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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



Libya crisis naval response

As HMCS Charlottetown prepares to refuel at sea, navigation officer Lt(N) Nadia Shields takes a bearing as Commanding Officer Cdr Craig Skjerpen monitors the frigate's approach to the Italian replenishment ship Etna. Read the stories on pages 2 and 3.

Lt(N) Michael McWhinnie, HMCS Charlottetown



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NEWS 6

Honorary Captain (Navy) goes to sea



NEWS 11

MP saves neighbour's home from fire



SPORTS 12

Triton women's goalie shines at Nationals



Editorial & Opinion.....4
Bravo Zulu.....16-17
Classifieds.....18-19

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HMCS Charlottetown joins NATO allies in central Mediterranean Sea

Lt(N) Michael McWhinnie
HMCS Charlottetown

The first step in making a difference is being there. The crew of *HMCS Charlottetown* achieved that fundamental requisite last week when their vessel met with units of Standing NATO Maritime Group 1 (SNMG1) in their operational theatre in the waters off North Africa.

Having departed on short notice

from their home port of Halifax on March 2, the warship completed its transit mid-week when, several days after entering the Mediterranean Sea it closed position with the German frigate *FGS Luebeck* and the Italian flagship *ITS Etna*. Once on station, *Charlottetown's* Commanding Officer, Cdr Craig Skjerpen (pronounced *Sharpen*), accompanied by Combat Officer Lt(N) Jean-Eudes Gendron, flew by *Sea King* to pay the customary

initial visit to the Commander SNMG1, Rear Admiral Gualtiero Mattesi.

After briefing the Admiral on *Charlottetown's* capabilities and receiving updates on NATO's role, the pair returned to their vessel from *ITS Etna* in time to oversee their first refuelling at sea of the operation from that same dual-purpose command-replenishment vessel.

They were originally tasked with a mission to evacuate Canadian Entitled Personnel from Libya and provide humanitarian assistance; once that operation concluded March 8, after the successful evacuation of 191 people, *Charlottetown* was directed to continue to its current theatre of operations in the Central Mediterranean.

"Our presence in the Mediterranean forms part of the Government of Canada's response to the situation in Libya," said Cdr Skjerpen. "Though our current role is to conduct surveillance and monitoring activities, we know the situation continues to evolve and are prepared, as always, to respond to changes in our government-directed mandate."

Charlottetown comprises a wide range of capabilities and provides the Government with a means to respond rapidly to unfolding events in the region.

Following the UN security council resolution approving a 'no-fly zone' over Libya and authorizing nations to take "all necessary measures" to protect Libyan civilians, the world watches and waits: few scrutinize media reports more closely than *Charlottetown's* crew.

"We are focussed on our mission and are conducting responsible planning while avoiding the hazard of getting too far ahead of our current tasks with speculation," said Cdr Skjerpen. "We have our orders, are well-trained and equipped. Should the mission change I have every confidence in this crew to perform professionally their assigned duties and fulfill the commitment embodied by our ship's motto: *All challenges squarely met.*"

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Cpl Chris Ringius, Combat Camera

LS Mikael Tardif hoists the NATO flag on a starboard halyard as HMCS Charlottetown reaches its duty station with SNMG1.

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Lt(N) Michael McWhinnie, HMCS Charlottetown

LS Nathan Bradbury (left) and LS Jory O'Brien load chaff rockets into a launcher in preparation for operations on board HMCS Charlottetown.

Sailors witness no fly zone in Libya

Lt(N) Michael McWhinnie
HMCS Charlottetown

Somewhere in the Mediterranean, March 19, 2011.

A small crowd is gathered on the port bridge wing of HMCS Charlottetown. Slowly heading west, the ship is following a shimmering path of light laid on the water by the full moon, now low on the horizon. The clear sky is full of stars from horizon to horizon, a sight rarely seen ashore. Warships ride the waves, visible only as dim shapes punctuated by the red and green dots of their navigation lights.

Abruptly, a large plume of flame rises from the sea some distance to the south. After a few seconds of climbing, the bright glow vanishes as the cruise missile jettisons its booster and begins flying its programmed course. The first Tomahawk is on its way.

The chatter is more subdued than one might expect; the gravity of the occasion is not lost on these witnesses. Whatever they imagined when the ship left Halifax, it wasn't this.

Charlottetown departed its home port on March 2 on 24 hours' notice, tasked to join Operation Mobile in

the Mediterranean Sea to support the emergency evacuation of foreign nationals — especially Canadians — from Libya. The crew made preparations and bid their families and friends farewell with no firm idea of when they would return.

The mission changed March 9 with the successful conclusion of the military evacuation, in which Canadian crews brought 191 people to safety on six flights conducted over 11 days. Anticipating future needs, Charlottetown continued its transit of the Atlantic Ocean.

"We have always said that flexibility is the key to sea power," said Charlottetown's commanding officer, Cdr Craig Skjerpen, grinning wryly. "We refocus on being prepared to render humanitarian assistance but maintain our previous course, in a literal sense."

By the time Charlottetown reached Gibraltar and entered the Mediterranean Sea, Cdr Skjerpen had received direction to join Canada's allies in Standing NATO Maritime Group 1 (SNMG1), which was tasked to establish a sustained maritime presence and conduct enhanced surveillance and monitoring patrols in the central Mediterranean Sea.

During the transit of the western Mediterranean Sea, the crew monitored all available news sources for details of the evolving situation in Libya. Then word reached the ship that the U.N. Security Council had passed Resolution 1973 authorizing the international community "to take all necessary measures to protect civilians," closely followed by the Government of Canada announcement that a detachment of CF-188 Hornet fighters would be dispatched to help enforce a "no-fly" zone.

