPAIR FACILITY

- ✓ Induction & Fuel Injection Service
- ✓ Out of Province Inspection
- ✓ Diesel Fuel Service
- ✓ Brake service
- ✓ Oil service
- ✓ Electrical
- ✓ Exhaust
- ✓ Tires

Winner  
"2014 2nd PLACE"  
BEST OF THE CITY AWARDS  
Black Press



WALKER

HANKOOK PERFORMANCE TIRES

### Ask about BG Protection Plan\*

Where Dependability and Trust are a Priority...

\* under 80,000 km

784 Fairview Rd. • 250-383-5509 • [tracksideautoservice.ca](http://tracksideautoservice.ca)

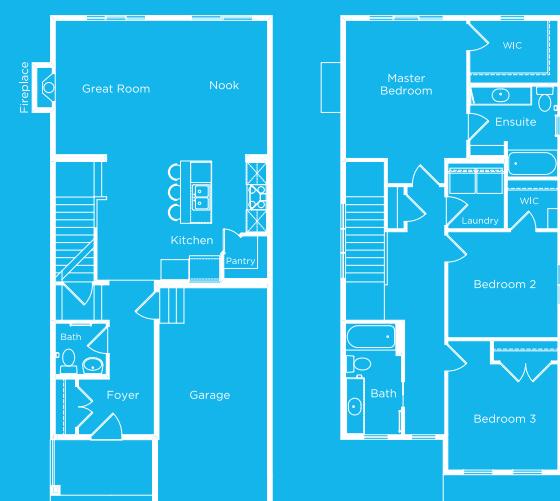


## FIRST RELEASE 70% SOLD

NEW SHOW HOMES COMING SOON! Owning your own single-family home in the beautiful master-planned community of Royal Bay is within your reach! With just a short walk to the ocean, could life get any better?

Visit our HomeStore for more information.

FLETCHER  
1,722 SQ.FT.  
3 BEDROOMS + 2.5 BATHS



MOVE IN FALL 2018

## SINGLE-FAMILY HOMES

From

**\$649,900**

Incl. GST

**GABLEcraft HOMES™**

**GABLECRAFT HOMESTORE**  
3549 Ryder Hesjedal Way  
Colwood, BC  
Open 11AM-5PM  
Tuesdays-Sundays  
778.265.8350



**REGISTER NOW**  
[GABLECRAFT.CA/ROYALBAY](http://GABLECRAFT.CA/ROYALBAY)

# What is blood flow restricted training?

**Dr. Darrell Menard**  
CFMWS

Blood flow restricted (BFR) training is also called occlusion or Kaatsu training and has been around for many years. Its claim to fame is allowing people to make training gains through low-resistance exercise, yet there is cause for concern.

BFR training involves using a tourniquet to restrict blood flow to the arms or legs. The pressure to the limb must be strong enough to stop the return of venous blood from the constricted limb, but not strong enough to stop arterial blood flow. This can be difficult to achieve, as the desired pressure can be different for everyone. With the limb constricted, the person does resistance exercises at up to 20 to 30 percent of their one repetition maximum. People typically do three sets of 20 to 30 repetitions at this low resistance. The theory is that doing low-intensity training with restricted blood flow allows people to reach the same training gains they would get from high-intensity training.

#### Does BFR training work?

Research clearly shows that

BFR training offers no advantage for people who can do higher-intensity training and may even be less effective. Some rehabilitation programs have used BFR training and found it helpful for those who can't do higher-intensity training with their arms or legs due to disease or disability.

#### Is BFR training safe?

Very little research has been done regarding the safety of BFR training, but there are some significant concerns:

Reducing blood flow to working muscles activates a reflex that can put people with high blood pressure, heart disease and poor circulation at increased risk of abnormal heart rates, heart attack, stroke and sudden death. This is concerning because many people have these medical conditions and aren't aware of them.

We have no idea if there are potential health risks from the long-term use of BFR training.

There is no standardized way to determine the ideal constricting pressure, and using excessive pressure could damage blood vessels, muscles and tendons. It could also cause life threatening blood clots.

This training approach is not recommended for people with the following conditions: preg-

nancy, a history of blood clots, poor arm and leg circulation, varicose veins, high blood pressure, heart disease, limbs that have had their lymph nodes removed, abnormal heart rates, and people who are on medication that increases the risk of clotting.

The bottom line: BFR training may be a waste of time, and we are uncertain about its safety. The potentially dangerous cardiovascular responses to this technique are such that further research is needed to determine if it can safely be used by those who can't do high-intensity training due to disease or disability. Train smart.