As that first Tomahawk missile commenced its run, another glow flashed into being and rose into the night sky, followed by others. By morning, it was public knowledge that ships and submarines of the coalition fleet had fired more than 110 cruise missiles at military targets in Libya, and the news media were speculating about the possibility of a naval blockade.

For the crew of Charlottetown, two things are clear: anything can happen here, so flexibility is key; and whatever comes next, they have a front-row seat.

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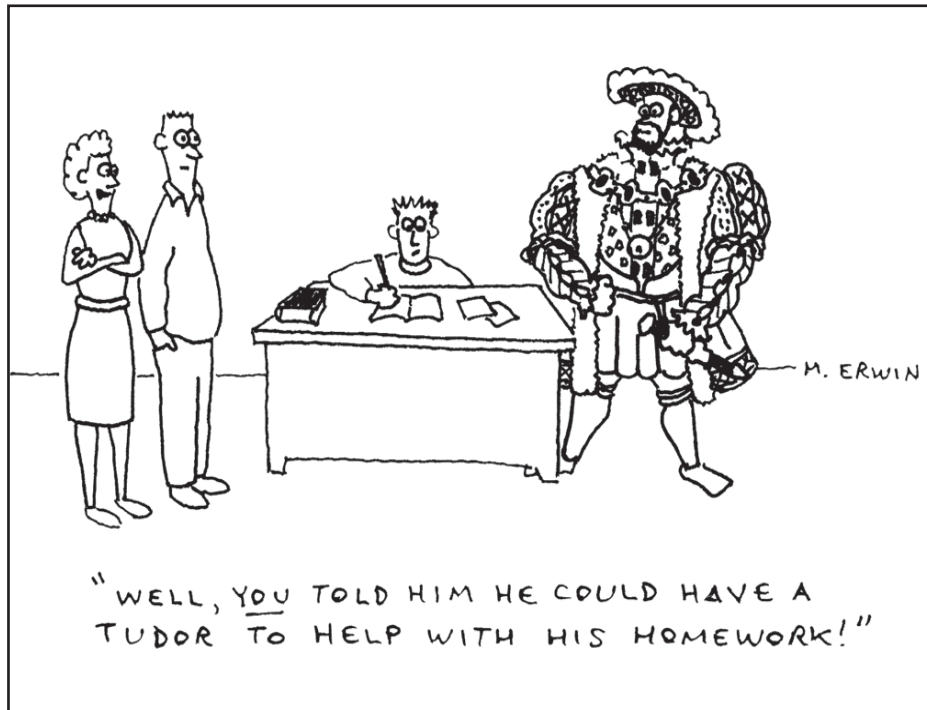
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ANSWERS ON PAGE 20 Level: Beginner

SPORTS trivia by PO2 Bill Sheridan Contributor

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QUESTIONS?

1. Which Leaf was the last pick in the All-Star game this year?
2. How big are the bases in major league ball?
3. What are the dimensions of the NBA court?
4. Who was the first quarterback to complete 400 passes in a season?
5. What team won five straight Grey Cups in the early 80's?
6. Which Grey Cup winning coach appeared paddling a canoe in the wedding scene in "Blue Hawaii"?
7. Who sang the National Anthem to kick off the 2004 World Series in Fenway Park?
8. Bob Beamon holds the Oldest Olympic record from which games?
9. In tennis, what does love mean?
10. Who has won the Masters at Augusta National the most times?
11. What two countries played in the first international soccer game?
12. Marquess of Queensberry rules is a code of generally accepted rules in which sport?
13. Who wins the Viking Award each year?
14. Which championship team was named Sports Illustrated Sportsmen of the Year in 2004?
15. What number did Jackie Robinson wear?
16. What is the worst record for a playoff team in the NFL?
17. What basketball star was nicknamed Big Country?
18. What two teams play for the Little Brown Jug?
19. When facing off in lacrosse, where is the ball?
20. What driver won 7 Daytona 500 races holding the record for most?



- #### ANSWERS
1. Phil Kessel
 2. 15 inch by 15 inch and three to five inches high
 3. 94 ft by 50 ft
 4. Warren Moon of the Oilers
 5. Edmonton Eskimos
 6. Adam Rita
 7. Steven Tyler
 8. Long Jump in the 1968 Mexico City Games
 9. You haven't scored any points
 10. Jack Nicklaus
 11. England and Scotland in Scotland circa 1872.
 12. Boxing
 13. Awarded annually to the best Swedish ice hockey player in North America.
 14. After the Red Sox's first Series win in 86 years
 15. 42
 16. 2010 Seattle Seahawks were 7-9
 17. Bryant Reeves, Vancouver Grizzlies
 18. NCAA Division 1 football, Minnesota and Michigan
 19. On the ground
 20. Richard Petty

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Cadet foundation offers scholarships

Ben Green
Staff writer

For teenagers involved in the Royal Canadian Sea Cadet program, high school graduation brings with it one of two decisions – continue a career in the Forces or pursue a civilian endeavour.

For those wishing to make the jump out of the water and enrol in a post-secondary institution, the Royal Canadian Sea Cadet Education Foundation (RCSCEF) would like to help.

Last year, RCSCEF partnered with the Royal Canadian Naval Benevolent Fund (RCNBF) to award 24 scholarships of \$1,000 to Sea Cadets continuing their education at colleges and universities.

Richard Summers, Strategic and Business Operations Manager at Fleet Maintenance Facility Cape Breton and a director for RCSCEF, encourages interested Sea Cadets to apply as every amount helps cut into growing tuition fees (candidates enrolling in the CF Regular Officer Training Plan are not eligible).

“There’s an application process through the cadet corps,” he says. “They write a biography explaining who they are and what their goals are and their commanding officer provides a letter of recommendation.”

Along with their biographies and CO recommendation, each candidate should also include a personal letter with informa-

tion related to their institution of study, as well as a certified copy of their grades upon which admission to their institution is based.

A team of assessors from RCSCEF and the RCNBF review applicants and choose the 24 they think are most deserving of the award. Last year saw seven cadets from B.C. and one from Vancouver Island received a scholarship.

While Summers is realistic the scholarships won’t cover a large amount of school expenses (scholarships get paid directly to the institution, therefore can only be used against tuition), he’s hoping it will provide extra incentive to graduating Sea Cadets looking to the civilian workforce for the future.

The money provided for the 24 scholarships is from donations.

“Every year we try and raise enough money for the scholarships and have a little extra for the future of the foundation,” he says.

Partnerships with other organizations are in the works, which Summers hopes will increase scholarship numbers in the coming years.

He encourages interested Sea Cadets to apply now as applications and documents are due on or by June 1. Candidates will be notified by the first week in September with scholarship results. Anyone interested in donating, or wanting to apply can visit RCSCEF’s website at www.canadianseacadetscholarships.ca.



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Cdr Bryan Payne shows Honorary Capt(N) Tung Chan proper navigation techniques on PCT Caribou's pelorus during an afternoon sail March 18.

Ben Green, Lookout

CFB Esquimalt hosts special dignitary

Ben Green
Staff writer

Sporting four bars on his shoulders and a Captain's hat, Honorary Capt(N) Tung Chan looked every bit a sea-faring veteran as he toured CFB Esquimalt facilities two weeks ago.

Holding the distinguished title since last June, HCapt(N) Chan spent the better part of two days visiting Colwood's Fleet Diving Unit (Pacific) and Damage Control Centre, and Naden's Canadian Forces Fleet School Esquimalt. He also spent an afternoon on board *PCT Caribou*, an Orca-class vessel, shadowing East Coast personnel (mostly from *HMCS Preserver*) who were on a six week navigational course.

HCapt(N) Chan has been a beacon of leadership in Vancouver's Chinese-Canadian community for almost 40 years. With this being his third visit to CFB

Esquimalt, he said he now has a much better understanding of his role as a liaison between the navy and an ever-growing immigrant population.

"This is a unique situation with me also being a first generation immigrant," he said from *Caribou's* bridge. "I see my role as increasing awareness of the navy [to immigrant communities]; not only the roles of the men and women, but the employment opportunities as well."

Since immigrating from China in the mid-1970s, HCapt(N) Chan has held a number of positions in his community. On top of a 28-year financial career with the TD Bank organization, he also served on Vancouver's city council for three years. He is currently the Chief Executive Officer of S.U.C.C.E.S.S., a non-profit, multi-service agency promoting the well being of Canadians and immigrants. Extensively involved

in the local community, he can always be found volunteering at various cultural, youth, and educational organizations. In 2002, he was awarded the Queen's Golden Jubilee medal in recognition of all his community service.

"My first reaction [when named an Honorary Naval Captain], I was humbled and honoured," he said. "When I found out there was only 13 or 14 Honorary Captains, out of 32 million people, I was honoured. The honour wasn't just for me; it was for the entire Chinese-Canadian community."

When announcing the distinction last summer, VAdm Dean McFadden, Chief of the Maritime Staff, said Chan is the perfect liaison between the navy and the lower mainland.

"Clearly Mr. Chan is devoted to community enhancement and is deeply committed to advancing social issues," said VAdm

McFadden. "He is a strong supporter of the Canadian Forces and the navy in particular. His current position, together with his extensive involvement in the community makes Mr. Chan the ideal individual to be affiliated with the office of the Chief of Staff for Maritime Forces Pacific."

Honorary Naval Captains act as bridges between military and civilian communities, representing the diverse areas of Canadian society. With their unique skills, honorary naval captains strengthen navy ties to these communities and promote a better understanding of maritime defence issues.

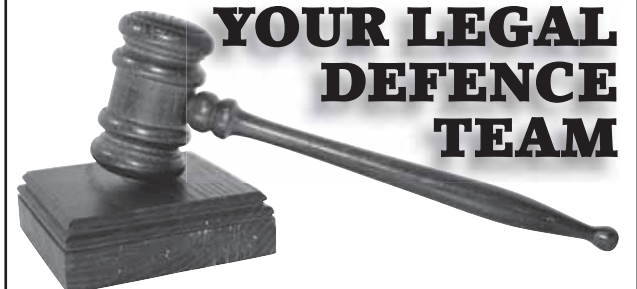
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Climbing through adversity: Outward Bound for veterans

SLt Aaron Hawkins
BPAO

“Ignite the human spirit; invite self-discovery; inspire human potential.”

At first glance, this mantra would appear to be a cleverly-crafted catchphrase for would-be suitors to the Dalai Lama. In fact, the three tenets outlined above embody the aims of Outward Bound Canada’s Veteran’s Programs, and for many current and former military members, achieving these goals can mean the difference between despair and salvation.

Although Outward Bound has a rich history in both Canada and the United States, the Veteran’s Programs are a new initiative for outdoor adventure experts.

Since 2009, Canadian Forces members, along with veterans from other countries, have had the opportunity through Outward Bound to join with other like-minded and experienced “brothers and sisters in arms” to work together, survive and succeed in Canada’s wilderness. For some veterans returning from deployment, the turn-around from being in a theatre of battle to re-engaging in everyday military life can be extremely short. Often there is little or no time for reflection, evaluation, or even opportunities to talk about battlefield experiences with people who, like them, have survived in a high-stress, high-readiness environment.