#### Exercise is medicine!

*Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team, he works on injury prevention and promoting active living.*

Strengthening the Forces is the Canadian Armed Forces (CAF) healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.

**STRENGTHENING  
THE FORCES**



**PACIFIC MAZDA**



## 50<sup>TH</sup> ANNIVERSARY EVENT

CELEBRATING 50 YEARS OF DRIVING PASSION IN CANADA

Mazda



mazda



mazda

7-PASSENGER  
**2018 CX-9 GS**

**WIN**  
YOUR  
**MAZDA**<sup>®</sup>

50 VEHICLES  
TO BE WON  
ACROSS CANADA



GT model shown

0%  
PURCHASE  
FINANCING\*

+ UP TO \$750  
ANNIVERSARY  
BONUS\*



AJAC'S MOST AWARDED  
AUTOMOBILE BRAND EVER



## MILITARY & DND INCENTIVE PROGRAM

DL8152

**+\$500**

Incentive on New  
& select Used  
vehicles in stock

**10% OFF\***

Service and Maintenance  
Complimentary Car Wash with service (time permitting)

\* cannot be combined with any other promotions, specials or coupons  
see service department staff for details

LOCATED AT 1060 YATES STREET | TEL: 250-385-1451 | MAZDAVICTORIA.COM

## Find Your Power

Highly Personalized Trauma Treatment

NON-12 STEP SINCE 2008



### Treatment Shouldn't Feel Like Punishment

We are committed to our clients' transformations and helping them become healthy men who are inspired to live with a renewed sense of vitality and purpose.

Take Control

Get Connected

Find Your Purpose

Heal And Grow

We are an approved addictions and mental health treatment provider for the Canadian Forces and Veterans Affairs Canada. We offer an intensive trauma program designed specifically for co-occurring occupational stress injuries and substance and alcohol use issues.



LEARN MORE ▾

register at schc.ca



Sunshine Coast  
Health Centre

2174 Fleury Road, Powell River, BC  
Canada V8A 0H8  
Admissions Toll Free 866.487.9010  
Administration Toll Free 866.487.9050  
Fax: 604.487.9012

www.schc.ca | info@schc.ca



# Bravo Zulu

## Naval Personnel & Training Group Headquarters

OCdt Miles McDowell is appointed to his current rank by Cdr Brad White, Commanding Officer NPTG HQ.

# Bravo Zulu



PO2 Anthony Cato from HMCS Chicoutimi is commissioned and promoted to SLt by Capt(N) Christopher Robinson, Commanding Officer Canadian Submarine Force, and Lt(N) Michel Bonin, CSEO HMCS Victoria.



CPO1 Dave Bryson, Canadian Submarine Force outgoing coxswain, is commissioned and promoted to Lt(N) by Capt(N) Christopher Robinson, Commanding Officer Canadian Submarine Force, and CPO1 Andrew Moulton, coxswain Canadian Submarine Force.



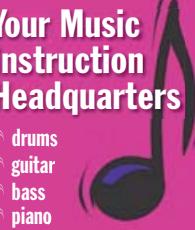
PO1 Brandt is appointed to Naval Cadet by Cdr Sauvé, Commanding Officer, Naval Training Development Centre (Pacific). Pictured left to right: Lt(N) Brestovansky, Cdr Sauvé, NCdt Brandt, and his spouse Lise Bérubé.



MS Vallee is promoted to Petty Officer Second Class by Cdr Sauvé, Commanding Officer Naval Training Development Centre (Pacific). Pictured left to right: Cdr Sauvé, PO2 Vallee, and CPO2 Lambert.

# LOOKOUT Classifieds & Real Estate

Email your Free Word Classified to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)