“The Veteran’s Programs we run give you the chance to enjoy an amazing week, drain stress, and share your thoughts with others who understand where you’ve come from,” says Marc D’Astous, Veteran’s Program Manager and himself a veteran of a tour in Afghanistan as a member of 3 Princess Patricia’s Canadian Light Infantry.

D’Astous and several colleagues developed and implemented the idea of a wilderness experience for veterans after a successful mountaineering expedition to Mount McKinley in the summer of 2009. The positive legacy of similar courses offered by Outward Bound since the 1980s south of the border prompted D’Astous to look to the Canadian arm of the organization as a means of bringing his idea to fruition. His efforts



Marc D’Astous, Outward Bound Canada

Veterans work their way up a wall of ice while participating in an Outward Bound Veteran’s Program in the Canadian Rockies.

were further rewarded when the Royal Canadian Legion agreed to take the lead with fundraising, an arrangement that continues to this day. In fact, all tuition and travel costs associated with getting to the start of the Veteran’s Programs are covered by the Alberta/Northwest Territories command of the Royal Canadian Legion. The only commitment required of inter-

ested individuals is the time to fill out an online application and the time to attend the course.

“One participant showed up from Montreal with only a toothbrush and underwear for a one-week adventure,” claims D’Astou. “You can show up with nothing, but accept everything in return.”

See Program page 13

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Meet the base narcotic detection team

Shelley Lipke
Staff writer

CFB Esquimalt is home to a uniquely trained drug detection team.

For the past four years, military policeman MCpl Bernie Parker has been joined in loyal partnership with Roxie, a five-year-old Chocolate Lab, whose keen sense of smell paired with proper police dog training helps the base better combat the presence of drugs.

For Roxie, sniffing for drugs is a game, and she's an expert at it.

"We are the first and only single profile narcotic detection dog team ever employed in the Canadian Forces," said MCpl Parker.

Only three military police dog teams exist in the country, but the other two use German

Shepherd general duty patrol dogs, cross trained in narcotics.

On March 17 about 45 students seated in a theatre style classroom at Pacific Fleet School listened to MCpl Parker speak on the dangers of drugs and why the Canadian Forces employ the zero tolerance policy.

About once a month he speaks to new recruits and different units on base about drugs and explains his and Roxie's role.

"Part of our training as a drug dog team is for me to recognize and read Roxie's body language," he explained. "When she finds the source of a narcotic odour, her tail will become rigid, takes deep inhalations and does a sharp sit. This is my alert."

To demonstrate Roxie's sharp sniffing abilities, he opened a

practice training kit containing a variety of drugs and hid about nine grams of cocaine in an overhead projector at the front of the classroom.

Then he let Roxie into the class to demonstrate her skills.

When the door opened, she immediately ran ahead of him and sat down in front of the baited projector waiting for her handler to retrieve the drugs.

Once he did, he took a ball out of his pocket and rewarded Roxie with a game of fetch.

"Labs live and work for fun," he explained. "Her reward is playing with this ball and we only play with this ball when she's found drugs."

Roxie's training began when she was a puppy. She was bred for police work in Prince George at Ness Lake Retrievers. The majority of Roxie's siblings are employed with police departments across Canada and the United States; Roxie's brothers work for the Victoria Police Department.

After her first year of training, she met MCpl Parker, who admits the beginning of their working relationship was a challenge.

"At first I thought I had made a mistake taking this on," he said. "I could be the best handler and she could be the best dog, but if we don't work well together than we are

not a team."

After several months practice and ongoing schooling from the Victoria Police K9 unit, the team enhanced their skills and were validated through the Integrated Canine Service.

"To stay certified each year we must pass a one day revalidation process. It involves a series of 10 hides spread throughout buildings, luggage and vehicles. I have to take into account vehicles, windows, vents and how air is flowing. It is a challenging process and I have learned to really trust Roxie through it."

Unlike other Military Police, MCpl Parker's job isn't over when he leaves the base.

"Living with Roxie is different than living with a pet dog," he explains. "She's a raw dog. I don't reprimand her for getting on the furniture. I learned in training that when you enforce boundaries you take away the dog's fun. She's quite fragile, and because she needs to do her job I don't get angry with her."

"I really enjoy the relationship we have and I love working with her. It's both challenging and rewarding. Labs are a hardworking, intelligent breed and they are brought up to have fun. At the end of the day she just wants her toy," he said.



Shelley Lipke, Lookout

Above: MCpl Bernie Parker and five-year-old Roxie are drug recognition experts. For the past four years this narcotics detection team has been helping keep the base drug free.

Left: MCpl Parker plays with Roxie while speaking to a class of new recruits at CF Fleet School (Esquimalt). The game was a reward for Roxie finding drugs MCpl Parker planted at the front of the classroom.



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CF counter-intelligence: Unveiling a secretive unit

Ben Green
Staff writer

While the men and women of the Canadian Forces keep us safe on the home front, an often unseen unit works in the shadows to make sure our military is equally secure.

This unit is the Canadian Forces National Counter-Intelligence Unit (CFNCIU).

The CFNCIU is mandated to provide counter-intelligence and security intelligence services for the entire Canadian Forces.

SLt Bill Danielsen, Detachment Commander for the Victoria branch of CFNCIU, says the unit is focused on monitoring and countering specific threats to the military community.

"The big things we look at are terrorism, espionage, sabotage, subversion and organized crime; we call that TESSOC," he said.