ANNOUNCEMENTS	HELP WANTED	HELP WANTED	SERVICES OFFERED	MUSIC	WANTED TO RENT	REAL ESTATE
<p><b>SING AWAY THE WINTER</b> with a fine SATB choir, meeting Tuesday September 4th at St Mary – 1701 Elgin St, Oak Bay 1915-2130h. Find us online at <a href="http://newcombesingers.com">newcombesingers.com</a></p> <p><b>3005 11 SVC BN ARMY CADETS</b> has a great, fun, safe, purposeful program. There is no cost and youth M/F 12-18 years of age are eligible to join. Weekend and Summer Camps, Band, First Aid, and Marksmanship are all offered. Thursday 6:30 - 9:00 pm, 724 Vanalman Ave Victoria. Call 250-363-3194 or email <a href="mailto:3005PSC@gmail.com">3005PSC@gmail.com</a>.</p> <p><b>848 ROYAL ROADS Air Cadets</b> invite all youth aged 12 – 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 – 9:00pm at 3041 Langford Lake Rd, Belmont Secondary. Website: <a href="http://848royalroadsaircadets.com">848royalroadsaircadets.com</a> Contact: <a href="mailto:848parentinfo@gmail.com">848parentinfo@gmail.com</a> or 250-590-3690</p>	<p><b>Make a Difference!</b></p> <p><b>A Rewarding Volunteer Opportunity is Available for You!</b></p> <p><b>Become a Network Friend.</b></p> <p>You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue.</p> <p>Contact: <a href="mailto:volunteer@Lnv.ca">volunteer@Lnv.ca</a> Learn more: <a href="http://www.lifetimenetworks.org">www.lifetimenetworks.org</a></p> <p><b>LIFETIME Networks</b> FRIENDSHIP • SUPPORT • COMMUNITY</p>	<p><b>Now Hiring</b></p> <p><b>Team Members Wanted!</b></p> <p>There's a position and shift to fit your schedule. Overnights, early mornings, evenings full time and part time. Let us know what you are looking for. Growth opportunities – build your career with us. Fun and fast-paced environment. Benefits offered after 6 months of employment. Wage starts \$12.85/hr part time and \$13.15/hr for fulltime. Graveyard rate \$15</p> <p><b>Apply in person at</b> 1820 Old Island Hwy Victoria BC <b>or email your resume to</b> <a href="mailto:sbmholdings@yahoo.ca">sbmholdings@yahoo.ca</a></p> <p><b>Tim Hortons.</b> Serving the neighbourhood</p> <p><b>Bring ATTENTION to your business</b></p> <p>Lookout Classifieds 250-363-3127</p>	<p><b>VALERIE MACNEIL COUNSELLING</b> by Valerie MacNeil M.Ed, RCC. New to Esquimalt I offer counselling for mental health, addictions, trauma, grief and loss and couples. Contact Valerie at 250-216-1105 or <a href="http://www.valeriemacneilcounselling.com">www.valeriemacneilcounselling.com</a></p> <p><b>DEPLOYING? NEED SOMEONE TO HOUSE SIT?</b> I am a mature, caring, responsible, trusting, non-smoking woman. Willing to come to Victoria and house/pet sit for you. Call: (613)266-7144</p> <p><b>CAREER TRANSITION COACH &amp; Resumes Writer</b>, former SCAN Coord Judy Marston; 10% Military Discount, <a href="http://www.resume-coach.ca">www.resume-coach.ca</a> or 250-888-7733</p>	<p><b>Your Music Instruction Headquarters</b></p>  <p>drums guitar bass piano electronic keyboard</p> <p><b>ESQUIMALT MUSIC</b> <b>250.385.2263</b> <a href="http://esquimaltmusic.com">esquimaltmusic.com</a></p> <p><b>Your ad here</b> For word or display ads, 250-363-3127</p> <p><b>STORAGE</b></p> <p><b>BARRY'S MOVING &amp; STORAGE LTD.</b> Since 1975 Phone: 250-475-0022 Toll Free: 1-877-475-0022 Email: <a href="mailto:info@barrysmoving.com">info@barrysmoving.com</a> <a href="http://www.barrysmoving.com">www.barrysmoving.com</a></p> <p><b>Award winning service you can trust!</b> <b>MILITARY DISCOUNT FOR RESIDENTIAL MOVES</b></p>	<p>1 BEDROOM apartment wanted. Older guy (ex-navy) looking for an unfurnished 1 bedroom apartment preferably in Esquimalt. Very clean and quiet. Would like main floor of a fourplex or similar. I smoke cigarettes, but never inside. So, need a patio or backyard entrance. Have moderate budget. Looking for something for long term and require by Sept. 1st. Please email to: <a href="mailto:brendonstiles@telus.net">brendonstiles@telus.net</a> or call me @ 250 427 0642.