Unit members are drawn from the Military Police Branch, with a smaller percentage from the Intelligence Branch. But unlike a police unit, the CFNCIU has no mandate to conduct criminal investigations and therefore does not conduct its activities for the purpose of developing cases for prosecution. Any required crimi-

nal or disciplinary investigations for activities being monitored by the CFNCIU are referred to the police force of jurisdiction (RCMP, CFNIS or local military police) to be conducted in parallel with the unit's counter-intelligence investigation.

The CFNCIU also provides counter-intelligence support to CF operations worldwide.

A high percentage of Unit personnel are spread out across detachments in Victoria, Edmonton, Winnipeg, Toronto, Ottawa, Kingston, Montreal, and Halifax, and can be deployed at any time.

SLt Danielsen says the eight detachments across the country help divide up their areas of operation.

"All the units across Canada will be looking at TESSOC threats relevant to their areas of operation," he said.

The areas are divided up geographically by basically drawing a line down the map. For instance, SLt Danielsen and the Victoria branch have an area of operation that extends from Alaska to Mexico, down the coastline where any Canadian warship goes, and into the western states of Washington, Oregon, Nevada,

and California.

Comprised of members from all three elements of the Canadian Forces - Army, Navy, and Air Force - members must be prepared to step outside their specific operation areas when numbers are short due to deployments.

"If we're short of bodies because of tasking or whatever else, Ottawa will actually task somebody from another detachment," said SLt Danielsen. "Because we're all trained in looking at the exact same threat focus, a member who is in the army and based out of Edmonton could still do a threat information collection for the navy."

On top of the prerequisite military police or intelligence occupational training, the unit's specialized training program sees them put through nine weeks of intensive academic instruction and practical exercises specific to the counter-intelligence field. All prospective unit members must have an investigative or analytical background prior to volunteering, and they must complete pre-screening interviews before being accepted.

Currently, civilian roles within CFNCIU are mainly administrative, but the unit does maintain

The big things we look at are terrorism, espionage, sabotage, subversion and organized crime.

-SLt Bill Danielsen
Victoria Detachment Commander

an intelligence analysis cell made up of both CF and civilian members. These individuals take all incoming information on possible threats, cross reference it with previously collected information, and assess the overall threat to CF/DND security.

Whenever conducting counter-intelligence investigations that use potentially intrusive methods, the unit must have its investigative plan approved by a Counter-Intelligence Oversight Committee, which is chaired by a Major General in Ottawa.

With TESSOC being the main focus of CFNCIU, the sharing of information between the unit and similar organizations is vital. Through the Security Intelligence Liaison Program, members travel both domestically and interna-

tionally to exchange information with other partner organizations.

CFNCIU also provides programs to help Commanders assess their Operational Security and Force Protection postures in order to reduce security vulnerabilities.

SLt Danielsen says perhaps one of the most frequently requested services CFNCIU conducts is defensive security debriefings of Canadian Forces and DND personnel travelling abroad. Whenever travelling for business or pleasure, if personnel are approached by individuals asking very technical or suspicious questions regarding work, or come back to find items disturbed in a hotel room, the CFNCIU is the unit to contact. All information is kept strictly confidential.

In the intelligence community it's best to be the "grey man", to blend in. Unfortunately, at times CFNCIU can blend in so well that people are unaware of their existence and the flow of information dries up.

"We are an organization that thrives on information," said SLt Danielsen. "We need information to do our jobs; we're an information animal, we can never get enough."

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COMMUNITY NEWS: FUNDRAISING FOR LIFE

Dancing the night away for charity

Ben Green
Staff writer

On Saturday, May 14, the Pacific Fleet Club is going rock all night long as they host "Dance for Life", a fundraiser for people suffering from bone marrow failure diseases.

With classic rock tunes filling the airwaves, the event looks to raise money for bone marrow diseases, Aplastic Anemia, Myelodysplastic Syndrome, and Paroxysmal Nocturnal Hemoglobinuria (PNH). Unfortunately they're only curable through bone marrow transplants.

For \$10, attendees will get to bust-a-move and know that 100 per cent of their money is going to charity. All proceeds from the night will go to the Aplastic Anemia and Myelodysplasia Association of Canada (AAMAC). AAMAC is the leading funder of research for bone marrow diseases in Canada and supports patients and caregivers of the diseases across the country.

On top of the money from ticket sales, the revenue brought in from 50/50 draws and raffle prizes will also be given to AAMAC.

"So far I've got two \$100 gift certificates to the Levis store, a Bear Mountain golfing package for two, and some other really great things pending," says Lisa Ross, organizer of the dance. Ross knows the struggles of bone marrow diseases all too well, diagnosed with Aplastic Anemia in 2003 and PNH in 2007 (only around 80 people in Canada suffer from PNH).

A full house of 300 people is expected with doors opening at 8 p.m. Tickets and information can be purchased at the Fleet Club or by contacting Lisa (250-818-0836) or PO1 Doug Bacon (250-363-5957).

Anyone interested in donating can do so directly to the AAMAC (www.aamac.ca) or contact either Lisa or PO1 Bacon. Raffle prizes can also be donated for the night of the dance.

Military couple's quick thinking averts disaster

Ben Green
Staff writer

Last Thursday, MCpl Carol Bastien's departure to serve his country in Afghanistan was sidetracked a few minutes when he saved his neighbours' house from catching fire.

A military policeman at CFB Esquimalt, MCpl Bastien and his wife, Cpl Karine Rondeau Lavaute, were preparing his belongings at 5:30 a.m. for his flight when they noticed something on a neighbour's back patio along Bear Mountain Parkway.

MCpl Bastien and Cpl Rondeau Lavaute ran to the house to put out a small fire on the balcony. Cpl Rondeau Lavaute banged on the neighbour's front door to wake them.

"When I saw the fire from my residence, it appeared to be four or five feet high; it could have spread since the small cedar tree on fire was leaning towards the house," she says.

It turns out the tree on the back patio had caught fire when a cigarette had been discarded into a dry planter. While extinguishing the flames, their neighbours, waking to the sounds of someone beating on their door and windows, called the RCMP to report a break in.

"They thought I was someone breaking and entering," laughs Cpl Rondeau Lavaute. "When you think about it, [when someone is banging on your door at 5:30 a.m.] it's a pretty common response."

By this time the couple were running late for his flight. Making sure the fire was completely out, they hopped in their car and headed to the airport. Unable to wait for the RCMP or fire department, they passed authorities going to the scene a few minutes later.

"We appreciate the steps this soldier took and we wish him well in his deployment," says Cpl Kathy Rochlitz of the West Shore RCMP.

The fire was accidental and no injuries were reported. MCpl Bastien arrived for his flight on time.

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Triton goalie awarded best at National Championships

Shelley Lipke
Staff writer

The CFB Esquimalt Tritons women's hockey team has 39-year-old rookie goalie, OS Josee Cholette to thank for making their time at Nationals a rewarding experience.

While they didn't win the March 12-17 National tournament, they watched their newest member save shot after shot during a fierce onslaught by the winning Atlantic region team.

When the tournament finished, OS Cholette was declared Best Tournament Goalie able to withstand upwards of 55 shots per game and awarded the title of Goalie 2011 CF National Women's Hockey All Star Team.

"I'm happy and disappointed at the same time," she said. It's nice to win this award, but I would have loved it if our team made the finals," she said.

She arrived on base just three weeks before Nationals and, being an avid hockey player of 30 years, she gladly joined the team.

She's played on teams

across Canada and has played both hockey and softball at the civilian national level.

Coach Bob Clark said she had a few practice games prior to Nationals, but during her play she provided an all star performance.

"It was a complete shock to see her perform. I was also very proud of the entire team. They took a never say die attitude and sacrificed bodies for the team goals. A lot of bruised and battered women were seen by the end of the tournament," he said.

During the tournament the team faced Quebec first in a tight game that saw the lead bouncing back and forth between the two teams, but eventually Quebec emerged with a 4-3 win. Then game two contended with the Prairies region ending in a 1-1 tie with Prairies winning in a shoot out.

The Tritons were able to redeem themselves with the Ontario game in a 5-3 win, which qualified them for the semi finals.

Game four, playing the tournament favourites

Atlantic, was an onslaught with a 9-0 towering win over Pacific.

Then in the semi finals OS Cholette defended against Atlantic. "She held them down to four goals in a noteworthy performance as this was the team who beat us the day before," said Clark about their 4-0 loss.

"When she arrived here on base she was an unknown quantity."

Fresh out of basic training, this was her first experience in military hockey.

"I like pressure, and I feel that I do my best under pressure," she said. "I'm very proud to be on the team."

The Tritons has 20 players including four from CFB Comox. Capt Heather Smith was awarded Most Dedicated to the Sport by her peers.

"A note of appreciation must go out to each unit's Commanding Officer for allowing their units to participate in this event," said Clark. "This is important for women's sport in the CF at a high competitive level and without their support this wouldn't happen."

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Program a chance to destress

From page 7

Courses offered through the Outward Bound Veteran's Program range from ski mountaineering and rock climbing expeditions to alpine backpacking and river canoe adventures. The process for those wishing to get involved is simple: fill out an online application and send it off to Program Manager Marc D'Astous. From there, an individual's skills and experiences are analyzed and options for courses are developed accordingly. Although all veterans are welcome to apply, individuals should be in good physical condition. Part of the selection process involves securing the requisite time away from regular duties at one's unit (if still a serving member in the CF) as well as a medical screening process; however, D'Astous says that they have never had an application falter for these reasons, and individual units are eager to support these outdoor adventure opportunities for their personnel. Lieutenant-Colonel Chris Linford, a Health Services Operations Officer currently attending Second

Language Training in Esquimalt, jumped at the chance to participate in one of the Veteran's Programs. His recent experience in the backcountry of Alberta's Rocky Mountains left him rejuvenated, relaxed and raving about his adventure with Outward Bound. "The week-long excursion that I joined was the most remarkable and satisfying course I have ever been a part of. This group of people, along with some of the most highly skilled instructors in their field, were absolutely incredible. For me, it was an ideal way to lean back into military life – among like-minded individuals, in the vastness of the Canadian wilderness, working together, discussing our experiences, and refocusing our lives." A veteran of several overseas deployments such as the First Persian Gulf War, Rwanda and most recently Afghanistan in 2009-2010, Linford is quick to point out a significant advantage of the Veteran's Programs. "Our instructors, and Marc D'Astous in particular, were absolutely disarming. Many of the veterans I was working with on my

course expressed trepidation at speaking in front of others about their experiences, and the great thing about these programs is that all of the elements necessary for creating a positive, relaxed environment are brought together for course participants." D'Astous echoes those sentiments. "The courses are not designed to be therapy, but they can be extremely therapeutic. Seeing results in the field motivates even me to keep going; you come away with a renewed sense of purpose and the courage to carry on doing what you do in your everyday life." It appears as though the mantra of igniting the human spirit, inviting self-discovery and inspiring human potential is well-served by the extraordinary opportunity available to current and former military members through Outward Bound's Veteran's Programs. For those interested in participating in one of Outward Bound's Veteran's Programs, further information about the courses offered as well as the simple online application form can be found at www.outwardbound.ca.