</p> <p><b>MORTGAGE CONSULTANT</b></p> <p><b>BMO</b> </p> <p><b>David Vanderlee, CD, BA</b> <b>Canadian Defence Community Banking Manager Mortgage Specialist</b> David.VanderleeCD@bmo.com M 250.217.5833 F 250.727.6920</p> <p>BMO Bank of Montreal, 4470 West Saanich Rd, Victoria, BC</p>	<p><b>SHARED HOME OWNERSHIP</b> Specializing in selling homes with legal suites to two separate parties <a href="http://sharedhomeownershipvictoria.com">sharedhomeownershipvictoria.com</a></p> <p><b>Call for details! 250-812-7277</b> Come see our booth at the Trade Show Sept 13th! <b>PEMBERTON HOLMES</b> ESTABLISHED 1971</p> <p><b>Lookout Classifieds Work.</b> 250-363-3127</p>
<p><b>VEHICLE FOR SALE</b></p> <p>2007 COUGAR 5TH WHEEL 276RLS – with Polar Package (Length 28.9'). Includes solar panel, fantastic fan, bike rack, new tires. Hitch included. One owner, non-smoking. \$19,000. Phone 250-478-3357.</p>	<p><b>NEED A VEHICLE?</b></p> <p><b>GOOD CREDIT, BAD CREDIT...</b></p> <p><b>WE DRIVE SOLUTIONS!</b></p> <p><b>APPROVED APPROVED APPROVED</b></p> <p><b>The CREDIT DOCTOR</b></p> <p><a href="http://www.creditdoctorvictoria.ca">www.creditdoctorvictoria.ca</a>   250-360-1111</p>	<p><b>EMPLOYMENT OPPORTUNITY</b></p> <p><b>Join Our Team</b> We are looking for both experienced and non-experienced Gardeners.</p> <p><b>Lead Foreman/Woman</b> Full Time Crew Leader with experience Salary: \$22.00 to \$30.00 /hour</p> <p><b>Gardeners &amp; Gardening Crew Leader</b> Gardener Salary: \$16.00 to \$18 + per hour Crew Leader Salary: \$20+ based on experience</p> <p>Call Glen for more info: 250-818-4900</p> <p><b>Acorn &amp; Branch</b> GARDENING AND LANDSCAPING <a href="http://acornandbranch.com">acornandbranch.com</a></p>	<p><b>SERVICES OFFERED</b></p> <p><b>THERE ARE OVER 1000 FOSTER CHILDREN ON VANCOUVER ISLAND!</b></p> <p><b>Foster homes are needed!</b></p> <ul style="list-style-type: none"> <li>Become a foster parent</li> <li>Offer relief or respite</li> <li>Spread the word</li> </ul> <p><b>fosterhope.ca</b></p>	<p><b>POSTED? GET PRE-APPROVED BEFORE YOUR HHT</b></p> <p><b>WE OFFER:</b></p> <ul style="list-style-type: none"> <li>Military clause for some mortgages</li> <li>A six-month mortgage protection plan, paid by us</li> <li>Instant pre-approvals • A one-year home system warranty</li> </ul> <p><b>SPECIAL DND OFFERS AVAILABLE. CALL TODAY!</b> Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.</p> <p><b>1.800.991.7993 • MORTGAGEFORCES.CA</b></p> <p><b>REAL ESTATE • FOR RENT</b></p> <p><b>MACAULAY EAST</b> 948 Esquimalt Rd. Bachelor, 1,2 &amp; 3 bdrm. Full size commercial gym! Manager 250-380-4663</p> <p><b>MACAULAY NORTH</b> 980 Wordsley St. 1 &amp; 2 Bedroom Manager 250-384-8932</p> <p><b>Tenant Referral Program</b> <b>Military Discount</b></p>		

# DEFENCE on the DOCK

# DÉFENSE sur le QUAI

GREATER VICTORIA HARBOUR AUTHORITY

SUNDAY/LE DIMANCHE SEPT.30.18 OGDEN POINT 10 AM - 5 PM


[facebook.com/events/519395941845535](https://facebook.com/events/519395941845535)


## BRINGING CFB ESQUIMALT TO YOU! LA BFC ESQUIMALT S'INVITE CHEZ VOUS!

### GO GREEN - SOYONS ÉCOLO



- Water refill stations  
Postes de ravitaillement en eau
- Bicycle parking  
Stationnement pour vélos
- Take the Bus - Route #2  
Parcours d'autobus 2

RHIB rides  
SAR demos  
Helicopter display  
Warship tour  
Military bands  
Military vehicles  
SkyHawks performance  
Food trucks

Promenades en cpcr  
Démonstration de SAR  
Exposition d'hélicoptères  
Visites de navires  
Musique militaires  
Véhicules militaires  
Spectacle des SkyHawks  
Camions-restaurants