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Cpl Marc-Andre Gaudreault, CF Combat Camera

Armament technicians from 425e Tactical Squadron Bagotville, check bombs and missiles before loading them on a CF-188 Hornet, in Trapani, Italy, on March 22.

Canadian fighters conduct Operation Mobile in Libya

DND

On Monday, March 21, Task Force Libeccio conducted its first mission.

"This morning four CF-18 fighter aircraft and two CC-150 Polaris strategic air [-to-air] refuellers departed Trapani, Italy, and conducted patrols off the northern coast of Libya," said Defence Minister Peter MacKay. "These jets did not fire upon any targets."

Named for the strong southwesterly wind that blows all year in the Mediterranean, Task Force Libeccio - part of Operation Mobile - is the air detachment participating in the enforcement of the no-fly zone in Libya authorized by Resolution

Their purpose was to achieve air superiority in support of the mission. This means not only protecting coalition aircraft but also protecting coalition ships.

-MGen Tom Lawson
Assistant Chief of the Air Staff

1973, adopted by the U.N. Security Council on March 17, 2011.

"Following resolution 1973 our government directed that six CF-18 fighter aircraft deploy to Italy along with 140 Canadian Forces personnel to assist our allied effort in enforcing a no-fly zone over Libyan territory," said

Minister MacKay. Under the command of Colonel Alain Pelletier, Task Force Libeccio is flying from the NATO forward operating base co-located with Vincenzo Florio Airport in Trapani, Italy. The Task Force includes a "six-pack" of CF-18 Hornets from 425 Tactical Fighter Squadron, 3 Wing Bagotville, Quebec, and a CC-150 Polaris air-to-air refuelling detachment from 437 Transport Squadron at 8 Wing Trenton, Ontario, as well as aircrew, ground technicians and logisticians from 3 Wing, 8 Wing and other locations across Canada.

"Their purpose was to achieve air superiority in support of the mission," said Major-General Tom Lawson, Assistant Chief of the Air Staff. "This means not only protecting coalition aircraft but also protecting coalition ships engaged in enforcing the embargo. Also, our fighters bring a significant capability to deliver air-to-surface weaponry as required to support the mission. Our crews are highly trained in the use of precision-guided munitions. However, having said that, the risk in deploying air-to-ground munitions in such a fluid environment is real. Our aircrews understand this and they're well aware of the need to positively identify potential targets."

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Asia-Pacific Security forum at Royal Roads

Experts in Asia Pacific security will meet at Royal Roads University on April 7 to discuss issues facing the Pacific Rim.


The conference is open to public participation for a cost of \$25 plus HST for students, and \$50 plus HST for the public. This price includes lunch and refreshments.

The conference takes place in the Quarterdeck of the Grant Building from 8:30 a.m. to 4:30 p.m.

Speakers include:

- Dick Bedford, Branch Head Strategic Issues and Engagement, HQ Allied Command Transformation, NATO
- Commander Richard Perks, Strategic Plans and Policy Team, HQ Allied Command Transformation, NATO
- Kerry Lynn S. Nankivell, Asia-Pacific Center for Security Studies
- Jeremy Kinsman, former Canadian High Commissioner/ Ambassador
- Kenneth Christie, Program Head, MA in Human Security and Peacebuilding, Royal Roads University
- Rear Admiral Nigel Greenwood, Commander Maritime Forces Pacific and Joint Task Force Pacific
- Alan Breakspear, President, Canadian Association for Security and Intelligence Studies
- Brian Job, Faculty Associate in Residence, Liu Institute for Global issues and professor of Political Science, University of British Columbia
- James A. Boutilier, Special Advisor (Policy) at Maritime Forces Pacific

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Bravo ZULU

A graduation ceremony for officers completing Phase 4 of their Maritime Surface and Sub-Surface Warfare (MARS) occupational course was held at the Naval Officer's Training Centre (NOTC) Venture drill hall on March 4. Finishing phase 4 is an important milestone for MARS officers as they are posted to ships and promoted from Acting Sub-Lieutenants to Sub-Lieutenants. Cmdre Peter Ellis, Commander Canadian Fleet Pacific, presented as Reviewing Officer.

Photos by Cpl Malcolm Byers, MARPAC Imaging Services



A/SLt Jay Finlayson (right) receives the Chief of Maritime Staff award as top overall student of MARS IV from Cmdre Ellis. A/SLt Finlayson was promoted to sub-lieutenant later in the ceremony.



A/SLt Kyle Allward (right) is presented with the David W. Groos Memorial Shield. The award is presented to the MARS candidate who achieved the highest standing in professional achievement at sea. LCdr Simon Brown (left), Executive Officer of NOTC, and Hillary Groos made the presentation. A/SLt Allward was promoted to sub-lieutenant later in the ceremony.



A/SLt Markian Haluzska (right) receives the Pullen Cup as recipient of the Venture Association Award. The award is presented to the MARS IV candidate that demonstrated the best professional leadership qualities throughout the course. He was promoted to sub-lieutenant later in the ceremony.



A/SLt Andrew MacGillivray (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Kyle Hooper (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Chris Bains (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Christopher Cann (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Steve Drysdale (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Alex Duff (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Phillip Fordham (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Fred Rideout (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Elizabeth Robinson (right) is promoted to sub-lieutenant by Cmdre Ellis.



Photo courtesy of the Office of the Lieutenant Governor of B.C.
 Rear-Admiral Nigel Greenwood (right) presents Honorary Captain (Navy) Tung Chan with his Honorary Appointment Scroll during the Honorary Captains dinner at Government House on March 18.



Photo courtesy of the Military Family Resource Centre
 MFRC Executive Director Gaynor Jackson received the Outstanding Social Worker Award from the UVic School of Social Work on March 7. The honour goes to someone who exemplifies what it means to live out the core social work value of commitment to social justice, and is a model of dedication to quality practice and service to others. Jackson was joined at the podium by Pamela Miller, Director of the UVic School of Social Work, and MFRC staff members Priscilla Destura and Marianne Ostopovich.

Want to recognize someone?

Send your Bravo Zulu to the editor:
melissa.atkinson@forces.gc.ca



A/SLt Mireille Roman (middle left) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt John Sutherland (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Sarah Theriault (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Abdul Zia (right) is promoted to sub-lieutenant by Cmdre Ellis.



A/SLt Eryk Jeznach (right) receives his commissioning scroll from Cmdre Ellis.



Lieutenant Commander Hugh Son (right) receives his Operational Service Medal for his deployment to Sierra Leone as a member of Task Force Freetown from Cmdre Ellis.

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Helicopter evacuates injured skier

Capt Alexandre Cadieux
19 Wing Public Affairs

A Cormorant helicopter from 442 Transport and Rescue Squadron at 19 Wing Comox, was tasked on the night of March 22 to evacuate an injured skier out of the back country on Whistler Mountain.

The Joint Rescue Coordination Centre in Victoria received a request from the RCMP to assist in the evacuation of a group of three skiers that had ventured into the backcountry. One of them was suffering from a back injury after a fall.

Whistler ski patrol evacuated one skier by long line helicopter but night fall impeded on their ability to complete the task.

The remaining two skiers were found by the Cormorant at 1,100 metres on the mountain. The skiers signalled their location with a strobe light. The two men were in a steep and narrow valley surrounded by trees, which presented challenges for the crew.

The Search and Rescue Technicians were inserted by hoist 64 metres above the pair.

"Upon our arrival on scene, I performed a primary body survey of the injured skier," said Sgt Eric Dinn, SAR Tech team leader. "Unfortunately, the men did not speak English which increased the challenges to complete the

The snow condition was unknown and we determined that a stream was running underneath us. It was preferable to evacuate the patient and complete the medical protocols in the helicopter.

-Sgt Eric Dinn
SAR Tech team leader

patient's evaluation. The man was lucid and conscious. He was able to move but exhibited signs of a minor lower back injury. I opted to evacuate the pair after performing spinal precautionary measures since we were in a precarious environment. The snow condition was unknown and we determined that a stream was running underneath us. It was preferable to evacuate the patient and complete the medical protocols in

the helicopter."

The SAR Techs provided continuous medical care onboard the Cormorant. The two men were flown to Vancouver airport where B.C. ambulance took over.

The patient's current condition is unknown.

Cormorant crew: Maj Troy Maa, Aircraft Commander, Capt Luc Coates, First Officer, Sgt Neil Thorne, Flight Engineer, Sgt Eric Dinn and Master Cpl Anthony Vail, SAR Tech.

SUDOKU ANSWER

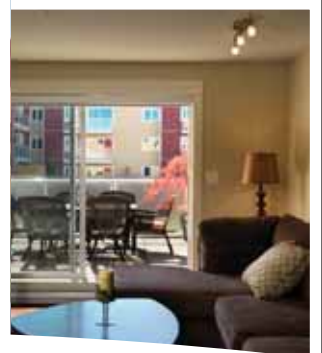
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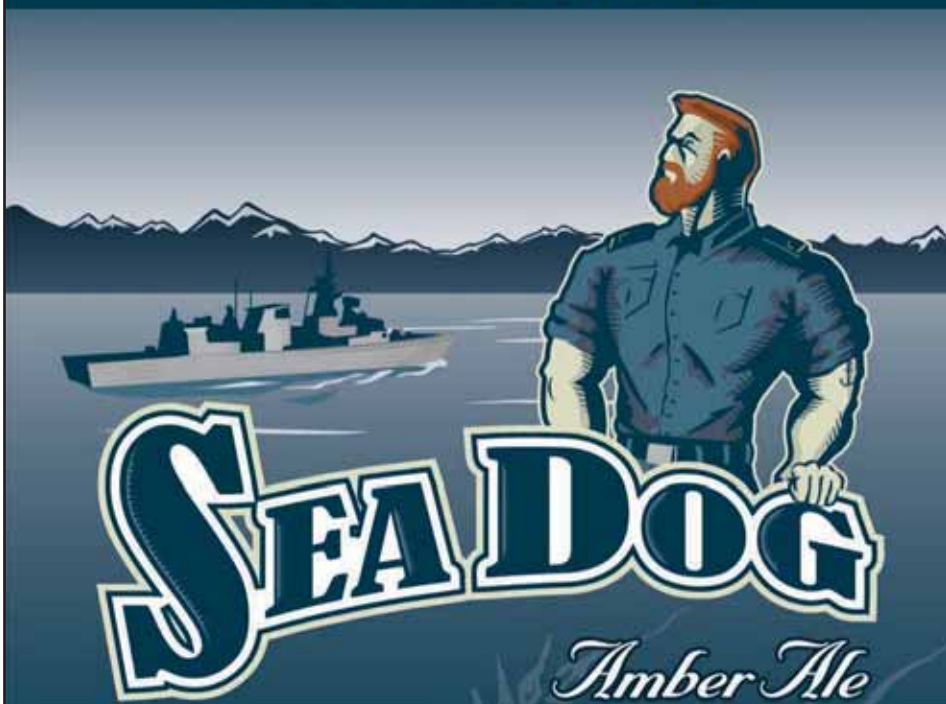
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